

DISPOSITIONAL POSITIVE EMOTIONS SCALE (DPES) –AWE 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 awe subscale of the DPES is a 6-item questionnaire that measures a dispositional tendency to feel awe toward the world in general. 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. & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist, 60*, 678-686.

Extending B. L. Fredrickson's (1998) broaden-and-build theory of positive emotions and M. Losada's (1999) nonlinear dynamics model of team performance, the authors predict that a ratio of positive to negative affect at or above 2.9 will characterize individuals in flourishing mental health. Participants (N=188) completed an initial survey to identify flourishing mental health and then provided daily reports of experienced positive and negative emotions over 28 days. Results showed that the mean ratio of positive to negative affect was above 2.9 for individuals classified as flourishing and below that threshold for those not flourishing. Together with other evidence, these findings suggest that a set of general mathematical principles may describe the relations between positive affect and human flourishing.

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.

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

A great deal of research has shown that a variety of *negative* events and emotions can increase religion and spirituality. We argue that *positive* events and emotions (that imply some self-transcendence) can increase religion and spirituality. In two experiments, participants ($N = 91$ and $N = 87$) were exposed to a neutral video or one of three videos eliciting positive emotions: humor, appreciation of nature, and wonder at childbirth. Religiousness was to some extent affected by the positive emotions elicited (Study 1), and spirituality was higher among participants who were exposed to the videos eliciting self-transcendent emotions (appreciation of nature and wonder at childbirth) but not among those exposed to humor (Study 2). Both religiousness and spirituality may fit with the broaden-and-build theory of positive emotions, but the correspondence seems to be clearer for spirituality, a reality marked by universalism and openness to experience.

Scale:

1.) I often feel awe.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

2.) I see beauty all around me.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

3.) I feel wonder almost every day.

1	2	3	4	5	6	7
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Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree
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4.) I often look for patterns in the objects around me.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

5.) I have many opportunities to see the beauty of nature

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

5.) I seek out experiences that challenge my understanding of the world.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

Scoring:

An average score is calculated for the combination of all 5 items. Scoring is kept continuous.