

Measure	Description	Original Article
Awareness		
Difficulties in Emotion Regulation Scale (DERS)	Measures six different components of emotional dysregulation: non-acceptance of emotional responses, difficulties engaging in goal directed behavior, impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies, lack of emotional clarity.	Neumann, A., van, L. P. A., Gratz, K. L., & Koot, H. M. (January 01, 2010). Multidimensional assessment of emotion regulation difficulties in adolescents using the Difficulties in Emotion Regulation Scale. <i>Assessment</i> , 17, 1, 138-49.
Five Facet Mindfulness Questionnaires	Measures mindfulness as observing, describing, acting with awareness, non-judging of inner experience, and non-reactivity to inner experience.	Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. <i>Assessment</i> , 13(1), 27-45.
Kentucky Inventory of Mindfulness Skills (KIMS)	Measures four components of mindfulness: observing, describing, acting with awareness, and acceptance without judgment.	Baer, R. A., Smith, G. T., & Allen, K. B. (September 01, 2004). Assessment of Mindfulness by Self-Report: The Kentucky Inventory of Mindfulness Skills. <i>Assessment</i> , 11, 3, 191-206.
Mindfulness Attention Awareness Scale (MAAS)	Assessed individual differences in the frequency of mindful states over time.	Brown, K. W., & Ryan, R. M. (January 01, 2003). The benefits of being present: mindfulness and its role in psychological well-being. <i>Journal of Personality and Social Psychology</i> , 84, 4, 822-48.
Mind in the Eyes Scale	Measures how well the participant can put themselves into the mind of the other person, and "tune in" to their mental state (empathize).	Baron-Cohen, S., & Wheelwright, S. (2001). The 'Reading the Mind in the Eyes' Test Revised Version: A Study with Normal Adults, and Adults with Asperger Syndrome or High-functioning Autism. <i>Journal Of Child Psychology & Psychiatry & Allied Disciplines</i> , 42(2), 241.
Courage		
Authenticity in Relationships Scale (AIRS)	Measures the degree to which a relationship favors the benefits of mutual and accurate exchanges of real self-experiences with one's intimate partner over the attendant risks of personal discomfort, partner disapproval, or relationship instability.	Lopez, F. G., & Rice, K. G. (July 01, 2006). Preliminary Development and Validation of a Measure of Relationship Authenticity. <i>Journal of Counseling Psychology</i> , 53, 3, 362-371.

BIS/BAS	Assesses two motivational systems thought to underlie behavior and affect: the behavioral activation system (BAS) and the behavioral inhibition system (BIS).	Carver, C. S., & White, T. L. (1994). Behavioral inhibition, behavioral activation, and affective responses to impending reward and punishment: the BIS/BAS scales. <i>Journal of personality and social psychology</i> , 67(2), 319.
Fear of Compassion Scale	Measures fear of compassion as it related to the self, <i>from others, and for others.</i>	Gilbert, P., McEwan, K., Matos, M., & Rivis, A. (January 01, 2011). Fears of compassion: development of three self-report measures. <i>Psychology and Psychotherapy</i> , 84, 3, 239-55.
Fear of Intimacy Scale	Measures an individual's anxiety about close, dating relationships.	Descutner, C. J., & Thelen, M. H. (June 01, 1991). Development and Validation of a Fear-of-Intimacy Scale. <i>Psychological Assessment</i> , 3, 2, 218-225.
Norton Courage Scale	A self-report measure of courage as "persistence or perseverance despite having fear."	Norton, P. J., & Weiss, B. J. (January 01, 2009). The role of courage on behavioral approach in a fear-eliciting situation: a proof-of-concept pilot study. <i>Journal of Anxiety Disorders</i> , 23, 2, 212-7.
Relational Health Index	Measures engagement, empowerment, authenticity, and ability to deal with conflict.	Liang, B., Tracy, A., Taylor, C. A., Williams, L. M., Jordan, J. V., & Miller, J. B. (2002). The relational health indices: A study of women's relationships. <i>Psychology of Women Quarterly</i> , 26, 25-35.
The Authenticity Inventory	Assesses the unimpeded operation of one's true- or core-self in one's daily enterprise (i.e., dispositional authenticity). Four subscales: awareness, unbiased processing, behavior, and relational orientation.	Wood, A. M., Linley, P., Maltby, J., Baliousis, M., & Joseph, S. (2008). The authentic personality: A theoretical and empirical conceptualization and the development of the Authenticity Scale. <i>Journal Of Counseling Psychology</i> , 55(3), 385-399. doi:10.1037/0022-0167.55.3.385
Love		
Compassionate Love Scale	Measures compassionate or altruistic love for different targets (e.g. close others and all of humankind).	Sprecher, S., & Fehr, B. (January 01, 2005). Compassionate love for close others and humanity. <i>Journal of Social and Personal Relationships</i> , 22, 5, 629-651.
FAP Intimacy Scale (FAPIS)	Measures the degree of intimacy within a specific relationship.	Kanter, J. W. (2011). The FAP Intimacy Scale. Unpublished document. University of Wisconsin-Milwaukee

Friendship-Based Love Scale	Measures each partner's perceived likability and enjoyment of the other within a loving relationship.	Grote, N.K, & Frieze, I.H. (September 01, 1994). The measurement of Friendship-based Love in intimate relationships. <i>Personal Relationships, 1, 3, 275-300.</i>
Miller Social Intimacy Scale	Measures the degree of emotional closeness a person feels towards another person (e.g. family member, friends, spouse, partner, etc.).	Miller, R. S., & Lefcourt, H. M. (January 01, 1982). The assessment of social intimacy. <i>Journal of Personality Assessment, 46, 5, 514-8.</i>
Relationship Closeness Inventory	Measures the degree of interdependence within a relationship (e.g. friend, spouse, partner, colleague, etc.)	Berscheid, E., Snyder, M., & Omoto, A. M. (November 01, 1989). The Relationship Closeness Inventory: Assessing the Closeness of Interpersonal Relationships. <i>Journal of Personality & Social Psychology, 57, 5.)</i>
Rubin's Love and Liking Scale	Designed to measure and differentiate between romantic love and friendship-based love.	Rubin, Z. (January 01, 1970). Measurement of romantic love. <i>Journal of Personality and Social Psychology, 16, 2, 265-73.</i>
Personality Assessment in Relationships Scale	Measures four components of intimacy in married or unmarried romantic couples: emotional, social, sexual, and intellectual	Schaefer, M. T., & Olson, D. H. (January 01, 1981). Assessing Intimacy: The Pair Inventory*. <i>Journal of Marital and Family Therapy, 7, 1, 47-60.</i>
Self-Compassion Scale	Measures six components of self-compassion: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification	Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. <i>Clinical Psychology & Psychotherapy. 18, 250-255.</i>
General		
Acceptance and Action Questionnaire (AAQ)	Measures negative evaluations of feelings, avoidance of thoughts and feelings, distinguishing a thought from its referent, and behavioral adjustment in the presence of difficult thoughts or feelings.	Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., ... Zettle, R. D. (January 01, 2011). Preliminary Psychometric Properties of the Acceptance and Action Questionnaire-II: A Revised Measure of Psychological Inflexibility and Experiential Avoidance. <i>Behavior Therapy, 42, 4, 676-688.</i>
Brief Multidimensional Spiritual Experiences Scale	Measures a person's perception of the transcendent (God, the divine) in daily life and his or her perception of his or her interaction with or involvement of the transcendent in life.	Bailly, N., & Roussiau, N. (January 01, 2010). The Daily Spiritual Experience Scale (DSES): validation of the short form in an elderly French population. <i>Canadian Journal on Aging = La Revue Canadienne Du Vieillessement, 29, 2, 223-31.</i>

Experiences in Close Relationships Scale	Measures individuals on two subscales of attachment: avoidance and anxiety.	Weij, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (January 01, 2007). The Experiences in Close Relationship Scale (ECR)-short form: reliability, validity, and factor structure. <i>Journal of Personality Assessment, 88, 2, 187-204.</i>
Interpersonal AAQ (I-AAQ)	Measures negative evaluations of feelings and avoidance of feelings as they pertain to interpersonal relationships.	
Interpersonal Competency Scale	Measures general disposition or capacity for interpersonal competency roughly based on five constructs: health, intelligence, empathy, autonomy, and judgment.	Holland, J. L., & Baird, L. L. (July 01, 1968). An Interpersonal Competency Scale. <i>Educational and Psychological Measurement, 28, 2, 503-510.</i>
Interpersonal Reactivity Index (IRI)	Measures dispositional empathy as four constructs: perspective taking, empathic concern, personal distress, and fantasy	Davis, M. A multidimensional approach to individual differences in empathy. <i>JSAS Catalog of Selected Documents in Psychology, 10, 85.</i>
Interpersonal Support Evaluation List (ISEL)	Assesses social support in four domains: (1) 'appraisal' (emotional) support, (2) 'tangible (instrumental) support, (3) 'belonging (companionship support), & (4) 'self-esteem' maintenance through social comparisons. Two versions of the ISEL exist: general population and college student population.	Cohen, S., & Hoberman, H. M. (1983). Positive events and social supports as buffers of life change stress1. <i>Journal of applied social psychology, 13(2), 99-125.</i>
Kanter Modified Daily Spiritual Experiences Scale	Measures a person's awareness of interpersonal factors as well as his or her interaction with these interpersonal factors in daily life.	Underwood, L. G., & Teresi, J. A. (January 01, 2002). The daily spiritual experience scale: development, theoretical description, reliability, exploratory factor analysis, and preliminary construct validity using health-related data. <i>Annals of Behavioral Medicine: a Publication of the Society of Behavioral Medicine, 24, 1, 22-33.</i>

Personality Inventory for DSM-V (PID-5)	Assesses maladaptive personality traits in five domains: Negative affect, detachment, antagonism, disinhibition, and psychoticism.	Krueger, R. F., Derringer, J., Markon, K. E., Watson, D., & Skodol, A. V. (2012). Initial construction of a maladaptive personality trait model and inventory for DSM-5. <i>Psychological Medicine</i> , 42(9), 1879.
The Schutte Self Report Emotional Intelligence Test (SSEIT)	Measures three aspects of emotional intelligence: appraisal and expression of emotion, regulation of emotion, and utilization of emotion	Schutte, N.S., Malouff, J. M., Simunek, M., Hollander, S., & McKenley, J. (2002). Characteristic emotional intelligence and emotional well-being. <i>Cognition and Emotion</i> , 16, 769–786.
Social Connectedness Scale – Revised (SCS-R)	Measures the level of interpersonal closeness that an individual experiences in his or her social world (e.g., friends, peers, society) as well as the level of difficulty in maintaining this sense of closeness.	Lee, R. M., Draper, >, & Lee, S. (2001). Social connectedness, dysfunctional interpersonal behaviors, and psychological distress: Testing a mediator model. <i>Journal of Counseling Psychology</i> , 48(3), 310.
Social Network Index (SNI)	Assesses participation in 12 types of social relationships (relationships with spouse, parents, parents-in-law, children, other close relatives, close neighbors, friends, workmates, schoolmates, fellow volunteers, members of groups without religious affiliations, and members of religious groups). Determines individuals' social network size.	Cohen, S., Doyle, W. J., Skoner, D. P., Rabin, B. S., & Gwaltney, J. M. (1997). Social ties and susceptibility to the common cold. <i>Jama</i> , 277(24), 1940-1944.
Social Desirability Scale	Assesses whether participants are responding to questionnaire items truthfully or are rather misrepresenting themselves in order to maintain their self-presentation (social desirability).	Crowne, D. P., & Marlowe, D. (1960). A new scale of social desirability independent of psychopathology. <i>Journal Of Consulting Psychology</i> , 24(4), 349-354. doi:10.1037/h0047358
Social Provisions Scale	To examine the degree to which respondent's social relationships provide various dimensions of social support.	Cutrona, C.E., & Russell, D. (1987). The provisions of social relationships and adaptations to stress. In W.H. Jones & D. Perlman (Eds.), <i>Advances in personal relationships</i> . (Vol. 1 pp. 37-67). Greenwich, CT: JAI Press

Social Support Survey	Measures four dimensions of social support: emotional/informational, social support, tangible support, affectionate support, and positive social interaction	Sherbourne, C. D., & Stewart, A. L. (January 01, 1991). The MOS social support survey. <i>Social Science & Medicine</i> , 32, 6, 705-714.
Symptom Checklist 6 & 10 (SCL-6/10)	Adapted from the SCL-90, the SCL-6 and SCL-10 assess psychological distress as a measure of treatment outcome.	Rosen, C., Drescher, K. D., Moos, R. D., Finney, J. W., Murphy, R. T., & Gusman, F. (2000). Six and ten item indices of psychological distress based on the Symptom Checklist-90. <i>Assessment</i> , 7(2), 103-111.
UCLA Loneliness Scale	Measures subjective feelings of loneliness as well as feelings of social isolation.	Russell, D., Peplau, L. A., & Ferguson, M. L. (January 01, 1978). Developing a measure of loneliness. <i>Journal of Personality Assessment</i> , 42, 3, 290-4.
WHO Quality of Life Scale (WHOQOL)	Assesses quality of life as a function of the individuals' perceptions of their positions in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns. Four domains: physical health, psychological health, social relationships, and environment.	WHOQOL Group. (1998). Development of the World Health Organization WHOQOL-BREF quality of life assessment. <i>Psychological medicine</i> , 28(03), 551-558.