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# The Multidimensional Emotional Empathy Scale (MDEES)

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| | Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer,1998). | |
|---|---|---|
| 1. | I feel like crying when watching a sad movie. | Strongly<br>Disagree 1 2 3 4 5 Strongly Agree |
| 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 |