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The Multidimensional Emotional Empathy Scale (MDEES)

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Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer,1998).

		Strongly Disagree	1	2	3	4	5	Strongly Agree
1.	I feel like crying when watching a sad movie.							
2.	Certain pieces of music can really move me.		1	2	3	4	5	
3.	Seeing a hurt animal by the side of the road is very upsetting.		1	2	3	4	5	
4.	I don't give others' feelings much thought.		1	2	3	4	5	
5.	It makes me happy when I see people being nice to each other.		1	2	3	4	5	
6.	The suffering of others deeply disturbs me.		1	2	3	4	5	
7.	I always try to tune in to the feelings of those around me.		1	2	3	4	5	
8.	I get very upset when I see a young child who is being treated meanly.		1	2	3	4	5	
9.	Too much is made of the suffering of pets or animals.		1	2	3	4	5	
10.	If someone is upset I get upset, too.		1	2	3	4	5	
11.	When I'm with other people who are laughing I join in.		1	2	3	4	5	
12.	It makes me mad to see someone treated unjustly.		1	2	3	4	5	
13.	I rarely take notice when people treat each other warmly.		1	2	3	4	5	
14.	I feel happy when I see people laughing and enjoying themselves.		1	2	3	4	5	
15.	It's easy for me to get carried away by other people's emotions.		1	2	3	4	5	
16.	My feelings are my own and don't reflect how others feel.		1	2	3	4	5	
17.	If a crowd gets excited about something so do I.		1	2	3	4	5	
18.	I feel good when I help someone out or do something nice for someone.		1	2	3	4	5	
19.	I feel deeply for others.		1	2	3	4	5	
20.	I don't cry easily.		1	2	3	4	5	
21.	I feel other people's pain.		1	2	3	4	5	
22.	Seeing other people smile makes me smile.		1	2	3	4	5	
23.	Being around happy people makes me feel happy, too.		1	2	3	4	5	
24.	TV or news stories about injured or sick children greatly upset me.		1	2	3	4	5	
25.	I cry at sad parts of the books I read.		1	2	3	4	5	
26.	Being around people who are depressed brings my mood down.		1	2	3	4	5	
27.	I find it annoying when people cry in public.		1	2	3	4	5	
28.	It hurts to see another person in pain.		1	2	3	4	5	
29.	I get a warm feeling for someone if I see them helping another person.		1	2	3	4	5	
30.	I feel other people's joy.		1	2	3	4	5	