CHAPTER 9 QUESTIONNAIRE 9.1

Self-Report Jealousy Scale

INSTRUCTIONS
The following scale lists some situations in which you may have been involved, or in which you could be involved. Rate them with regard to how you would feel if you were confronted with the situation by circling a number that corresponds to one of the reactions shown on the right. Do not omit any items.

0 1 2 3 4
Pleasantly mild upset upset very upset extremely upset

THE SCALE
1. Your partner expresses the desire that you both develop other romantic relationships.
2. Your partner spends increasingly more time at work with a co-employee you feel could be sexually attractive to you partner.
3. Your partner suddenly shows an interest in going to a party when he or she finds out that someone will be there with whom he or she has been romantically involved with previously.
4. At a party, your partner hugs someone other than you.
5. You notice your partner repeatedly looking at another.
6. Your partner spends increasingly more time in outside activities and hobbies in which you are not included.
7. At a party, your partner kisses someone you do not know.
8. Your boss, with whom you have had a good working relationship in the past, now seems to be more interested in the work of a co-worker.
9. Your partner goes to a bar several evenings without you.
10. Your partner recently received a promotion, and the new position requires a great deal of travel, business dinners, and parties, most of which you are not invited to attend.
11. At a party, your partner dances with someone you do not know.
12. You and a co-worker worked very hard on an extremely important project. However, your boss gave your co-worker full credit for it.
13. Someone flirts with your partner.
14. At a party, your partner repeatedly kisses someone you do not know.
15. Your partner has sexual relations with someone else.
16. Your brother or sister is given more freedom, such as staying up later, or driving the car.
17. Your partner comments to you on how attractive another person is.
18. While at a social gathering of a group of friends, your partner spends little time talking to you, but engages the others in animated conversation.
19. Grandparents visit your family, and they seem to devote most of their attention to a brother or sister instead of you.
20. Your partner flirts with someone else.
21. Your brother or sister seems to be receiving more affection and/or attention from your parents.
22. You have just discovered your partner is having an affair with someone at work.
23. The person who has been your assistant for a number of years at work decides to take a similar position with someone else.
24. The group to which you belong appears to be leaving you out of plans, activities, etc.
25. Your best friend suddenly shows interest in doing things with someone else.

Source: Bringle et al., 1979
SCORING THE SCALE
Give yourself 4 points for every item where your response was "extremely upset," 3 points for every item where your response was "very upset," 2 points for every item where your response was "upset," 1 point for every item where your response was "mildly upset," and 0 for every item where your response was "pleased." In other words, add up the numbers you recorded. This total is your score on the Self-Report Jealousy Scale.

MY SCORE

WHAT THE SCALE MEASURES
As its name indicates, this scale measures your tendency to get jealous in a variety of situations. It does not measure romantic jealousy exclusively, as ten of the items relate to nonromantic jealousy. Hence, it assesses jealousy in a general way, with a heavy emphasis on romantic relationships. This scale, which was developed by Bringle, Roach, Andle, and Evenbeck (1979), has adequate test-retest reliability. Correlations with other personality traits have been examined in efforts to demonstrate its validity. People who score high on the scale tend to have low self-esteem, to be anxious, to see the world in negative terms, and to feel they have little control over their lives. These are interesting preliminary findings, although more research is needed to better validate this instrument.

INTERPRETING YOUR SCORE
Our norms are based on the sample of 162 college students studied by Bringle et al. (1979). They may be inappropriate for older, nontraditional college students.

NORMS
High score: 83-100
Intermediate score: 59-62
Low score: 0-58