Communal Orientation Scale: An individual difference measure of tendencies to both provide and seek responsiveness/support non-contingently

**ORIGINAL SOURCE & EVIDENCE FOR ITS VALIDITY CAN BE FOUND IN**:

Clark, M.S,, Ouellette, R., Powell, M., & Milberg, S. (1987). Recipient’s mood, relationship type, and helping*. Journal of Personality and Social Psychology, 53*, 94-103.

**ADDITIONAL EVIDENCE RELEVANT TO THE VALIDITY OF THIS SCALE CAN BE**

**FOUND IN**:

Clark, M.S. & Mills, J.R. (2012). A theory of communal (and exchange) relationships.

In P.A.M. Van Lange, A. W. Kruglanski & E. Tory Higgins (Eds.) *Theories of Social Psychology, Volume 2,* pp 232-250.

**SCALE**

1. It bothers me when other people neglect my needs.
2. When making a decision, I take other people’s needs and feelings into account.
3. I’m not especially sensitive to other people’s feelings.\*
4. I don’t consider myself to be a particularly helpful person.\*
5. I believe people should go out of their way to be helpful.
6. I don’t especially enjoy giving others aid.\*
7. I expect people I know to be responsive to my needs and feelings.
8. I often go out of my way to help another person.
9. I believe it’s best not to get involved taking care of other people’s personal needs.\*
10. I’m not the sort of person who often comes to the aid of others.\*
11. When I have a need, I turn to others I know for help.
12. When people get emotionally upset, I tend to avoid them.\*
13. People should keep their troubles to themselves.\*
14. When I have a need that others ignore, I’m hurt.

NOTE: Subjects rate each item on a 5-point scale from extremely uncharacteristic of them (1) to extremely characteristic of them (5). Items with an \* are reversed prior to summing the ratings for an overall score.

This scale was designed to be conceptually independent of the Exchange Orientation Scale (also included on this site). Empirically they typically are uncorrelated or very slightly negatively correlated.