

DISPOSITIONAL POSITIVE EMOTIONS SCALE (DPES) –AMUSEMENT SUBSCALE.

Reference:

Shiota, M. N., Keltner, D., & John O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. *Journal of Positive Psychology, 1*, 61-71.

Description of Measure:

The amusement subscale of the DPES is a 5-item questionnaire that measures a dispositional tendency to feel amused by themselves and others. Respondents report their level of agreement with each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Abstracts of Selected Related Articles:

Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society, 359*, 1367-1377.

The broaden-and-build theory describes the form and function of a subset of positive emotions, including joy, interest, contentment and love. A key proposition is that these positive emotions *broaden* an individual's momentary thought-action repertoire: joy sparks the urge to play, interest sparks the urge to explore, contentment sparks the urge to savour and integrate, and love sparks a recurring cycle of each of these urges within safe, close relationships. The broadened mindsets arising from these positive emotions are contrasted to the narrowed mindsets sparked by many negative emotions (i.e. specific action tendencies, such as attack or flee). A second key proposition concerns the consequences of these broadened mindsets: by broadening an individual's momentary thought-action repertoire—whether through play, exploration or similar activities—positive emotions promote discovery of novel and creative actions, ideas and social bonds, which in turn *build* that individual's personal resources; ranging from physical and intellectual resources, to social and psychological resources. Importantly, these resources function as reserves that can be drawn on later to improve the odds of successful coping and survival. This chapter reviews the latest empirical evidence supporting the broaden-and-build theory and draws out implications the theory holds for optimizing health and well-being.

Saroglou, V. (2008). Positive emotions as leading to religion and spirituality. *Journal of Positive Psychology, 3*, 165-173.

Dispositional Positive Emotions Scale Dpes Compassion

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