

Sussex Research

Development and psychometric properties of the Sussex-Oxford compassion scales (SOCS)

Jenny Gu, Ruth Baer, Kate Cavanagh, Willem Kuyken, Clara Strauss

Publication date

09-06-2023

Licence

This work is made available under the **Copyright not evaluated** licence and should only be used in accordance with that licence. For more information on the specific terms, consult the repository record for this item.

Document Version

Accepted version

Citation for this work (American Psychological Association 7th edition)

Gu, J., Baer, R., Cavanagh, K., Kuyken, W., & Strauss, C. (2019). *Development and psychometric properties of the Sussex-Oxford compassion scales (SOCS)* (Version 1). University of Sussex.
<https://hdl.handle.net/10779/uos.23470760.v1>

Published in

Assessment

Copyright and reuse:

This work was downloaded from Sussex Research Open (SRO). This document is made available in line with publisher policy and may differ from the published version. Please cite the published version where possible. Copyright and all moral rights to the version of the paper presented here belong to the individual author(s) and/or other copyright owners unless otherwise stated. For more information on this work, SRO or to report an issue, you can contact the repository administrators at sro@sussex.ac.uk. Discover more of the University's research at <https://sussex.figshare.com/>

Supplementary Materials for:**Development and Psychometric Properties of the Sussex-Oxford Compassion Scales (SOCS)**

Table S1

Standardised loadings of compassion for others items on each factor in a sample of 932 healthcare staff (Stage 2)

	Standardised loading	SE
Recognising suffering		
*I notice when others are feeling distressed.	0.826	0.02
*I recognise when other people are feeling distressed without them having to tell me.	0.799	0.02
*I recognise signs of suffering in others.	0.797	0.02
*I'm quick to notice early signs of distress in others.	0.780	0.02
Even if I'm busy, I can still tell when other people are upset.	0.770	0.02
I can tell when someone else is holding back tears.	0.696	0.02
I recognise when other people first start feeling upset.	0.689	0.03
I can tell when someone else is pretending to be fine when they're not.	0.672	0.02
I'm better than most people at recognising when others are struggling emotionally.	0.647	0.03
It takes me a while to notice if someone is upset about something. (negatively phrased)	0.498	0.04
I misjudge how others are feeling. (negatively phrased)	0.489	0.03
I'm unaware of other people's distress. (negatively phrased)	0.173	0.04
Understanding the universality of suffering		
*I understand that everyone experiences suffering at some point in their lives.	0.872	0.01
*I understand that feeling upset at times is part of human nature.	0.851	0.02
*Like me, I know that other people also experience struggles in life.	0.811	0.02
*I know that we can all feel upset at times when we are wronged.	0.794	0.02
I believe that feeling low at times is part of being human.	0.772	0.02
I know that we can all feel distressed when things don't go well in our lives.	0.768	0.02
I understand that experiences of suffering are shared by everybody.	0.754	0.02
I know that everyone has ups and downs in their lives.	0.673	0.03
I believe that no matter how different people are, we all experience difficulties in life.	0.672	0.03
I know that I'm not alone in experiencing suffering.	0.641	0.03
I believe that suffering is a shared human experience.	0.608	0.02
When someone else is going through a hard time, I can understand and relate to their experience.	0.355	0.03
Feeling for the person suffering		
*When someone is going through a difficult time, I feel kindly towards them.	0.769	0.02

*When I hear about bad things happening to other people, I feel concern for their wellbeing.	0.707	0.03
*When someone is upset, I try to tune in to how they're feeling.	0.688	0.02
*I'm sensitive to other people's distress.	0.682	0.03
Even if I don't like someone, I can feel warmly towards them when they're in distress.	0.638	0.03
I'm emotionally distant from others when they're upset. (negatively phrased)	0.557	0.03
I feel indifferent towards other people's struggles. (negatively phrased)	0.512	0.04
I feel emotionally detached from other people's problems. (negatively phrased)	0.472	0.04
Tolerating uncomfortable feelings		
*When someone else is upset, I try to stay open to their feelings rather than avoid them.	0.750	0.03
*I stay with and listen to other people when they're upset even if it's hard to bear.	0.707	0.03
*I connect with the suffering of others without judging them.	0.621	0.04
*When someone else is upset, I can be there for them without feeling overwhelmed by their distress.	0.437	0.06
I can stay with uncomfortable feelings in response to other people's distress.	0.383	0.04
I connect with other people's distress without letting it overwhelm me.	0.378	0.06
I can be around someone who is upset without letting their distress take over me.	0.367	0.06
When others are upset, I feel so uncomfortable that I'm unable to be around them. (negatively phrased)	0.343	0.04
I feel overwhelmed by other people's problems. (negatively phrased)	0.204	0.05
If I feel uncomfortable in response to someone else's distress, I don't let myself get carried away by my feelings.	0.204	0.05
Acting or being motivated to act to alleviate suffering		
*When others are struggling, I try to do things that would be helpful.	0.823	0.02
*When someone is going through a difficult time, I try to look after them.	0.815	0.02
*When I see someone in need, I try to do what's best for them.	0.806	0.02
*When I see that someone is upset, I do my best to take care of them.	0.805	0.02
If someone is suffering, I try to do something helpful to reduce their distress.	0.800	0.02
I try to help people feel better when they are distressed, even if I can't do anything about the problem.	0.790	0.02
When someone is going through a hard time, I try to do what's best for them.	0.726	0.02
I try to prioritise the needs of others when they're facing difficulties.	0.690	0.02
When others are feeling down, I think of ways I can make things better for them.	0.685	0.02
I think of useful ways I can help people when they're struggling.	0.664	0.03
If someone looks troubled, I stop and ask if there's anything I can do.	0.622	0.02
I'm drawn to helping those in need.	0.597	0.03
I'm dismissive of other people's difficulties and problems. (negatively phrased)	0.487	0.04

I go easy on other people when they're feeling upset.	0.466	0.04
When others are going through a difficult time, I leave them to deal with their own problems. (negatively phrased)	0.431	0.04

Note. Items preceded by an asterisk indicate ones which were selected for inclusion in the SOCS-O. All standardised loadings were significant ($p < .001$). Standardised loadings are reported to three decimal places to facilitate selection of the highest loading items.

Table S2

Standardised loadings of compassion for the self items on each factor in a sample of 947 healthcare staff (Stage 2)

	Standardised loading	SE
Recognising suffering		
*I'm quick to notice early signs of distress in myself.	0.833	0.01
*I notice when I'm feeling distressed.	0.833	0.01
*I'm good at recognising when I'm feeling distressed.	0.778	0.02
*I recognise signs of suffering in myself.	0.773	0.02
Even if I'm busy, I can still tell when I'm upset.	0.713	0.02
Compared to most people, I'm better at recognising when I'm struggling emotionally.	0.657	0.02
I recognise when I first start feeling upset.	0.656	0.02
It takes me a while to notice if I'm upset about something. (negatively phrased)	0.510	0.03
I can tell when I'm holding back tears.	0.504	0.03
I can tell when I'm pretending to be fine when I'm not.	0.488	0.03
I'm unaware of my own distress. (negatively phrased)	0.377	0.04
Understanding the universality of suffering		
*I understand that everyone experiences suffering at some point in their lives.	0.873	0.02
*Like me, I know that other people also experience struggles in life.	0.858	0.01
*I understand that feeling upset at times is part of human nature.	0.842	0.02
*I know that we can all feel distressed when things don't go well in our lives.	0.802	0.02
I understand that experiences of suffering are shared by everybody.	0.802	0.03
I know that we can all feel upset at times when we are wronged.	0.790	0.02
I know that everyone has ups and downs in their lives.	0.735	0.02
I believe that feeling low at times is part of being human.	0.734	0.02
I believe that no matter how different people are, we all experience difficulties in life.	0.678	0.03
I believe that suffering is a shared human experience.	0.641	0.02
I know that I'm not alone in experiencing suffering.	0.615	0.03
When I'm going through a hard time, I take comfort in knowing that we all go through similar experiences.	0.388	0.03
Feeling for the person suffering		
*When I'm going through a difficult time, I feel kindly towards myself.	0.859	0.01
*When bad things happen to me, I feel caring towards myself.	0.818	0.02
*Even when I'm disappointed with myself, I can feel warmly towards myself when I'm in distress.	0.783	0.02
*When I'm upset, I try to tune in to how I'm feeling.	0.652	0.03

I'm sensitive to my own distress.	0.510	0.04
I feel indifferent towards my own struggles. (negatively phrased)	0.402	0.04
I block out my feelings when I'm upset. (negatively phrased)	0.375	0.04
I feel emotionally detached from my own problems. (negatively phrased)	0.204	0.04
Tolerating uncomfortable feelings		
*When I'm upset, I try to stay open to my feelings rather than avoid them.	0.718	0.03
*I connect with my own suffering without judging myself.	0.716	0.02
*When I'm upset, I can let the emotions be there without feeling overwhelmed.	0.687	0.03
*I connect with my own distress without letting it overwhelm me.	0.684	0.03
I face my own feelings when I'm upset even if it's hard to bear.	0.668	0.03
I can be upset without letting my feelings take over me.	0.651	0.03
I'm able to tolerate uncomfortable feelings when I'm distressed.	0.608	0.03
I feel overwhelmed by my own problems. (negatively phrased)	0.601	0.03
When I'm in distress, I allow myself to experience the emotions as they are, even if they're uncomfortable.	0.589	0.03
When I'm upset, I feel so uncomfortable that I push the feelings away. (negatively phrased)	0.539	0.03
I'm judgemental of myself when I'm going through a hard time. (negatively phrased)	0.487	0.04
I overreact to my own problems. (negatively phrased)	0.486	0.03
Acting or being motivated to act to alleviate suffering		
*When I'm upset, I try to do what's best for myself.	0.867	0.01
*When I'm going through a difficult time, I try to look after myself.	0.866	0.01
*I try to make myself feel better when I'm distressed, even if I can't do anything about the cause.	0.848	0.01
*When I'm upset, I do my best to take care of myself.	0.846	0.01
When I'm struggling, I try to do things that would be helpful.	0.837	0.01
When I'm going through a hard time, I try to do what's best for myself.	0.799	0.02
If I'm suffering, I try to do something helpful to reduce my distress.	0.787	0.02
I feel a desire to help myself when I'm in need.	0.783	0.02
When I feel troubled, I stop to ask myself what I could do that might help.	0.732	0.02
I go easy on myself when I'm feeling upset.	0.712	0.02
I think of useful ways I can help myself when I'm struggling.	0.707	0.02
I try to prioritise my own needs when I'm facing difficulties.	0.692	0.02
When I'm feeling down, I think of ways I can make things better for myself.	0.634	0.03
When I'm going through a difficult time, I can be hard on myself. (negatively phrased)	0.516	0.03
I'm dismissive of my own difficulties and problems. (negatively phrased)	0.490	0.03

Note. Items preceded by an asterisk indicate ones which were selected for inclusion in the SOCS-S. All standardised loadings were significant ($p < .001$). Standardised loadings are reported to three decimal places to facilitate selection of the highest loading items.

Table S3

Standardised item loadings for the compassion for others five-factor hierarchical model in both validation samples (Stages 3 and 4)

	1,242 healthcare staff (Stage 3)	371 students (Stage 4)
Recognising suffering		
I notice when others are feeling distressed.	0.88 (0.01)**	0.83 (0.02)**
I recognise when other people are feeling distressed without them having to tell me.	0.78 (0.02)**	0.76 (0.04)**
I recognise signs of suffering in others.	0.82 (0.01)**	0.70 (0.04)**
I'm quick to notice early signs of distress in others.	0.83 (0.01)**	0.82 (0.02)**
Understanding the universality of suffering		
I understand that everyone experiences suffering at some point in their lives.	0.90 (0.01)**	0.84 (0.03)**
I understand that feeling upset at times is part of human nature.	0.89 (0.01)**	0.86 (0.03)**
Like me, I know that other people also experience struggles in life.	0.85 (0.02)**	0.81 (0.04)**
I know that we can all feel upset at times when we are wronged.	0.81 (0.02)**	0.77 (0.04)**
Feeling for the person suffering		
When someone is going through a difficult time, I feel kindly towards them.	0.72 (0.14)**	0.66 (0.06)**
When I hear about bad things happening to other people, I feel concern for their wellbeing.	0.70 (0.02)**	0.58 (0.05)**
When someone is upset, I try to tune in to how they're feeling.	0.69 (0.02)**	0.69 (0.03)**
I'm sensitive to other people's distress.	0.73 (0.02)**	0.60 (0.05)**
Tolerating uncomfortable feelings		
When someone else is upset, I try to stay open to their feelings rather than avoid them.	0.77 (0.02)**	0.75 (0.04)**
I stay with and listen to other people when they're upset even if it's hard to bear.	0.72 (0.02)**	0.70 (0.04)**
I connect with the suffering of others without judging them.	0.71 (0.02)**	0.56 (0.06)**
When someone else is upset, I can be there for them without feeling overwhelmed by their distress.	0.42 (0.03)**	0.17 (0.06)*
Acting or being motivated to act to alleviate suffering		
When others are struggling, I try to do things that would be helpful.	0.84 (0.02)**	0.76 (0.03)**
When someone is going through a difficult time, I try to look after them.	0.87 (0.01)**	0.82 (0.03)**
When I see someone in need, I try to do what's best for them.	0.83 (0.01)**	0.76 (0.03)**
When I see that someone is upset, I do my best to take care of them.	0.82 (0.01)**	0.75 (0.03)**

Standard errors are given in parentheses. ** $p < .001$, * $p < .01$.

Table S4

Standardised loadings of factors to an overall compassion factor in the five-factor hierarchical model in both validation samples (Stages 3 and 4)

	Compassion for others		Compassion for the self	
	1,242 healthcare staff (Stage 3)	371 students (Stage 4)	1,216 healthcare staff (Stage 3)	371 students (Stage 4)
Recognising suffering	0.78 (0.02)*	0.62 (0.05)*	0.59 (0.03)*	0.33 (0.06)*
Understanding the universality of suffering	0.58 (0.03)*	0.42 (0.06)*	0.34 (0.03)*	0.26 (0.05)*
Feeling for the person suffering	0.98 (0.01)*	0.92 (0.04)*	0.99 (0.01)*	0.98 (0.02)*
Tolerating uncomfortable feelings	0.93 (0.02)*	0.91 (0.03)*	0.94 (0.01)*	0.87 (0.03)*
Acting or being motivated to act to alleviate suffering	0.92 (0.01)*	0.95 (0.03)*	0.94 (0.01)*	0.94 (0.02)*

Standard errors are given in parentheses. * $p < .001$.

Table S5

Correlation coefficients between total scale and subscale scores on the SOCS-O and SOCS-S using available data from 1,319 healthcare staff (Stage 3)

	SOCS-O	1	2	3	4	5	SOCS-S	6	7	8	9	10
Sussex-Oxford Compassion for Others Scale (SOCS-O)	-											
1. Recognising suffering	.80*	-										
2. Understanding the universality of suffering	.70*	.41*	-									
3. Feeling for the person suffering	.88*	.66*	.49*	-								
4. Tolerating uncomfortable feelings	.84*	.61*	.48*	.68*	-							
5. Acting or being motivated to act to alleviate suffering	.87*	.64*	.47*	.77*	.71*	-						
Sussex-Oxford Compassion for the Self Scale (SOCS-S)	.40*	.33*	.39*	.32*	.37*	.25*	-					
6. Recognising suffering	.37*	.36*	.33*	.30*	.31*	.25*	.74*	-				
7. Understanding the universality of suffering	.51*	.27*	.78*	.36*	.36*	.32*	.55*	.41*	-			
8. Feeling for the person suffering	.25*	.23*	.20*	.23*	.25*	.15*	.89*	.52*	.30*	-		
9. Tolerating uncomfortable feelings	.25*	.22*	.17*	.19*	.32*	.15*	.83*	.46*	.29*	.75*	-	
10. Acting or being motivated to act to alleviate suffering	.23*	.22*	.16*	.19*	.24*	.15*	.88*	.52*	.28*	.84*	.72*	-

* $p < .001$.

Table S6

Standardised item loadings for the compassion for the self five-factor hierarchical model in both validation samples (Stages 3 and 4)

	1,216 healthcare staff (Stage 3)	371 students (Stage 4)
Recognising suffering		
I'm quick to notice early signs of distress in myself.	0.85 (0.01)*	0.80 (0.03)*
I notice when I'm feeling distressed.	0.81 (0.02)*	0.81 (0.03)*
I'm good at recognising when I'm feeling distressed.	0.80 (0.02)*	0.77 (0.03)*
I recognise signs of suffering in myself.	0.76 (0.02)*	0.69 (0.04)*
Understanding the universality of suffering		
I understand that everyone experiences suffering at some point in their lives.	0.88 (0.02)*	0.91 (0.02)*
Like me, I know that other people also experience struggles in life.	0.86 (0.02)*	0.87 (0.03)*
I understand that feeling upset at times is part of human nature.	0.87 (0.02)*	0.85 (0.03)*
I know that we can all feel distressed when things don't go well in our lives.	0.84 (0.02)*	0.77 (0.04)*
Feeling for the person suffering		
When I'm going through a difficult time, I feel kindly towards myself.	0.85 (0.01)*	0.87 (0.02)*
When bad things happen to me, I feel caring towards myself.	0.79 (0.02)*	0.87 (0.02)*
Even when I'm disappointed with myself, I can feel warmly towards myself when I'm in distress.	0.77 (0.02)*	0.76 (0.03)*
When I'm upset, I try to tune in to how I'm feeling.	0.65 (0.02)*	0.54 (0.05)*
Tolerating uncomfortable feelings		
When I'm upset, I try to stay open to my feelings rather than avoid them.	0.69 (0.02)*	0.47 (0.06)*
I connect with my own suffering without judging myself.	0.72 (0.02)*	0.79 (0.03)*
When I'm upset, I can let the emotions be there without feeling overwhelmed.	0.57 (0.03)*	0.63 (0.05)*
I connect with my own distress without letting it overwhelm me.	0.61 (0.03)*	0.65 (0.04)*
Acting or being motivated to act to alleviate suffering		
When I'm upset, I try to do what's best for myself.	0.86 (0.01)*	0.83 (0.02)*
When I'm going through a difficult time, I try to look after myself.	0.91 (0.01)*	0.87 (0.02)*
I try to make myself feel better when I'm distressed, even if I can't do anything about the cause.	0.76 (0.02)*	0.80 (0.02)*
When I'm upset, I do my best to take care of myself.	0.88 (0.01)*	0.85 (0.02)*

Standard errors are given in parentheses. * $p < .001$.

Table S7

Correlation coefficients between total scale and subscale scores on the SOCS-O and SOCS-S using available data from 371 students (Stage 4)

	SOCS-O	1	2	3	4	5	SOCS-S	6	7	8	9	10
Sussex-Oxford Compassion for Others Scale (SOCS-O)	-											
1. Recognising suffering	.72***	-										
2. Understanding the universality of suffering	.62***	.25***	-									
3. Feeling for the person suffering	.79***	.47***	.31***	-								
4. Tolerating uncomfortable feelings	.77***	.46***	.37***	.49***	-							
5. Acting or being motivated to act to alleviate suffering	.83***	.49***	.32***	.69***	.61***	-						
Sussex-Oxford Compassion for the Self Scale (SOCS-S)	.34***	.14**	.44***	.18***	.29***	.19***	-					
6. Recognising suffering	.32***	.26***	.29***	.17**	.22***	.23***	.58***	-				
7. Understanding the universality of suffering	.43***	.13*	.74***	.20***	.29***	.22***	.52***	.32***	-			
8. Feeling for the person suffering	.21***	.08	.25***	.16**	.18**	.12*	.87***	.34***	.22***	-		
9. Tolerating uncomfortable feelings	.14**	.05	.19***	.05	.23***	.01	.79***	.25***	.20***	.72***	-	
10. Acting or being motivated to act to alleviate suffering	.17**	.03	.21***	.10	.18**	.13*	.86***	.29***	.24***	.82***	.67***	-

* $p < .05$, ** $p < .01$, *** $p < .001$

Sussex-Oxford Compassion for Others Scale (SOCS-O)

Instructions

Below are statements describing how you might relate to **other people**. Please indicate how true the following statements are of you using the 5-point response scale (1 = Not at all true, 2 = Rarely true, 3 = Sometimes true, 4 = Often true, 5 = Always true). For example, if you think that a statement is often true of you, circle '4'.

Note: In the below items, generic terms (e.g., 'upset', 'distress', 'suffering', 'struggling') are used to cover a range of unpleasant emotions, such as sadness, fear, anger, frustration, guilt, shame, etc.

Please provide an answer for each statement.

	Not at all true	Rarely true	Sometimes true	Often true	Always true
1. I recognise when other people are feeling distressed without them having to tell me.	1	2	3	4	5
2. I understand that everyone experiences suffering at some point in their lives.	1	2	3	4	5
3. When someone is going through a difficult time, I feel kindly towards them.	1	2	3	4	5
4. When someone else is upset, I try to stay open to their feelings rather than avoid them.	1	2	3	4	5
5. When others are struggling, I try to do things that would be helpful.	1	2	3	4	5
6. I notice when others are feeling distressed.	1	2	3	4	5
7. I understand that feeling upset at times is part of human nature.	1	2	3	4	5
8. When I hear about bad things happening to other people, I feel concern for their wellbeing.	1	2	3	4	5
9. I stay with and listen to other people when they're upset even if it's hard to bear.	1	2	3	4	5
10. When someone is going through a difficult time, I try to look after them.	1	2	3	4	5
11. I'm quick to notice early signs of distress in others.	1	2	3	4	5
12. Like me, I know that other people also experience struggles in life.	1	2	3	4	5

	Not at all true	Rarely true	Sometimes true	Often true	Always true
13. When someone is upset, I try to tune in to how they're feeling.	1	2	3	4	5
14. I connect with the suffering of others without judging them.	1	2	3	4	5
15. When I see someone in need, I try to do what's best for them.	1	2	3	4	5
16. I recognise signs of suffering in others.	1	2	3	4	5
17. I know that we can all feel upset at times when we are wronged.	1	2	3	4	5
18. I'm sensitive to other people's distress.	1	2	3	4	5
19. When someone else is upset, I can be there for them without feeling overwhelmed by their distress.	1	2	3	4	5
20. When I see that someone is upset, I do my best to take care of them.	1	2	3	4	5

Scoring Information

Users may compute both total subscale scores and a total SOCS-O score. To compute total subscale scores, sum item scores within each subscale (see below for items associated with each subscale). To compute a total SOCS-O score, sum all five total subscale scores or sum all 20 item scores.

Recognising suffering items: 1, 6, 11, 16.

Understanding the universality of suffering items: 2, 7, 12, 17.

Feeling for the person suffering items: 3, 8, 13, 18.

Tolerating uncomfortable feelings items: 4, 9, 14, 19.

Acting or being motivated to act to alleviate suffering items: 5, 10, 15, 20.

Sussex-Oxford Compassion for the Self Scale (SOCS-S)

Instructions

Below are statements describing how you might relate to **yourself**. Please indicate how true the following statements are of you using the 5-point response scale (1 = Not at all true, 2 = Rarely true, 3 = Sometimes true, 4 = Often true, 5 = Always true). For example, if you think that a statement is often true of you, circle '4'.

Note: In the below items, generic terms (e.g., 'upset', 'distress', 'suffering', 'struggling') are used to cover a range of unpleasant emotions, such as sadness, fear, anger, frustration, guilt, shame, etc.

Please provide an answer for each statement.

	Not at all true	Rarely true	Sometimes true	Often true	Always true
1. I'm good at recognising when I'm feeling distressed.	1	2	3	4	5
2. I understand that everyone experiences suffering at some point in their lives.	1	2	3	4	5
3. When I'm going through a difficult time, I feel kindly towards myself.	1	2	3	4	5
4. When I'm upset, I try to stay open to my feelings rather than avoid them.	1	2	3	4	5
5. I try to make myself feel better when I'm distressed, even if I can't do anything about the cause.	1	2	3	4	5
6. I notice when I'm feeling distressed.	1	2	3	4	5
7. I understand that feeling upset at times is part of human nature.	1	2	3	4	5
8. When bad things happen to me, I feel caring towards myself.	1	2	3	4	5
9. I connect with my own distress without letting it overwhelm me.	1	2	3	4	5
10. When I'm going through a difficult time, I try to look after myself.	1	2	3	4	5
11. I'm quick to notice early signs of distress in myself.	1	2	3	4	5
12. Like me, I know that other people also experience struggles in life.	1	2	3	4	5

	Not at all true	Rarely true	Sometimes true	Often true	Always true
13. When I'm upset, I try to tune in to how I'm feeling.	1	2	3	4	5
14. I connect with my own suffering without judging myself.	1	2	3	4	5
15. When I'm upset, I try to do what's best for myself.	1	2	3	4	5
16. I recognise signs of suffering in myself.	1	2	3	4	5
17. I know that we can all feel distressed when things don't go well in our lives.	1	2	3	4	5
18. Even when I'm disappointed with myself, I can feel warmly towards myself when I'm in distress.	1	2	3	4	5
19. When I'm upset, I can let the emotions be there without feeling overwhelmed.	1	2	3	4	5
20. When I'm upset, I do my best to take care of myself.	1	2	3	4	5

Scoring Information

Users may compute both total subscale scores and a total SOCS-S score. To compute total subscale scores, sum item scores within each subscale (see below for items associated with each subscale). To compute a total SOCS-S score, sum all five total subscale scores or sum all 20 item scores.

Recognising suffering items: 1, 6, 11, 16.

Understanding the universality of suffering items: 2, 7, 12, 17.

Feeling for the person suffering items: 3, 8, 13, 18.

Tolerating uncomfortable feelings items: 4, 9, 14, 19.

Acting or being motivated to act to alleviate suffering items: 5, 10, 15, 20.