

DEVELOPING THE HUMOR STYLES QUESTIONNAIRE-REVISED:
A REVIEW OF THE CURRENT HUMOR LITERATURE
AND A REVISED MEASURE

By

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A dissertation submitted in partial fulfillment of
the requirements for the degree of

DOCTOR OF PHILOSOPHY

WASHINGTON STATE UNIVERSITY
Department of Psychology
AUGUST 2006

To the Faculty of Washington State University:

The members of the Committee appointed to examine the dissertation
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Chair

ACKNOWLEDGMENT

I would like to extend a heartfelt thanks to my advisor and mentor Paul Kwon. His assistance throughout my time as a graduate student has been invaluable. I am grateful for his guidance and support with my dissertation and all aspects of my training and professional growth. He has given me his wisdom, time, and abilities well above the call of duty. Next, I would like to thank Len Burns for his expertise in factor analysis and his innate ability to calm and counsel me throughout the most arduous aspects of this project. Also, I am thankful that Masha Gartstein was a member of my committee, as she provided helpful suggestions, encouragement, and kind words.

I would like to offer my gratitude to my fellow graduate students who helped me with the initial design and item development for this work. Thanks to Megan Olson, Daniela Hugelshofer, Daniel Hurley, and Dina Olave.

I could not have completed this project without the efforts of the undergraduate research assistants who gave their time to run participants. Kalin McNamara, Emily Brulotte, and Heather Johnson deserve special recognition as their service went above the required hours and tasks of research assistants.

Finally, I would like to thank Barbara Hammond. Over the years she has served as a second mentor. Her support, encouragement, and compassion have been limitless.

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Abstract

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August 2006

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For over 100 years theorists and researchers have attempted to understand humor. The many efforts to understand this construct have had major theoretical and methodological flaws. This paper sorts through the existing literature in order to clarify the role of humor in everyday life. It begins with a summary the origins of humor research, illustrate ways humor is adaptive from interpersonal and coping perspectives, present the benefits of humor to psychotherapy and other related disciplines, and evaluates current humor measures. Next a proposed change to the current most widely accepted humor measure is presented. Measure development began with initial item creation and continued through multiple rounds of testing. Based on the results, the paper critically examines the 4 style humor of previous authors (Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003) and asserts that a 3 style approach is a superior way of viewing humor under this measurement paradigm. Implication for further reliability and

validity testing are discussed. Finally, the weaknesses of this study, challenges in humor research, and cultural implications and concerns are addressed.

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Dedication

My dissertation and doctorate is dedicated to my parents Charles and Cynthia Reff. Their gift of selfless love, support, and compassion has allowed me to complete graduate school and become the man, psychologist, and person I am today.

I dedicate my defense to Dr. Barbara Carver.

You have been my rock of support, my endless source of encouragement, and my partner.

You inspire me to better myself.

CHAPTER 1

INTRODUCTION

There has been a recent push to examine beneficial aspects of the human condition. Seligman and Csikszentmihalyi (2000) advocated for the positive psychology movement in which psychologists focus on the basis of human resilience. Research explored such topics as hope, coping, courage, and optimism (Lefcourt, 2001). Humor, until recently, has been largely left out of the positive psychologist's scope of interest. This is surprising because it could be argued that humor is the epitome of the positive psychology movement as it is the antithesis to sadness and despair. It is ubiquitous in human experience and our daily lives. Anthropologists have failed to find a culture or group that lacks humor or laughter (Apte, 1985). Humor has the power to reduce mental and physical pain (Martin, 2001). It has been linked to a wide range of positive outcomes, including marital satisfaction, adjusting to physical disability, overall life contentment, coping with stress, survival from diseases such as cancer, and prevention of suicide (Buckman, 1994; de Koning & Weiss, 2002; Lauer, Lauer, & Kerr, 1990; Martin & Lefcourt, 1983; Richman, 1995; Rust & Goldstein, 1989). Unfortunately, our scientific understanding of humor pales to our anecdotal belief that it is a universally important aspect of the human condition. Most research on this topic is intermittent, lacks solid methodology, and fails to be replicated. One author described her frustration with her own humor research in this way: "It is almost as if humor contains a mechanism designed to foil any attempt to capture its essence" (LaFrance, 1983, p.1).

The purpose of this paper is to create a revised humor measure that overcomes weaknesses with the existing measures. The new questionnaire was created by utilizing the current humor theory and a review of the literature. The paper will describe the origins of humor research, present ways in which humor is adaptive from an interpersonal and coping perspective, show the benefits to psychotherapy and other related fields, and summarize existing measures. Using the aforementioned research, a new humor will be created and tested. The paper will conclude with a critical discussion of this process, future work, and other relevant issues.

The study of humor has involved many different disciplines. Humor research has been conducted from evolutionary, biological, anthropological, and psychological perspectives. Evolutionary theorists have argued that humor can be conceptualized in one of two different ways. Humor may be a species specific, socially learned, and non-biologically based construct. In contrast, humor may provide a functional and adaptive significance to our race and thus operate via evolutionary theory. Weisfeld (1993) suggested that, if humor developed through evolution then it must meet certain criteria advanced by Darwin. These criteria include ubiquity within the species, development before socialization, biological/neurological basis, occurrence within closely related species, and functional value.

Humor appears to be a universal human trait (Hinde, 1974). While expression of humor appears to differ cross culturally, anthropologists have failed to find a culture or group that lacks humor or laughter (Apte, 1985). Laughter appears to be stereotyped behavior as its expression is similar regardless of the culture or language. Thus, humor

appears to exist throughout the human species. Laughter, a behavioral correlate of humor, appears at about four months of age, suggesting that humor develops before socialization (McGhee, 1979).

Humor also appears to have a biological foundation. There are neurological conditions in which the patient laughs spontaneously or inappropriately, termed “sham laughter” (Weisfeld, 1993). Laughter can also be induced via nitrous oxide, electrical stimulation of the anterior globus pallidus, or by lesions of the right hemisphere (Hassler & Riechert, 1961 as cited in Weisfeld, 1993). Generating humorous acts also appears to have a neurological substrate. A frontal lobe lesion can sometimes evoke “prankish joking and punning” (p.144). Lesions to the right hemisphere can also evoke joking in improper situations (McGee, 1983). Martin (1950) argues that there is a “humor center” in the brain located in the base of the third ventricle near the hypothalamus. During the removal of a cyst in this area, a patient made spontaneously jokes, had a fit of laughter, and blurted out lewd comments. The patient repeated these behaviors whenever this area of the brain was stimulated.

The next criterion for ascertaining an evolutionary basis for a trait is cross-species identification. If the attribute in question occurs in closely related species, such as nonhuman primates, then it is more likely to have an evolved basis. Gamble (2001) argues that apes and humans have similar basic abilities to understand and generate humor. In the wild, researchers have observed chimpanzees and gorillas engaged in playful actions similar to young children. Further, these non-human primates also participated in mock fighting by signaling their playmate that the upcoming attack will be

play behavior and thus should be considered safe. These behaviors in apes are analogous to the play activities of children. Apte (1985) draws an evolutionary link between the human smile and laughter to other similarly observed behaviors in primates. McGhee (1979) documented numerous examples of captive primates engaged humor appreciation. For example, chimpanzees and gorillas, after being taught sign language, often laughed after another primate signed incorrect linguistic signs. Captive primates have also been observed throwing garbage and urinating on people at the zoo. Following these behaviors, the ape signed “funny” to its playmates. The function or adaptive value of humor may also have a shared evolutionary link between humans and primates. According to Gable, apes may use humor to strengthen the bonds between members within the same small troop. The use of humor, by humans, has been theorized by a wide array of theoretical approaches. Humor has been researched as a mature defense mechanism, a powerful aid to interpersonal relationships, and a healthy coping mechanism to deal with stress.

Sigmund Freud began the psychological inquiry into humor at the start of the twentieth century. Freud likened humor to dreams. He wrote *Jokes and Their Relation to the Unconscious* (1905/1965) which suggested that jokes, like dreams, permit gratification through expression of a prohibited idea, desire, attitude, or drive (Richman, 1996). Humor causes a lessening of repression and a release of psychic energy (Barron, 1999). Dreams, unlike humor, are usually only told to a person’s therapist while humor is an interpersonally accepted way of releasing otherwise prohibited thoughts.

Although Freud and his followers wrote extensively on the topic of humor, current psychodynamic interests in humor conceptualize this construct as a mature and subsequently adaptive defense mechanism. In 1905 Freud wrote, “Humor can be regarded as the highest of these defensive processes” (Freud, 1905/1963). Vaillant (2000) suggested that humor allows for the release of emotion without personal distress and without negative effects on others. Further, humor allows individuals to focus on what is painful without distortion or negative affect. The Diagnostic and Statistical Manual of Mental Disorders (1994) defines humor as a mature defense as it allows the individual to deal “with emotional conflict or external stressors by emphasizing the amusing or ironic aspects of the conflict or stressor” (p. 755). Thus, humor is conceptualized as a way for the ego to ward off threat by shielding the conscious mind from harmful thoughts and emotions. There have been few empirically based studies that have examined the adaptive value of humor as a defense mechanism. One possible explanation for the paucity of research is the lack of an instrument to tap into humor as a defense. Researchers typically use the Defense Style Questionnaire (DSQ) to assess level of defense maturity (Vaillant, Bond, & Vaillant, 1986). The mature scale on this questionnaire contains only 10 items which usually results in a low coefficient alpha (e.g. .57; Kwon, 2002). Subsequently, humor has not been thoroughly tested from a defense mechanism perspective.

While origins of humor are grounded in a psychodynamic framework, latter work examined this construct from an interpersonal perspective. Martin, Puhlik-Doris, Larsen, Gray, & Weir (2003) stated that humor is important in establishing social relationships

and maintaining these relationships with minimal disagreement. Humor, therefore, serves many important interpersonal functions. A humorous person can increase the positive emotions of those in his or her social sphere. Further, humor can fortify interpersonal relationships through positive reinforcement. Humor can also increase an individual's attractiveness and thereby increase his or her likelihood of having strong interpersonal connections.

Graham (1995) examined the importance of humor in the creation of interpersonal relationships. She administered a humor questionnaire to research participants and then had the participants, in pairs, attempt to become acquainted with the other individual. Her results demonstrated that humor reduces social distance between people during their first meeting. Individuals with a high level of humor, according to Graham, had a distinct social advantage over those without humor. She suggested that humor allows people to share their feelings and thoughts with others. This openness maybe interpreted by others as an invitation to engage in further social contact and reveal aspects of themselves to the humorous individual.

Buss (1988) investigated the dating behaviors of college students to try to understand the most effective strategies for attracting a dating partner. He compiled a list of 20 effective dating behaviors for each gender. These lists were then ranked by the opposite gender. The behavior that was ranked most effective in dating, by both genders, was "displaying a good sense of humor." Buss concluded that humor is an important variable in understanding the formation of interpersonal relationships.

Cann, Calhoun, and Banks (1997) extended the previous research by examining humor appreciation in relationship formation. These authors hypothesized that attraction should be increased if an individual perceives another person as having a similar sense of humor. To test their hypothesis, individuals were asked to select a joke from a list and read it to a “stranger” over an intercom. The “stranger,” a confederate then responded with laughter or made a neutral comment. The participant was then asked to rate his or her own feelings and select adjectives to describe the “stranger.” These ratings served as a measure of interpersonal attraction. The researchers compared humor versus perceived similarity of “stranger,” an established variable that accounts for interpersonal attraction.

Humor was found to be a strong predictor of interpersonal attraction. Humor accounted for a greater portion of the variance (82 percent vs 11 percent) of interpersonal attraction compared to similarity between stranger and participant. Thus, the “stranger’s” laughter was a very powerful predictor of interpersonal attraction in this experiment. As the authors noted, the laughter may have been in response to a joke that was not particularly funny, as it was created by the researchers. If the participant were able to choose their favorite personal joke, the effects may have been more striking and the experiment may have had greater external validity. The authors stressed that laughing at a person’s joke has a number of powerful interpersonal effects. First, it suggests that the listener has a good sense of humor, which is considered a desirable personality trait. Second, it is reinforcing to the individual telling the joke, as they were able to make the listener laugh. The telling of a joke between two individuals also allow for a shared common experience. This interaction may serve as a starting point for an interpersonal

relationship. In conclusion, these authors suggested that humor is a potent interpersonal factor that needs further investigation.

De Koning & Weiss (2002) asserted that humor is an important variable in understanding marital satisfaction. These authors argued that humor may be utilized during stressful times in a marriage to reduce tension and create a moment of happiness amidst conflict. These authors cite Lauer & Lauer's (1990) examination of long-term marital satisfaction as a rationale for humor's importance in marriages. Lauer & Lauer interviewed 100 couples married for an average of 45 years. Sense of humor was considered the fourth and sixth most important factors for a successful marriage by wives and husbands, respectively. Koning & Weiss, after creation of their own humor scale, (Relational Humor Inventory, RHI) found that humor is an important element in marital satisfaction. According to their research, the more a partner feels that their humor is appreciated, the closer the individual feels to their partner and the greater the marital satisfaction. Thus, according to the authors, humor is an important element in marital success and needs further exploration by examining other close dyads such as gay and lesbian couples, parents and children or best friends.

The above research illustrates the importance of humor in an interpersonal framework. Humor appears to be a desirable trait found in members of the opposite sex as it helps increase individuals' attractiveness, thereby making individuals more socially desirable. It also appears to be socially reinforcing and have the power to increase the strength of social bonds. Lastly, humor was shown to be an important variable in long-

term relationships (i.e., marriage). This evidence strongly illustrates humor as an important interpersonal variable.

The vast majority of research investigating humor has examined the moderating or buffering effects of humor on stress (Abel, 1998, , 2002; Abel & Maxwell, 2002; Bizi, Keinan, & Beit-Hallahmi, 1988; Cann, Holt, & Calhoun, 1999; Frecknall, 1994; Fry & Salameh, 1993; Hampes, 1999; Kuiper, Martin, & Olinger, 1993; Lefcourt, 2003; Lefcourt, Davidson, Prkachin, & Mills, 1997; Lefcourt, Davidson, Shepherd, Phillips, & et al., 1995; Lefcourt & Martin, 1986; Lehman, Burke, Martin, Sultan, & Czech, 2001; Martin, 1996; Martin, Kuiper, Olinger, & Dance, 1993; Martin & Lefcourt, 1983; Overholser, 1992). Martin and Lefcourt (1982) conducted the first major study to examine the possible stress alleviation mechanism of humor. Only minor theoretical and methodological changes to their design occurred in subsequent studies. Major theoretical revision did not occur until 2003 when humor was conceptualized as being multidimensional (Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003).

The majority of papers examining humor and coping have utilized a simple model. These studies define humor as uni-dimensional construct, which allows an individual to lessen the impact of a stressful or negative event. Researchers measure stress using one of two different methods. Participants may be asked to recall stressful events in their lives, or the experimenter may induce stress such as viewing a stressful film clip, having them think of death, playing a very difficult game, or enduring physical pain (e.g. cold pressor task). Humor is then measured using one of many self-report measures or a behavioral assessment such as making up a comedy routine or making

jokes. These studies include an outcome measure, usually an examination of psychological functioning such as depression, mood state, loneliness, psychological adjustment.

In summarizing the current literature on humor and coping, I will begin by discussing a study by Martin & Lefcourt (1983) in detail. This research is a prototypical study as it contains many of the key methodological elements of these studies. The Martin and Lefcourt study has three phases of humor-stress analysis. During the first phase, researchers administered three different self-report measures to assess humor. The Situational Humor Response Questionnaire (Martin & Lefcourt, 1984) was utilized to assess the frequency with which participants used humor in their lives. The Sense of Humor Questionnaire (Svebak, 1996) was administered to assess three different subtypes of humor. These included the participant's ability to identify humorous stimuli, the importance of humor in the participant's life, and the participant's capacity to express positive emotions and humor (Meta-Message Sensitivity, Personal Liking of Humor, and Emotional Expressiveness Subscales, respectively). The Coping Humor Scale (CHS), was designed specifically for this study to measure a participants use of humor in dealing with stress (Martin & Lefcourt, 1983).

The authors found a significant and adaptive effect of humor in moderating the effects of stress. Specifically, high scores on humor correlated with lower mood distress at higher levels of stress. One subscale on the SHQ, Meta-Message, did not significantly moderate the effects of stress. The authors hypothesized that the ability to detect humor in the environment may not be crucial to cope with stress. It may be that individuals can

create humorous remarks in the absence of humorous stimuli. This would allow for a strong stress coping style, as its ability to function does not necessitate specific stimuli being present in the environment.

Phase two of their study was designed to strengthen the measurement of humor by adding a behavioral measure. Researchers rated the participants' ability to produce humor during an impromptu comedy routine. High levels of humor, measured behaviorally, moderated the effects of stress and correlated to less mood disturbance. The authors also noted that individuals who endured higher levels of stress were better at producing humorous remarks in the laboratory. Humor may be different from other coping mechanisms in that it may require exposure to stress to come up with the "material" for the humorous act. People high in humor, appeared to be utilizing an adaptive coping style rather than simply having a lower occurrence of stress.

Martin and Lefcourt added two critical elements to their design, stress induction and linking the stressor directly to the behavioral measure of humor. First, participants viewed a silent film. The film was selected as it had previously been shown to induce stress. Then participants added a funny narrative to the film, which was scored by the researchers. The researchers theorized that this would explicitly link the participants coping to the specific stressor. Their results further demonstrated a link between humor and stress. The researchers found a significant negative interaction between the humorous rating of narrative and negative life events in predicting mood disturbance. In other words, individuals who created a humorous narrative under stress were less likely to experience depressive symptoms. This interaction demonstrated the greatest R^2

change when compared to the other phases of their study. A closer examination of this aspect of their study is warranted given the strength of this particular finding. The last phase of their study has a stressful event explicitly linked to a specific humorous coping task. The other phases of the study utilized questionnaires with vague statements about humor that participants were required to agree or disagree (“I usually look for something comical to say when I am in tense situations”, CHS). The participants then completed a general stress questionnaire. The last phase of their study linked humor to the stressful event in a very specific manner. The specificity of the event and explicit connection to the humorous coping may have led to the strong findings in this phase of their study.

Martin and Lefcourt were the first authors to study humor’s coping power utilizing solid methodology and theory. Their research supports the conceptualization of humor as a stress coping mechanism. Since 1983, other researchers have attempted to build upon this initial study. Recent humor research has attempted to identify a specific mechanism or pathway by which the coping mechanism occurs. Lefcourt, Davidson, Prkachin, and Mills (1997) concluded that humor allows individuals to take a healthy perspective on a stressful event or occurrence. This allows for experiencing of the stressor, as opposed to repression or avoidance, while protecting the self from emotional pain. The authors deduced that humor’s ability to aid in perspective taking can be measured as an individual’s ability to comprehend and enjoy cartoons that make light of human actions or beliefs. The researchers used *Far Side* cartoons as stimuli to allow them to judge an individual’s ability to appreciate and comprehend perspective taking humor. The authors state, “To understand and appreciate this kind of humor, we assume

that persons must be capable of questioning their importance and be quite ready to laugh at themselves and their pretensions” (p. 375). Their results indicated that individuals who had high levels of humor were protected against stressful stimuli. Further, individuals high on this characteristic also showed decreased arousal, measured by blood pressure, following an uncontrollable stressor. The buffering effect did not emerge in conditions under which the individual experienced a more controllable stressor. The authors suggest that perspective taking is more effective on uncontrollable stress.

While Lefcourt et al.’s search for the underlying mechanism involved in coping by humor is laudable, there are a number of limitations to their study. The humor assessment used by these researchers is an unpublished instrument that has little or no ecological validity (Cartoon Measure of Perspective-taking Humor, CMPTH, Lefcourt, Davidson, Shepherd, & Phillips, 1995). People in everyday life, do not experience situations in which they need to examine humorous drawings in an attempt to cope with the stressors. A design with greater validity could be utilized in which participants read vignettes describing people engaging in real activities utilizing humor. This would allow participants to apply the same coping skills in the laboratory that they use in their daily lives. Their stress induction variable, death salience, is also limited. People endure many daily stressors that are not related to death such as relationship breakups, arguments with supervisors, or embarrassing moments. Although, the authors’ findings were significant, the results may not be generalized. Future research should use measures that parallel the way people use humor in their daily lives.

Kuiper et al. (1993) also investigated the underlying mechanisms involved in the coping benefits of humor. The authors suggested that humor allows individuals to cope with stressors in a healthier manner than those without humor. The authors examined participants' appraisal and reappraisals for a potential stressful event, in this case, negative feedback for a midterm exam. The authors came to several conclusions regarding humor's ability to lessen the impact of stress through cognitive appraisals. Prior to the exam, people with higher levels of humor deemed the test to be a challenging event rather than a stressful and negative event. After the exam, people who performed poorly and had low levels of humor viewed the exam as a very personal and important experience. If these individuals had no expectation of success and performed well, they depersonalized the exam and lessened the importance of its impact. Individuals with high levels of humor demonstrated a self-protective process as they appraised the situation in the opposite manner of those with low humor. The same pattern occurred in terms of perceived stress level. Stress level was inversely related to individuals' scores of humorous coping. Thus, humor appears to be adaptive as it alters our appraisal of stressful situations in a healthy manner.

Kuiper et al.'s research has a number of significant strengths and weaknesses. First, it utilizes a real world stressor that students frequently experience, a midterm exam. The researchers included a humor measure, CHS, which is widely used and is longitudinal in nature, as scores were recorded before and after exam. The principal shortcoming of their research is the lack of a sizable and representative sample as there were only 44 women in the sample. Given that other researchers (Abel, 1998; Abel &

Maxwell, 2002; Henkin & Fish, 1986; Mundorf, Bhatia, Zillmann, Lester, & et al., 1988; Thorson & Powell, 1993) found gender differences in humor, it seems warranted that a mixed gender sample be included in this type of research. Another concern is the lack of a link between the humor and the stressful event. These authors measured general humor and the participant's appraisal of the exam. Research should include a specific stressor that is explicitly linked to the humorous coping. For example, participants may have made a humorous response to their friends about their strengths in areas outside of the classroom in an attempt to lessen the impact of the exam. The use of a midterm exam as a stressor also has limitations as it lacks an interpersonal component.

The aforementioned studies examine the role of humor and coping with stress. This body of research contains a number of methodological and theoretical weaknesses that impacts the significance and generalizability of the results. These flaws include small and non-diverse samples, poor ecological validity, and lack of an appropriate stressor or stress measure. None of the existing questionnaires examined stress and humor simultaneously. A questionnaire could be developed that lists common stressful events and possible humorous responses that the participant could use to cope. Even with the flaws, the majority of researchers conclude that humor is an adaptive coping mechanism that helps individuals cope with stress.

Given that humor has the ability to help interpersonally and in coping with stress, Witztum, Briskin, and Lerner (1999) argued that it may be extremely beneficial to people with mental illness. Humor can reduce stress, increase social contact, and improve an individual's ability to make adequate judgments while increasing overall comprehension

of the world around them. These authors believe that humor can help individuals with chronic and severe schizophrenia. Individuals with this pathology are disjointed from their environment and live in an internal and disorganized world. Therapists can interject humor into skills training and aid the individual in therapy, interactions with others, and increase their overall life satisfaction. Witztum et al. assessed the efficacy of humor and psychotherapy. After six months, patients in their study demonstrated increased cooperation, motivation, and decreased client specific symptoms such as hypochondriasis, psychomotoric excitement, delusions, and paranoid outbursts.

Researchers and theorists have identified the elderly as being another population suited for interventions with humor. Volcek (1994) argued that the elderly typically deal with intense emotional pain as they frequently have medical problems, loss of interpersonal relationships, and the stress of becoming more and more dependent on others for self-care needs. Thus, humor can be a coping mechanism to help reduce stress from these events. Further, humor can permit the clinician to explore the possibility of discussing difficult topics. A joke can also help alleviate the stress associated with being in a hospital setting. Lastly, the elderly may have decreased self-esteem and humor may be able to preserve and even increase their feelings of self-worth and value.

Richman (1995) purported that humor may serve as a life saving function to the elderly at risk of suicide. He argued that senior citizens that can chuckle at themselves are significantly less likely to act on suicidal thoughts. In essence, laughter is antithetical to suicide as it mitigates the thoughts of hopelessness and sorrow. Richman took it to an

extreme and argued that a person with an intact sense of humor is incapable of committing suicide.

Researchers have argued that humor may be beneficial in therapeutic work with children and adolescents (Brooks, 1994; Freiheit, Overholser, & Lehnert, 1998; Overholser, 1992; Zall). Zall (1994) contends that children are uniquely receptive to humor while in therapy. Specifically, he suggests that children come to therapy with openness to play, daydream, and act silly. These behaviors, according to the author, lend themselves to the use of humor by both client and therapist. Children may present to therapy as scared or anxious, as they may not understand why they are in therapy, the process of therapy, and may possess feelings of intense blame or self-loathing about being in therapy. Humor, according to Zall, can ameliorate this anxiety by lifting the “seriousness” of the situation. Along the same lines, the use of humor by the therapist might convey to the child a sense of empathic attunement. The child might think that the therapist understands him or her and their fear about the situation based on their use of humor. In essence, the use of humor by the therapist or understating the client’s use of humor provides an early connection between client and therapist.

Humor has also been linked to the patient’s treatment satisfaction. Squier (1995) initially proposed that physicians’ frequent and consistent use of humor has a number of positive effects. His research found that the use of humor by the doctor instills a feeling of equity between patient and practitioner. The utilization of humor also resulted in increased feelings of control by the patient. Lastly, the use of humor by the physicians was associated with a positive doctor patient relationship.

The notion of quantifying humor can be traced back to the 1940s when researchers had participants rate a series of jokes (Lefcourt & Martin, 1986). Over the past 60 years, researchers have attempted to quantify humor in many different ways using many different theories. In recent years, numerous authors have made, on average, two to three new humor measures per year (Ruch, 1996). This wide variation of measures include rating the frequency of overt humorous acts like smiling and laughing (Situational Humour Response Questionnaire, SHRQ, Martin & Lefcourt, 1984), judging the humor of cartoons (Humor Response Scale, HRS, Lewis & Nieuwoudt, 1995; Mirth Response Test, NRT, Wilson, 1979 & Redlich, 1951), use of humor in relationships (Relational Humor Inventory, RHI, (de Koning & Weiss, 2002), the frequency of specific behaviors such as initiation, appreciation, and production of humor (Humor Initiation Scale, HIS, Bell, McGhee, & Duffey, 1986). These measures have not been widely studied, as they each appear in the literature only a few times and the majority only appears in the article that documents their creation.

A handful of measures attempt to blend these individual scales into a multidimensional scale. For example, Svebak (1974) created the Sense of Humor Questionnaire (SHQ) to assess an individual's ability to recognize humor in a situation, their pleasure derived from humor, and their ability to be humorous in emotional expression. This measure has been criticized as it has low reliability, lacks criterion validity, and is regarded as lacking sound theory in its creation (Thorson & Powell, 1991, 1993). The Multidimensional Sense of Humor Scale (MSHS) was designed to correct the shortcomings of previous studies (Thorson & Powell, 1993). This questionnaire

measures an individual's ability to produce humor, to use it as a coping mechanism, to appreciate humor, and to test the individuals' views on humor. This measure, along with the SHRQ and the SHQ, have been criticized for not accessing the explicit ways in which individuals use humor in their everyday lives (Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003). Items on these questionnaires describe general descriptions of humor use, frequency of laughter, or other variations without accessing how individuals use humor to cope with events in their everyday lives.

In contrast to the other measures, the Coping Humor Scale (CHS) contains seven items that focus on specific ways individuals use humor in their daily lives as a coping mechanism and it has been widely used by researchers and well studied (Martin & Lefcourt, 1983). This measure has a number of considerable strengths. It has an acceptable level of reliability with a Cronbach's coefficient alpha of .61, is positively correlated with other more broad humor measures, and it is not significantly correlated with measures of social desirability (Martin & Lefcourt, 1983; Kupier, Martin, & Olinger, 1983). The measure has been supported in the investigation of the moderating effects between humor and stress, physiological variables, peer ratings of humor, health status, self-esteem, dysfunctional attitudes, and appraisal of a stressful event (Celso, Ebener, & Burkhead, 2003; Dillon, Minchoff, & Baker, 1985; Kuiper et al., 1993; Lefcourt et al., 1997; Martin, 1996; Martin & Lefcourt, 1983; Overholser, 1992). To date, this is the most widely utilized humor measure that assesses the power of humor to help individuals cope with stress.

In 2003 a major theoretical change to the conceptualization of humor occurred. Martin, Puhlik-Doris, Larsen, Gray & Weir questioned the definition of humor as a uni-dimensional positive construct. They asked the question “Is all humor good humor?” Although there is consensus on the importance of humor, the authors criticized the present findings on humor as they “show at best, only weak and inconsistent relations with various indicators of psychological, physical, and social well-being” (p. 50). These authors suggested that a possible reason for the lack of consistent and significant findings is the general lack of a self-report measure that assesses both adaptive and maladaptive forms of humor. The Humor Behavioral Q-Sort Deck (Craik, Lampert, & Nelson, 1996) is the only other measure, besides the HSQ, that assesses negative forms of humor. Martin et al. criticized the measure on the following grounds. The measure can only be administered by trained individuals, is difficult to understand, and contains many items that assess behaviors difficult to observe. The remaining uni-dimensional measures only have the power to tap into the adaptive half of the construct, which thereby limits the amount of variance that can be explained.

Martin et al.’s new theory is both similar and different in comparison to previous work. In line with previous theories, the authors proposed that humor can help an individual. This is similar to the conceptualization of humor as a psychodynamic defense mechanism or a coping strategy to deal with stress. Similarly, these authors viewed humor as a construct with the ability to enhance relationships. This agrees with previous research on humor’s ability to bolster interpersonal relationships (e.g., (Cann & Calhoun, 2001; Graham, 1995) These authors’ findings diverged from other theories in that

humor maybe deleterious to the self and in relationships with others. Their theory proposed four specific humor styles, two adaptive and two maladaptive.

Self-enhancing humor, theorized by Martin et al., aids the self while simultaneously being accepting and non-injurious to others. Individuals whose humor style is primary self-enhancing will typically find amusement in the oddities of life and have an overall comical view on the world. This form of humor will help an individual cope with stressors and life's challenges. It is similar to the psychodynamic conceptualization of humor as a defense mechanism. When stressed, these individuals will make light of a distressing situation. For example, they may crack a joke before an extremely difficult exam to reduce their level of anxiety. This form of humor allows the individual to stay realistically focused on the stressor, as opposed to denying its existence, and lessen their internal distress. This style involves the self, rather than interpersonal interactions. The authors theorized that this style should be an effective shield against depression and be negatively related to neuroticism. Individuals who utilize self-enhancing humor should demonstrate good psychological health, high self-esteem, and an overall readiness to partake in new experiences and expose themselves to new environments.

Affiliative humor is theorized to foster interpersonal relationships in a non-hostile manner (Martin et al.). Individuals utilizing this style will often crack jokes or make light of stressful situations to ease the tension of others. This style is most in line with previous theories on coping humor. An individual who makes use of this style will have a humorous outlook on the situations that they face and generally not take things too

seriously. These individuals may make fun of themselves, while maintaining their positive self-image, with the goal of making other feel better. The goal of this form of humor is to strengthen interpersonal bonds and help with the creation of new relationships. This style should be associated with “extraversion, cheerfulness, self-esteem, intimacy, relationship satisfaction, and predominantly positive moods and emotions” (p. 53).

Aggressive humor is conceptualized by Martin et al., as a maladaptive humor style which attempts to bolster the self-concept with little or no concern for the well-being of others. This type of adverse humor is helpful to the self only by ridiculing, extreme teasing, demeaning, or mocking others in attempt to make oneself feel better. Aggressive humor, while beneficial in the immediate, is theorized to be detrimental if used too frequently over time. If habitually employed, this form of humor would erode interpersonal bonds, estrange significant relationships, and could leave the individual without effective social support. Aggressive humor is thought to be associated with an overall lack of concern regarding the negative impact of humor on those around the individual. This type of humor may be expressed as “sarcasm, teasing, a ‘put-down,’ ridicule, or derision (p. 54).” An individual who employs this humor style may attempt to control others by use of mockery or the threat of ridicule. Aggressive humor may emerge in the form of sexist or racist jokes. Individuals who frequently use aggressive humor may have little impulse control in terms of making a joke to hurt or ridicule someone. For example, this individual may tease a classmate who is obviously terrified about an upcoming presentation. This humor style is speculated to be associated with

neuroticism and more specifically, “hostility, anger, and aggression, and is negatively related to relationship satisfaction, agreeableness, and conscientiousness” (p.54).

Self-defeating humor as defined by Martin et al., involves putting oneself down to gain the positive appraisal of others. Generally, a person employing this form of humor will allow themselves to be the self-denigrating punch-line to a joke in hopes of amusing those around them. In contrast to self-enhancing humor, which is an effective coping strategy, this style is postulated to be a conflict avoidant process. In other words, the individual avoids direct confrontation with the stressor and self-deprecates in order to lighten the situation. The individual then evades the stressful situation and subsequently denies his or her negative feelings. Although others may find this individual entertaining, the individual may assume the role of a “class clown.” This form of acting-out behavior is assumed to be related to overall low-self esteem and an inability to confront others. As with aggressive humor, self-defeating humor is conceptualized to be correlated with neuroticism, depression, anxiety, and other negative emotional states. Further, this mode of humor is inversely related to self-esteem, interpersonal contentment, and psychological health.

Martin et al.’s conceptualization of humor enriched this area of research in a number of ways. This theory extended the other uni-dimensional definitions of humor by incorporating negative styles. It characterized humor in terms of both intra-psychic and interpersonal processes. Further, it is the first theory that advanced specific and detailed descriptors for each of humor style.

The authors developed the Humor Styles Questionnaire (HSQ) based on their theory of humor. The HSQ is the only measure that utilized theory in conjunction with rigorous scientific methods in its construction. Further, it is the only measure to go through extensive testing before being placed into the literature. Typically, authors conduct an initial study involving the basic test of their new measure, such as predictive validity. In the same article the authors then state that further testing must take place to assess the usefulness of the measure. Martin et al., in contrast, included extensive statistical analysis in the article that introduced the measure. The article contained reliability and validity testing, age and gender norms, and correlations with other measures of humor, mood, well-being, and interpersonal relationships. The procedure used by Martin et al. to create the HSQ represents a major, and long awaited, paradigm shift in the way humor questionnaires are developed.

The authors constructed their measure based on the recommendations of Jackson (1970). This approach attempts to create measures grounded in theory with subscales that do not overlap, along with individual items that have high levels of internal consistency. The final 32 items, 8 for each humor style, were derived from factor analysis and multiple rounds of statistical testing with over 1100 participants. The final items demonstrated sufficient levels of reliability ranging from .77 to .81 as measured assessed by Cronbach's coefficient alpha. Test-retest reliabilities of the four scales ranged from .80 to .85 at one week apart. The scales also demonstrated low intercorrelations indicating that the scales are exclusive from one another. Three of the four scales were unrelated to social desirability. The aggressive humor scale was

negatively related to social desirability. The authors stated that individuals who use this style may be more likely to respond in a non-socially desirable manner.

Martin et al. analyzed their scale further by attempting to ascertain norms and sex differences. The following noteworthy gender differences emerged. Males utilized the negative styles of humor, aggressive and self-defeating, to a greater extent than female participants. This is in line with previous research which found that men participate in more self-destructive types of humor as compared to women (Lefcourt et al., 1997; Mundorf et al., 1988). The researchers also found significant age differences. Younger participants utilized more affiliative humor than older individuals. The authors hypothesized that this difference may be due to the fact that older individuals engage in less social interactions than their younger counterparts. The researchers did not find a main effect for age in predicting self-enhancing humor. An age by gender interaction was revealed that showed older female participants utilized self-enhancing humor to a greater extent than younger women. Older men were found to use self-enhancing humor less than younger men. Aggressive humor was found more frequently with older participants in general and particularly with older men. Age did not appear to interact with self-defeating humor.

Martin et al. examined the relationship between the HSQ and other humor measures. Affiliative humor and self-enhancing humor styles shared the largest proportion of variance with other widely used humor measures (SHRQ, CHQ, SHQ-6, and MSHS). These two forms of humor appear similar to previous work on adaptive humor. The division of adaptive humor into two forms, interpersonal and self, allows for

greater precision in the assessment of humor. The maladaptive scales, aggressive and self-defeating, do not appear to be assessed by the current humor measures. The MSHS, in contrast to other humor measures, correlated with all four of the humor styles. This suggests that the MSHS is unable to differentiate between adaptive and maladaptive humor types. This is in line with other criticisms of the MSHS, which purport that the measure lacks a sound theoretical basis (Thorson & Powell, 1991, 1993).

To add further evidence to support the HSQ, Martin et al., tested the relationships between their questionnaire and 11 other measures of psychological functioning. The HSQ demonstrated stronger correlations to these measures as compared to other humor measures. The correlations between the HSQ and measures of psychological functioning ranged from .42 to .61 and all of the multiple correlations were significant ($p < .001$). There are a number of noteworthy correlations that lend support for the adaptive and maladaptive styles of the HSQ. Significant correlations in the expected direction were demonstrated between affiliative, self-enhancing, and self-defeating humor scales and self report measures of depression, anxiety, well-being, and multiple measures of self-esteem.

Other correlations lend support for the validity of each of the specific styles. Self-enhancing humor significantly correlated to optimism. Martin et al., believe that a hopeful outlook may be required to utilize humor positively towards self. Measures of interpersonal intimacy were significantly correlated to affiliative humor while self-enhancing humor was related to social support satisfaction. These results, according to the authors, suggest that an individual's ability to create and maintain interpersonal

relationships may be dependent on humor that fosters interpersonal closeness. However, the individual's view of the strength of these relationships may be dependent on maintaining a positive and humorous perspective regarding the self. Aggressive humor, as theorized, significantly correlated with measures of hostility and aggression. Self-defeating humor was negatively correlated to general measures of psychological functioning.

The authors tested the HSQ's ability to account for variance in self-esteem in comparison to other humor measures. The authors found that the HSQ accounted for a greater portion variance (11.8%) as compared to the CHS, SHRQ, and the SHQ-6 (6.6% combined). Thus, the HSQ appears to be a better measure of self-esteem than the other major humor measures.

Martin et al. expanded their validity testing of the HSQ to include measures of personality. The majority of correlations between the HSQ and personality measures were greater than .45. Affiliative and self-enhancing humor styles were both positively correlated to measures of extraversion while aggressive and self-defeating humor were unrelated. Maladaptive humor styles were negatively correlated to both agreeableness and conscientiousness and were positively related to neuroticism. The adaptive forms of humor were positively correlated with openness to experience. This is the first humor measure to find significant relationships to personality variables other than extraversion.

These simple correlations lend support for the validity of the HSQ. The evidence in support of the HSQ far outweighs the evidence for any other existing humor measure. This measure was created and subsequently tested in a more rigorous fashion than all of

the other existing humor measures as it was the only humor measure to go through extensive forms of reliability and validity testing before being introduced into the literature. While the correlational data is impressive, future research needs to be conducted in a longitudinal experimental design. The HSQ needs to be tested for its ability to detect stress moderation in different types of stressful conditions. The major criticism of this questionnaire is the absence of situation-response format items. The questionnaire, like the other humor measures of its design, asks participants to rate how much they agree or disagree with statements about vague and general situations, as seen in the example, “If I am depressed, I can usually cheer myself up with humor” (p. 58). The questionnaire should try to incorporate the findings of Martin and Lefcourt (1983) in its design in which coping with humor was directly linked to a particular situation. In their 1983 study, participants had to create a humorous narrative for a stressful video clip. The HSQ, modified in this fashion, could present participants with a situation. For example, “You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don’t know comments. ‘You have a really nice haircut. Where did you get it done?’” Next the participant could be given a way to respond to the event that corresponds to a particular humor style. For example a person could respond with aggressive humor, “You say out loud, ‘I think you should be less worried about a stylist and more worried about finding a plastic surgeon.’” This approach keeps the strengths of the existing HSQ while adding a greater level of specificity. This change makes the revised measure more congruent with people’s use of humor in every day life. To this date, the HSQ has not been able to detect stress

moderation (Reff, Hugelshofer, Olson, & Kwon, 2004). Individuals experience stress from the combination of specific events and an individual's reaction to these event. The proposed changes to the HSQ, inclusion of a situation and a humorous reaction, would hopefully increase the measure's likelihood of detecting humor's ability to moderate the effects of stress.

In order to overcome the criticisms of the HSQ, a new humor measure will be created. It will expand upon existing work and theory. This was achieved by utilizing the current strengths of the HSQ in combination with prior research that found humor's ability to moderate stress. Martin and Lefcourt's (1983) tied the stressor directly to humorous response. The revisions of the HSQ include situation-humor specificity in its design. The questionnaire consists of an event followed by a humorous way to respond to the situation. The responses will were created based on one of the four humor styles. The questionnaire asks participants to indicate, on a Likert scale, how likely they would be to act in a similar humorous response. The goal of the present study was to create humor items and to test those items for inclusion in a new humor measure ready for reliability and validity testing.

Given that this study departs from previous humor questionnaires in its design, an exploratory approach was utilized. This approach was used to explore new items and, if necessary, re-examine the 4 style humor model proposed by Martin et al. The study consisted of three phases. During phase one, the initial items were created and refined. Phase two involved the initial testing of items. Phase three entailed adding new items to increase the internal consistency, extending the content, and increasing the total number

of items to the measure. The last phase also checked the items for social desirability to ensure that the measure was not pulling for this response style. Each phase will be presented separately. Further work will be necessary to verify psychometric properties and conduct validity assessments.

CHAPTER 2

DEVELOPMENT OF THE NEW MEASRUE

Phase 1

Introduction

The goal of Phase 1 was to create and refine initial items. The items consisted of situation and a response. A total of 43 situations were designed by the research team. The situations were created to allow for possible humorous reactions. Following initial development, the situations were examined by a group of undergraduate researchers. They were asked to pick items that they did not understand or that seemed impossible. All situations were used to create the Humorous Response Questionnaire (HRQ).

Method

Participants

A total of 163 undergraduates enrolled in psychology courses participated in phase one. Participants were given research credit for their participation.

Measure

Humorous Response Questionnaire (HRQ). A questionnaire was created that asked participants for humorous ways to respond to a given situation. The situations were arranged in four sections. Each section contained a different prompt which corresponded to a different humor style. For example, the prompt “Please try to make your statement in a way that encourages closer relationships” corresponds to the Affiliative Humor style described by Martin et al. (2003). Four versions of the form were created. Each version had the humor style prompts in a different order to reduce the

effects of fatigue on the response creation. All four versions of the HRQ can be seen in Appendix B.

Procedure

Undergraduate researchers administered the HRQ to groups of students. The participants were told that the purpose of the study was to understand the ways people use humor in their daily life. After a short explanation of the study and the rights of participants, the questionnaire was administered to the participants. Once participants completed the HRQ, they were given a debriefing form that explained the purpose of the study in more detail, how to find out more information about the study, and the researcher's contact information.

Results

Undergraduate research assistants compiled the responses to the HRQ. The research assistants were given instructions on how to eliminate responses that did not fit the goal of the study. Responses were eliminated if the participant did not follow the instructions, if the responses were inappropriate (e.g., used foul language), and if the response did not match the humor style it was prompted to match. Items were selected for the next phase if clearly fit within the humor style, added to the content within the style, and were plausible. Following this criterion, 112 items (28 for each style) were included in the initial version of the questionnaire (HSQ-R112).

Phase 2

Introduction

Method

The goal of Phase 2 was to analyze the measure (HSQ-R112) created in Phase 1. Phase 2 resulted in items that were further tested in Phase 3.

Participants

A total of 363 undergraduates enrolled in psychology courses participated in phase two. Participants were given research credit for their participation. The sample consisted of 259 women and 126 men whose age ranged from 17 to 49 years ($M=19.45$; $SD=2.33$).

Measure

Humor Styles Questionnaire-Revised 112 (HSQ-R112). Based on the results of Phase 1 the HSQ-R112 was created. The HSQ-R112 consists of 113 items, including one item that serves as a manipulation check. That item instructs participants to leave the answer blank if they read the situation. The instructions ask participants to indicate, for each situation, if they would respond to the situation in a similar manner. Participants responded using a 7-point Likert scale ranging from 1 = Strongly Disagree to 7 = Strongly Agree. Each of the humor items on the HSQ-R112 contains a situation and a humorous way to respond. The 112 humor items consisted of 28 items from each of the humor styles. The full HSQ-R112 is shown in Appendix C.

Procedure

Undergraduate researchers administered the HSQ-R112 to small groups of students. The participants were told that the purpose of the study was to understand the ways people use humor in their daily life. After a short explanation of the study and the rights of participants, the questionnaire was administered to the participants. Once participants completed the HRQ, they were given a debriefing form that explained the purpose of the study in more detail, how to find out more information about the study, and researcher's contact information.

Results

The structural nature of the questionnaire was explored via a principal components factor analysis with a promax rotation. This oblique rotation was selected as the items were presumed to be related. This assumption was made given that all the items were created to examine different styles of humor. Given Martin et al.'s (2003) humor theory, an a priori assumption of four humor styles was made. Initially an exploratory four factor solution was attempted. This solution resulted in the majority of the items loading heavily on factor one. These items were a mixture of 84 items with loadings greater than .40. These items also had heavy cross loadings on other factors. Exploratory 5, 3, 2, factor solutions were also tested. None of the solutions yielded a discernable factor solution.

Given the lack of clear factor structure for the 112 item, an analysis of each style was conducted. The goal of these analyses was to discern the best items within each style to include in further item testing and refinement. Each subscale contained 28 items. The

criterion for inclusion into the next phase was as follows. First, the item had to load on the first factor, the factor with the largest eigenvalue. Second, the item had to have a factor loading above .45 on the first factor and a cross loading of less than .30 on any other factor (eigenvalue > 1.0). The results from the factor analysis of each humor style will be presented below separately. All of the factor analyses were conducted via a principal components factors analysis with a promax rotation.

Humor Styles

Aggressive Humor. The factor analysis of the Aggressive Humor items produced five factors with eigenvalue values above 1.0. Six items met the criteria for inclusion into the next round. The complete factor loadings are shown in Table 1. These six items had loadings that ranged from .69 to .86. All of the items demonstrated good internal reliability, as the Cronbach's alpha for these six items was .82. The Cronbach's alpha if deleted ranged from .78 to .83. The corrected item-total correlation ranged from .49 to .68. These results of the reliability analysis are shown in Table 2.

Self-Defeating Humor. The factor analysis of the Self-defeating Humor items produced seven factors with eigenvalue value above 1.0. Six items met the criteria for inclusion into the next round. The complete factor loadings are shown in Table 3. These six items had loadings that ranged from .69 to .86. All of these items demonstrated good internal reliability as Cronbach's alpha for these items was .84. None of these items seemed to weaken the internal consistency as the Cronbach's alpha if deleted for these items ranged from .80 to .83. Corrected item-total correlations for these items ranged from .31 to .46. These results of the reliability analysis are shown in Table 4.

Self-Enhancing Humor. A total of six factors with eigenvalue values above 1.0 emerged from the factor analysis of the Self-Enhancing humor items. Five of the items were passed onto the next round of testing. These six items had loadings on factor one from .48 to .77. The complete factor loadings are shown in Table 5. All of these items demonstrated good internal reliability as Cronbach's alpha for these items was .75. All of the items appear to help add to the internal reliability as the Cronbach's alpha if deleted ranged from .78 to .83. Corrected item-total correlations ranged from .49 to .68. These results of the reliability analysis are shown in Table 6.

Affiliative Humor. The factor analysis of the Affiliative Humor items produced seven factors with eigenvalue values above 1.0. Two items met the criteria for inclusion into the next round. The complete factor loadings are shown in Table 7. A third item was passed onto the next round even though it did not meet the criterion for inclusion. This item was selected for the following reasons. First, there few items selected as compared to other scales. Second, the item loaded highly on factor one (.66) and had a cross loading of .41 on the weakest factor. Lastly, the item did not significantly reduce the internal reliability of the three selected items. These three items had loadings that ranged from .65 to .74. All of the items demonstrated good internal reliability, as the Cronbach's alpha for these items was .65. The Cronbach's alpha if deleted ranged from .45 to .61 which suggests that none of these items significantly reduce the internal consistency. The corrected item-total correlation ranged from .42 to .54. These results of the reliability analysis are shown in Table 8.

Phase 3

Introduction

Phase three consisted re-testing the items from Phase 2 and creating additional items. The findings in phase 2 resulted in a total of 20 items being selected for further testing in phase 3. The full wording of these items can be seen in Tables 9, 10, 11, & 12. The HSQ-R40 was created for phase 3 so new items could be created for each of the scales to increase the internal reliability of the scales, increase the total number of items for the scale, and to increase the ability of the final measure to access unique aspects of each of the humor styles. The items were created to closely match the items from phase two while adding new content. Items were added to each scale such that the total items for each scale would equal 10. Thus, four items were added to the Aggressive and Self-Defeating Scales, five items were added to the Self-Enhancing scale, and seven items were added to the Affiliative Scale.

Participants

A total of 339 undergraduates enrolled in psychology courses participated in phase three. Participants were given research credit for their participation. The sample consisted of 219 women and 120 men who ranged in age from 18 to 43 years ($M=20.01$; $SD=2.12$).

Measures

Humor Styles Questionnaire-Revised 40 (HSQ-R40). Based on the situations described above, the HSQ-40 was created. The full measure can be seen in Appendix D. The HSQ consists of 41 items, including one item that serves as a manipulation check.

That item instructs participants to leave the answer blank if they read the situation.. Similar to the previous phase, the instructions ask participants to indicate, for each situation if they would respond in similar manner (humor style). Participants respond using a 7-point Likert scale ranging from 1 = Strongly Disagree to 7 = Strongly Agree. Each item contains a situation and humorous ways to respond. The 41 items consists of 10 items from each of the four humor styles.

Marlow-Crowne Social Desirability Scale (MCSD; Crowne & Marlowe, 1960).

The MCSD is a 33 true/false item questionnaire that measures a person's propensity to answer test items in a socially desirable style. Possible scores on this measure range from 0 to 33 with higher scores indicate a participant's likelihood to respond in a socially desirable manner (e.g., "I am always careful about my manner of dress").

Procedure

Undergraduate researchers administered the HSQ-R40 and the MCSD to small groups of students. The participants were told that the purpose of the study was to understand the ways people use humor in their daily life. After a short explanation of the study and the rights of participants, the questionnaire was administered to the participants. Once participants completed the HRQ, they were given a debriefing form that explained the purpose of the study in more detail, how to find out more information about the study, and researcher's contact information.

Results

Factor Structure of HSQ-R40

The structural nature of the questionnaire was explored via a principal components factor analysis with a promax rotation. A promax rotation was utilized given that the factors are presumed to be related as they all attempt to examine a variant of humor. Given an apriori assumption of four humor styles, an exploratory four factor solution was attempted first. This solution resulted in an unclear structure. The majority of positive humor items demonstrated strong loadings on factor one. Factor two contained the majority of Self-Defeating items, and factor three consisted of the majority of the Aggressive Humor Items. Lastly, factor four failed to demonstrate significant loadings. Only a few of the Self-Enhancing items loaded on factor four. Thus, it appears as though factor 4 failed to elucidate anything useful in describing the factor structure of the items. Given these findings, exploratory 5, 3, 2, factor solutions were also tested, with the 3 factor model generating the best fit for the data.

A three factor model produced the clearest structure for the 40 items. The three factors that emerged were (1) Positive Humor, (2) Self-Defeating Humor, and (3) Aggressive Humor. The results of the three factor solution can be seen in Table 13. Items were eliminated from each of the scales if they did not load on their intended factor above .40. Items that met the aforementioned criteria were then eliminated if they were not unique to their intended factor (cross loadings above .3). A total of 33 items were retained (17 Positive Humor Items, 10 Self-defeating Items, and 6 Aggressive Humor Items). Tables 14, 15, 16 show the full wordings of these items.

The structural nature of the 33 retained items was explored again via the same procedure to re-check the factor structure after item deletion. Again, a 5, 4, 3, 2 factor solution was performed with the 3 factor solution providing the best fit for the 33 items. The results of this analysis are shown in Table 17. Items were re-checked by the aforementioned criterion. All of the items met the criterion and were retained (HSQR-33).

Internal Reliability

Positive Humor Scale. The internal consistency of the 17 Positive Humor Scale items was high, as demonstrated by a Cronbach's coefficient alpha of .92. The corrected item-total correlation for these items were all positive and strong (range = .47 to .74). All of the items appeared to contribute to the cohesion of the scale (alpha if item deleted range = .91 to .92). The reliability analysis for this scale is shown in Table 18.

Self-Defeating Humor Scale. The internal consistency of the 10 Self-Defeating Humor Scale items was high, as demonstrated by a Cronbach's coefficient alpha of .88. The corrected item total correlation for these items were all positive and strong (range = .56 to .68). All of the items appeared to contribute to the cohesion of the scale (alpha if item deleted, range = .86 to .87). The reliability analysis for this scale is shown in Table 19.

Aggressive Humor Scale. The internal consistency of the 6 Aggressive Humor Scale items was high, as demonstrated by a Cronbach's coefficient alpha of .85. The corrected item total correlation for these items were all positive and strong (range = .57 to

.73). All of the items appeared to contribute to the cohesion of the scale (alpha if item deleted, range = .81 to .84). The reliability analysis for this scale is shown in Table 20.

Social Desirability

Certain items of the HSQR-33 may have pulled participants to respond in a socially desirable manner. To insure the participants' true responding, Martin et al. (2003) suggests that items be discarded if they evoke socially desirable responses. Items were deemed socially desirable and deleted if the corrected if the absolute difference between the item-total correlation and the item's correlation with the MCSD was less than .20. All 33 items passed this test. Thus, none of the 33 items appeared to elicit a socially desirable responding style. The results from the social desirability analysis are shown in Table 21.

CHAPTER 3

SUMMARY AND CONCLUSIONS

Future Work on 33 Selected Items

Further testing must occur before the measure is ready for formal use. A cross-validation factor analysis will be necessary to confirm the factor structure presented in Phase 3. This will require another principal components factor analysis with a new sample to verify the factor loadings on the intended dimension and lack of cross-loadings on the other two styles.

Next, a confirmatory factor analysis, three-factor model, will need to be conducted based on data from all participants who completed the final items. The results will be used to confirm if the three factor solution is an appropriate fit. Other models, using 2, 4, and 5 factors will be tested to see if these models better fit the data. If the items pass through the next round of testing the Humor Styles Revised Questionnaire (HSRQ) will be created.

Validity testing will be necessary to confirm that the scales of the HSRQ actually measure what they were designed to measure. The testing should first examine the relationship between the HSQ and the HSRQ. Convergent and discriminate validity should be tested by comparing the HSRQ to a wide range of other measures. For example, the HSRQ-Self Defeating Scale (SD) should positively correlate with Center for Epidemiological Studies for Depression (CESD, Radloff, 1977). This questionnaire assesses symptoms of depression, such as sadness, guiltiness, worthlessness, helplessness, and hopelessness. Conversely, the HSRQ-Positive Scale (PS) should

negatively correlate with the Cook-Medley Hostility Scale (Ho, Cook & Medley, 1954) which measures “anger, resentment, and hostility”.

The impetus to design the measure was to detect humor’s ability to moderate the effects of stress longitudinally. Thus, the HSRQ will need to be tested in a longitudinal fashion to determine if it can predict depression over time for participants experiencing stress. Hopefully, the situation-response format of the HSRQ will be able to better detect the interaction between maladaptive (SD & AGG) and adaptive humorous styles (PS) and stress in predicting depression. This will greatly advance current humor research as the HSQ has thus far been unable to longitudinally predict changes in depression.

The proposed longitudinal design will require participants to be assessed over two time points to allow for changes in depressive scores to be monitored over time. In order to determine the better measure, participants will take both humor measures (HSQ & HSRQ). Participants will be administered the humor questionnaires, a measure of depressive symptomology (Beck Depression Inventory-II; BDI; Beck, Steer, Brown, 1996), and a measure of stress (the Hassles (HAS) portion of the Hassles and Uplifts Scale, (HAS, DeLongis, A., Folkman, S., & Lazarus, R. S., 1988). Six weeks later participants will again take the BDI and the HAS.

Each humor measure’s ability to predict depressive scores at time 2 will be tested. The superior measure should be able to demonstrate the interaction between humor (positive and negative styles) and stress in predicting depression at time 2. Hopefully, the re-designed format coupled with the 3 style model will demonstrate the power of the HSRQ over the HSQ in longitudinal predictions.

Changes Between HSQ & HSRQ

There are two major differences between the HSQ and the HSRQ. First, as discussed previously, the HSRQ implements a situation-response style format. This format is designed to better replicate situations in which people use humor in their daily life. It goes beyond simple checklist descriptions of non-specific events. For example, “If I don’t like someone, I often use humor or teasing to put them down” (HSQ-AGG). This item has no grounding in an actual event with specific people. In contrast, the HSRQ asks you imagine yourself taking part in a particular situation. For example, one of the Aggressive items asks participants to imagine, “You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don’t know comments. ‘You have a really nice haircut. Where did you get it done?’” Faced with this specific situation and person a participant is asked if they might tell the person, “I think you should be less worried about a stylist and more worried about finding a plastic surgeon.” This situation-response format attempts to place the participant in situations in which they could respond humorously. This change encompasses a closer approximation to real world humorous responding coupled with a multidimensional humor theory.

The second major difference between the HSQ and the HSRQ is the number of humor styles each measure attempts to quantify. Both measures try to capture two negative styles (SD & AGG). The HSQ, as presented by Martin et al. (2003) attempts to capture two distinct positive styles while the HSRQ assesses only one positive dimension. Martin et al.’s theory, at a simplistic level, appears to have four domains in

which humor can fall (positive vs negative & interpersonal vs intrapsychic). A deeper inspection of their theory complicates this categorization. The first two domains (positive and negative) are consistent throughout their theory. The theory purports a positive or negative outcome for each of the four styles. The second domain (interpersonal vs intrapsychic) is less consistent in their theory.

Within the negative domain the humor styles can be categorized based on the target receiving the negative blow (self vs others). Martin et al. describes Aggressive style as humor that is “likely to hurt or alienate others” (p. 54). Similarly, these authors describe Self-defeating humor as

attempts to amuse others by doing or saying funny things at one’s own expense as a means of ingratiating oneself or gaining approval, allowing oneself to be the ‘butt’ of others’ humor, and laughing along with others when being ridiculed or disparaged (p.54).

Clearly, within the negative domain the humor can be classified based on the target. Further, both of the negative styles imply that someone will hear the humor. There is an audience assumed in both categories. The outward production of the humor is not so clear in regards to the positive humor domain.

The Affiliative style appears to be consistent with the target-other classification. It is in essence the exact opposite of the Aggressive style. Martin et al. write, this style of humor, is characterize by people who “tend to say funny things, to tell jokes, and to engage in spontaneous witty banter to amuse others, to facilitate relationships, and to

reduce interpersonal tensions” (p.53). It is clear with this humor style that there is an intended target audience (others).

Self-enhancing humor does not fit as cleanly into the target dichotomy. The authors state that Self-enhancing humor “involves a generally humorous outlook on life, a tendency to be amused by the incongruities of life, and to maintain a humorous perspective even in the face of adversity” (p. 53). The authors continue to describe the style as being related to the Freudian concept of humor as a defense mechanism. Finally the authors describe this style as being different from Affiliative humor in that, “this humor (self-enhancing) has a more intrapsychic than interpersonal focus” (p. 54). Thus, it is less clear if there is an explicit target. Further, it is hard to imagine situations in which a person would observe the oddities of life, find them humorous, and not share this funny experience with others. Devising a humorous perspective in the face of despair would only be enhanced if others laughed with you. For example, imagine “a tree branch has fallen on your new car” (HSRQ). Instead of getting angry, you find the situation absurd and think in your head, “I guess if trees are going to start fighting back, I should really start recycling.” This reduces your internal tension and relaxes you. It seems likely that you would want to share this humorous epiphany with friends or co-workers. After telling friends about what happened it would be difficult to classify the humor style. Thus, the lines between Affiliative humor and Self-enhancing humor seem blurred when placed in the context of a situation and response format. It is difficult to forge situation-response style items based on this humor style that do not elicit the potential positive impact of those around you. Thus, a situation-response format questionnaire, according to the data presented and

the aforementioned logic appears to exist in three styles; Positive; Aggressive; and Self-defeating.

Limitations of Present Study

The first limitation to the present study is the lack cross-validation, confirmatory factor analysis, and validity testing. It is essential this testing occur before any strong conclusions can be made. It is difficult to argue with certainty that the three styles are measuring the three humor styles without validity data. It seems unlikely that the factors are tapping into other constructs given that the items were derived directly from humor theory and appear to have high face validity.

A second limitation of the present study is the use of a homogeneous sample. The sample consisted of college students enrolled in psychology classes. Thus, it is difficult to determine if the analyses were detecting humor that widely exists or within a narrow sample. The humorous responses were generated by the same group of students who were used in the exploratory factor analyses. Thus, it is hard to determine if these items would evoke the same factor structure within a different age group or sample taken from a different geographic area.

Self-Report Data

Humor research has been conducted for decades. The vast majority of the attempts to measure this construct involve the use of self-report data. Given the complexity in capturing humor, it may simply be that humor does not easily fit within paper and pencil measures. The HSRQ directs participants to imagine a situation. This change is a closer approximation of what occurs experientially. What if humor is too

complex for self-report style measures? For example, comedians use the feedback of the audience to determine which jokes will get the best laughter. People may utilize subtle feedback from others to create humorous responses. These interpersonal cues may make it hard to encapsulate humor in a self-report measure. The direct interaction between two or more people may be necessary for humor to be accurately detected. Once the HSRQ has been finalized it will be important to try to devise a way to test its utility in detecting humor versus an experiential laboratory design.

Cultural Considerations

Unfortunately current humor measures do not include cross-cultural comparisons. While it is widely accepted that humor exists cross-culturally it is unknown if a single measure can quantify it in an etic fashion. It is hard to know if the situations and their humorous responses will have cross-cultural applicability. Church (2002) cautions against an imposed-etic approach whereby the measure is simply translated into another language. Further, he suggests that although measures are created to assess universal phenomenon the item content may not “tap relevant indicators of the construct in the new cultural setting, and important culture-specific indicators may be missed” (p.983). At the very least, if the HSRQ is to be utilized in cross-cultural research, new items should be produced that assess emic humor variation. This may require research outside the extant western psychological literature to create appropriate and relevant within cultural situations and responses.

Future Humor Work

While an extensive body of humor literature exists the quality of the writings leave room for strong criticism. Future humor research needs to be grounded in strong theory and methodological pursuits. The history of extant humor research is filled with theories and measures are presented in one or two articles and never appear again. The research is filled with one-shot attempts at measure creation. This study ventures from that approach as it attempts to enhance a current measure. The next step in humor research involves empirically demonstrating the how humor produces adaptive and maladaptive effects over time. Additionally, there is a paucity of cross-culture humor research. If the adaptive and maladaptive effects are elucidated it would be important to understand the cross-culture implications.

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APPDENDIX A

Table 1. Results of Principle Components Factor Analysis With Promax Rotations On Aggressive Items of HSQ-R112.

Aggressive Items	Factor				
	1	2	3	4	5
* 21. Obviously not the same place you got yours.	.82			-.12	
* 20. Sorry, I guess I never cared what your name was.	.78			-.11	.13
* 108. Somewhere where they can't help you.	.77			.18	-.11
* 81. Somewhere you can't afford.	.76			.15	-.25
* 78. Wow, other than the 30 pounds you've put on, you	.60		-.24	.28	.16
* 41. Good I wish I could say the same.	.50		-.11		.23
73. Probably a lot more interesting stuff than you.	.45	-.11		.44	.13
30. At least I'm jogging. Some of you could use it.	.38	.33	.24		-.15
85. Oooh, denied. I was just going to tell you that your	.33	.37	.12	.16	-.16
29. Whoa, did your reflection in my eye scare you away?	.32	.43	.24	-.11	
11. The machine is probably tired after shoving out snacks	.27		.51	-.21	.17
104. Wow... what happened to you?	.23	.13	-.25	.51	.24
90. Hey, with the two of you combined it's almost enough	.14		.23	.51	.16
23. If I had known you were coming I would have baked a	.10	-.11	.73	.17	-.24
50. Keep on going, he/she had herpes.	-.20	.77		.22	
16. Well, since I don't think Karen will get there alive	-.21		.63		.20
64. Damn hippies telling us to save tress and look what	-.30	.32	.30	.18	.16
96. Now my clothes are going to look as bad as Jim's		.10	.26	.61	-.16
74. Oh great, two losers in a cool person's bed.		.79	-.17	.28	-.20
26. Two minutes and you both look satisfied. You two are		.75	-.23	-.10	.17
37. Oh, please, like you could do better.		.49	.20		
52. Guess I'll give this stuff to my sister. It will improve		-.10	.65	.31	
103. How's the Alzheimer's? My birthday was last month.		.21	.14	.54	
4. Good thing we didn't put plastic like I recommended.					.62
1. Shut up and finish your dinner.					.62
27. How long do I actually have to spend with you on this		-.12		.20	.47
35. Do you need money or something?			.33	.29	.47
8. Friends? You think it's going THAT well?		.36	.18	-.22	.44

N=395; Note: * = Item selected for Phase 3. Items were sorted based the loadings on factor 1. Loadings were omitted if they were less than 1.0.

Table 2. Results of Reliability Testing of Aggressive Humor Items from HSQ-R112.

Cronbach's Coefficient Alpha = .82

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
20. Sorry, I guess	1.52	1.18	.61	.79
21. Obviously not the	1.47	1.11	.67	.78
41. Good I wish	2.07	1.55	.49	.83
78. Wow, other than	1.73	1.35	.60	.79
81. Somewhere you can't	1.49	1.00	.59	.80
108. You have a	1.57	1.04	.68	.78

Table 3. Results of Principle Components Factor Analysis With Promax Rotations On Self Defeating Items of HSQ-R112.

Self Defeating Items	Factor						
	1	2	3	4	5	6	7
* 42. Ok, they must have gotten me mixed up with	.86	-.14				-.19	
* 51. Whoa... I don't think anyone expected that	.84		.17	-.12		-.24	
* 75. They must need someone really bad to hire on the	.80			-.16		.10	
* 12. They will realize I'm worthless within a week.	.70		-.20			.30	.17
* 88. Cheating does pay off.	.69		-.14	.13		.12	
* 91. I guess they actually expect me to work here.	.69			.19		-.10	
31. Who's going to come with me that can attract	.42	.15	.15			-.14	.24
112. Maybe next week they'll just send me home to do	.35	.25	.12			.18	-.20
92. Too bad I don't have any skills that can make money	.31		.14			.19	.27
106. You say to yourself, P.J.'s Pet Grooming. Thanks for	.24	.16	-.27	.43		.29	
36. Looks like I have no life.	.17	-.17	.12	.54		-.18	.33
67. At least people finally find me interesting...	.16	.14	.61			-.10	
60. I'm a lousy kisser anyway.	.11	.32		.26		.11	.23
105. Finally... something faster than my grandmother	.10		.40	.27		.36	
87. Did the cooked bird on the table make you think of	-.10	.41	-.12			.54	.12
47. Well, he/she is better looking.	-.12	.77				-.18	.17
84. Hello Nicole. She raises her eyebrows and says, It's	-.13	.15		.63		-.19	
25. As my last pathetic act, I am going to run out of the	-.13	.16	.10			.72	.15
79. Oh, OK, I am available now! Any takers? No? OK.	-.17	.50	.15	.11		.27	
65. Clumsy... just like my social skills.			.29	-.37		.52	.10
44. Well... at least it looks like you enjoy sex with		.72	.16			-.20	.31
55. At least I didn't date a loser like me for such a long		.63		-.12		.20	.11
94. Well, since I didn't think Karen will get there alive		.55				.13	-.12
80. I know I'm boring, but you didn't have to lie.		.11	.65			.17	-.34
77. Sweet, I doubled my savings.		-.17	.60	.19		.12	.17
33. I'm just learning to jog.			.18	.74		-.14	.12
99. My stomach is the only spare tire and you can't use it		-.11				.85	.26
14. They say Jesus saves, but I guess I don't.						.35	.19
							.86

N=395; Note: * = Item selected for Phase 3. Items were sorted based the loadings on factor 1. Loadings were omitted if they were less than 1.0.

Table 4. Results of Reliability Testing of Self-Defeating Items from HSQ-R112.

Cronbach's Coefficient Alpha = .84

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
12. They will realize	2.11	1.61	.52	.83
42. Ok, they must	3.81	2.01	.62	.81
51. Whoa... I don't	4.20	1.89	.62	.81
75. They must need	2.89	1.88	.68	.81
88. Cheating does pay	2.86	1.95	.61	.81
91. I guess they	3.92	1.92	.62	.81

Table 5. Results of Principle Components Factor Analysis With Promax Rotations On Self Enhancing Items of HSQ-R112.

Self Enhancing Items	Factor					
	1	2	3	4	5	6
* 70. Oh my favorite tree is broken; what a shame.	.77		-.16			
* 71. I though it would be a nice change.	.77		-.22	.18		
* 7. Ive always looked good in white.	.70		.15			
* 3. The car needed something different.	.63	.12	.23	-.27		-.24
* 18. The world is a lucky place, because now I have to	.48	-.19	.19		.19	.22
* 53. Well, I guess the vending machine was hungry too.	.43	.45		.17	.11	-.22
97. Well, now I don't have to pay to take the tree out.	.42	.45			-.24	.17
24. Exactly an hour early, I guess I should sleep in	.38	.12	.23			.22
110. A few days after I wear these clothes and everyone	.36	.21	-.20	-.12	.22	.39
17. It's naturally this cute.	.26	-.21	.30			.39
95. That's one less trip to the rec center	.18	.49		.26	.29	-.20
58. That only leaves biking, and swimming, I guess I	.13	.11		.26	.58	-.19
49. Looks like I get to be a Christmas present for	.12	.17	.19		.43	.43
113. I must be the luckiest guy in the world because	-.11	.65		-.19	.14	.30
39. Come on guys, you don't have to fight over me.	-.11	.22	.15	.75	-.11	-.17
10. Well, I am the best.	-.12		.54	.33	-.11	.12
111. Ha! Who needs those energy drinks?	-.16	.59	-.18	.33	.37	.19
101. I won't tell anyone the boss likes me the best.	-.28	.33	.22	.13	.53	
6. I need this time to think about how good I am			.70	.13	.23	
83. Must be the Wheaties I had for breakfast.		.61		.15		
28. Is it April 1st already		.45			-.11	.29
2. It's naturally this cute.			.71	-.11	.22	-.26
5. Same thing I do everyday, try to set an example for the world.			.70		-.13	.15
54. Mr./Miss popularity can't be in 20 places at once.		-.13	-.14	.78	.25	
56. I'll sign autographs when we get there.				.59	.27	
107. They must be trying to save some money to make that new		.17			.67	.19
109. Wow, I am so special to have friends like you. You guys		.27				.73
40. I guess they don't design these puzzles for great looking highly		-.16	.16	.23	.29	.37

N=395; Note: * = Item selected for Phase 3. Items were sorted based the loadings on factor 1. Loadings were omitted if they were less than 1.0.

Table 6. Results of Reliability Testing of Self-Enhancing Items from HSQ-R112.

Cronbach's Coefficient Alpha = .75

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
3. The car needed	2.11	1.58	.43	.73
7. I need this	2.25	1.57	.58	.68
18. The world is	2.62	1.84	.43	.73
70. Oh my favorite	2.75	1.84	.56	.69
71. I thought it	2.57	1.65	.78	.68

Table 7. Results of Principle Components Factor Analysis With Promax Rotations On Affiliative Items of HSO-R112.

Affiliative Items	Factor						
	1	2	3	4	5	6	7
* 61. Honey! It's the kid's play room now	.74						
* 100. My roommate loves abstract art. This should be	.66				.22	-.21	.10
* 62. Insurance pay day	.65						.41
68. Yes! I always wanted new clothes	.54	.32					.14
34. Oh lucky me, a hood ornament	.51	.46			-.13		-.20
76. Shoot. Anyone up for doing dishes?	.44						-.22
72. If only I could be cloned.	.36				.31		.34
13. They will realize I'm worthless within a week.	.35	.44			.15		-.43
89. Me too, especially when you pay.	.23	-.12			.54		.16
86. Well, congratulations on a perfect attendance.	.20	.17					-.23
63. All right then... at least friends buy their own dinner	.20	-.32			.14		-.14
82. I'm glad you didn't save this for Christmas	.17	-.12			.15		.33
45. How about those Seahawks?	.16						.14
66. TODA! I'll be here all week!	.14	.68					.51
43. Whoever put that pothole there should be late.	.14				-.26		.14
32. Is there room for me?	.12						.35
15. Wow! I don't bite.	-.10	.18			.63		.16
59. My parole officer thought I might meet someone	-.12				.18		.64
48. I hope dessert looks as good as you.	-.13	.19			.44		.18
19. The bidding starts at \$20.	-.19	.46			.17		.70
98. Well, Mom, that was my boyfriend.	-.23	.18			.53		.15
38. What can I say? I am drawn to Mother Nature		.69			-.14		-.13
22. If I had known you were coming I would have		.50			.12		.15
9. I knew you were my friend for a reason.		.18			.80		-.18
69. Thanks! I get that response a lot!					.78		-.19
46. Guys, my mom said I can see PG-13 movies now.		.21					.19
92. I can't wait to see what I get for Christmas					.50		.50
102. Well, when did you guys start working here?		-.30			.14		.19
					.12		.61
							.12
							.81

N=395; Note: * = Item selected for Phase 3. Items were sorted based the loadings on factor 1. Loadings were omitted if they were less than 1.0.

Table 8. Results of Reliability Testing of Affiliative Humor Items from HSQ-R112.

Cronbach's Coefficient Alpha = .65

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
61. Honey! It's the	3.99	1.88	.54	.46
62. Insurance pay day	4.11	1.85	.44	.59
100. My roommate loves	3.40	1.73	.42	.61

Table 9. Aggressive items from the HSQ-113R selected for phase 3.

- 20) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."
- R: You say out loud, "Sorry, I guess I never cared what your name was."
- 21) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Obviously not the same place you got yours."
- 41) S: You are on a first date with someone who you really like and he/she tells you, "This is one of the best dates ever!"
- R: You say out loud, "Good I wish I could say the same!"
- 78) S: You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school who you haven't seen in years, smiling warmly at you.
- R: You say out loud, "Wow, other than the 30 pounds you've put on, you haven't changed a bit."
- 81) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Somewhere you can't afford."
- 108) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Somewhere where they can't help you."

Table 10. Self-defeating items from the HSQ-113R selected for phase 3.

- 12) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
R: You say out loud, "They will realize I'm worthless within a week."
- 42) S: At work, you just received your evaluation and found out that you got a perfect score.
R: You say out loud, "Ok, they must have gotten me mixed up with someone else."
- 51) S: At work, you just received your evaluation and found out that you got a perfect score.
R: You say out loud, "Whoa...I don't think anyone expected that!"
- 75) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
R: You say out loud, "They must need someone really bad to hire on the spot like that. Thank God they didn't check my references."
- 88) S: At work, you just received your evaluation and found out that you got a perfect score.
R: You say out loud, "Cheating does pay off."
- 91) S: At work, you receive a 10% raise, whereas the average raise was only 4%.
R: You say out loud, "I guess they actually expect me to work now."

Table 11. Self-enhancing items from the HSQ-113R selected for phase 3.

- 3) S: You leave your house and discover that a tree branch has fallen on your new car.
R: You say to yourself, "The car needed something different."
- 7) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
R: You say to yourself, "I've always looked good in white."
- 18) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
R: You say to yourself, "The world is a lucky place, because now I have to be naked all the time!"
- 70) S: You leave your house and discover that a tree branch has fallen on your new car.
R: You say to yourself, "Oh my favorite tree is broken; what a shame."
- 71) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
R: You say to yourself, "I thought it would be a nice change."

Table 12. Affiliative items from the HSQ-113R selected for phase 3.

- 61) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your significant other looks at you to see how you will respond.
- R: You say out loud, "Honey! It's the kids' play room now!"
- 62) S: You leave your house with a friend and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.
- R: You say out loud, "Insurance pay day!"
- 100) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your friends look at you to see how you will respond.
- R: You say out loud, "My roommate loves abstract art. This should be good for her."

Table 13. Results of Principle Components Factor Analysis With Promax Rotation on the HSQ-R40

HSQ-R40 Items	Intended Style		Factor 1 (Positive)	Factor 2 (Self-Defeating)	Factor 3 (Aggressive)
	3-Style	4-Style			
18. I've always looked	PS	SE	.80		
30. If one of	PS	AFF	.77		
40. I guess not	PS	SE	.77		
29. The car needed	PS	SE	.76	.	-.11
13. If one of	PS	AFF	.74	-.14	.16
5. At least with	PS	SE	.73	-.15	
41. I guess if	PS	SE	.72		
23. My roommate loves	PS	AFF	.70		
9. I heard of	PS	AFF	.69		
10. At least I	PS	SE	.67		
38. Darn, where am	PS	AFF	.57	.16	
7. Oh my favorite	PS	SE	.56		
3. I wish these	PS	SE	.55		
2. I thought it	PS	SE	.53		
15. Honey! It's the	PS	AFF	.52	.16	
19. I guess we	PS	AFF	.51	.22	-.14
25. The world is	PS	SE	.50		.22
35. Why didn't you	PS	AFF	.46	.33	-.10
21. At least the	PS	AFF	.37	.28	.16
33. Insurance pay day	PS	AFF	.35	.43	-.13
36. Whoa... I don't	SD	SD		.84	-.29
28. Ok, they must	SD	SD		.77	-.20
34. They must need	SD	SD		.72	
14. Finally an evaluation	SD	SD		.69	.16
32. They will realize	SD	SD	-.21	.68	.18
12. I guess they	SD	SD	.	.66	
37. Cheating does pay	SD	SD		.65	.16
6. Stupidity must be	SD	SD		.62	.13
26. They must have	SD	SD		.62	.13
17. Someone really needs	SD	SD	.19	.56	
24. I think you should	AGG	AGG			.87
20. Somewhere where they	AGG	AGG		-.10	.80
31. Obviously not the	AGG	AGG			.75
8. Sorry, I guess	AGG	AGG	-.16	.13	.68
16. Sorry, I thought	AGG	AGG	.16		.66
4. Wow, other than	AGG	AGG	-.10	.22	.41
11. Good I wish	AGG	AGG		.36	.34
39. What a coincidence	AGG	AGG		.38	.31
1. Wow you haven't	AGG	AGG		.32	.23
27. Somewhere you can't	AGG	AGG		.66	

N=339; Note: Items were sorted based the loadings on their intended factor.

Loadings were omitted if they were less than 1.0.

Table 14. Positive Humor Items Selected from the HSQ-R40.

- 2) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
- R: You say to yourself, "I thought it would be a nice change."
- 3) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "I wish these trees would just leave me alone, they are definitely the root of my problems."
- 5) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "At least with the tree sticking out the windshield, no one will notice that scratch I got last week."
- 7) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "Oh my favorite tree is broken; what a shame."
- 9) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.
- R: You say out loud, "I heard of getting smashed. I don't think this is what they mean!"
- 10) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
- R: You say to yourself, "At least I don't have to wear that ugly shirt my grandmother gave me anymore."

Table 14. Positive Humor Items Selected from the HSQ-R40. (Continued)

-
- 13) S: You leave your house with a group of your friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.
- R: You say out loud, "If one of you thought that my car smelled bad, a pine air freshener would have probably gotten the job done!"
- 15) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your significant other looks at you to see how you will respond.
- R: You say out loud, "Honey! It's the kids' play room now!"
- 18) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
- R: You say to yourself, "I've always looked good in white."
- 19) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.
- R: You say out loud, "I guess we should have bought the box wine after all!"
- 23) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your friends look at you to see how you will respond.
- R: You say out loud, "My roommate loves abstract art. This should be good for her."
- 25) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.
- R: You say to yourself, "The world is a lucky place, because now I have to be naked all the time!"
- 29) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "The car needed something different."

Table 14. Positive Humor Items Selected from the HSQ-R40. (Continued)

- 30) S: You leave your house with a group of friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.
- R: You say out loud, "If one of you wanted to drive your own car, all you had to do was ask!"
- 33) S: You leave your house with a friend and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.
- R: You say out loud, "Insurance pay day!"
- 38) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.
- R: You say out loud, "Darn, where am I going to get another bag like that one!"
- 40) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "I guess not buying the deluxe carwash was a good idea after all."
- 41) S: You leave your house and discover that a tree branch has fallen on your new car.
- R: You say to yourself, "I guess if the trees are going to start fighting back, I should really start recycling."

Table 15. Self-Defeating Humor Items Selected from the HSQ-R40.

- 6) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
- R: You say out loud, "Stupidity must be contagious, because I think I just gave it to the person that hired me."
- 12) S: At work, you receive a 10% raise, whereas the average raise was only 4%.
- R: You say out loud, "I guess they actually expect me to work now."
- 14) S: At work, you just received your evaluation and found out that you got a perfect score.
- R: You say out loud, "Finally an evaluation that gives points for laziness, lack of creativity, and poor work ethic."
- 17) S: At work, you receive a 10% raise, whereas the average raise was only 4%.
- R: You say out loud, "Someone really needs to tell the boss that the computer is adding a zero behind the 1's."
- 26) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
- R: You say out loud, "They must have thought I was applying for the 'seeking big loser with no future' job posting."
- 28) S: At work, you just received your evaluation and found out that you got a perfect score.
- R: You say out loud, "Ok, they must have gotten me mixed up with someone else."
- 32) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
- R: You say out loud, "They will realize I'm worthless within a week."

Table 15. Self-Defeating Humor Items Selected from the HSQ-R40. (Continued)

- 34) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
- R: You say out loud, "They must need someone really bad to hire on the spot like that. Thank God they didn't check my references."
- 36) S: At work, you just received your evaluation and found out that you got a perfect score.
- R: You say out loud, "Whoa...I don't think anyone expected that!"
- 37) S: At work, you just received your evaluation and found out that you got a perfect score.
- R: You say out loud, "Cheating does pay off."

Table 16. Aggressive Humor Items Selected from the HSQ-R40.

- 8) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."
- R: You say out loud, "Sorry, I guess I never cared what your name was."
- 16) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."
- R: You say out loud, "Sorry, I thought that Nicole was better than 'Hello obnoxious woman who thinks everyone should know her name.'"
- 20) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Somewhere where they can't help you."
- 24) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "I think you should be less worried about a stylist and more worried about finding a plastic surgeon."
- 27) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Somewhere you can't afford."
- 31) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
- R: You say out loud, "Obviously not the same place you got yours."

Table 17. Results of Principle Components Factor Analysis
With Promax Rotation on the 33 selected items from the HSQ-R40

HSQ-R40 Items	Intended Style		Factor 1 (Positive)	Factor 2 (Self-Defeating)	Factor 3 (Aggressive)
	3-Style	4-Style			
18. I've always looked	PS	SE	.80		
40. I guess not	PS	SE	.77		
29. The car needed	PS	SE	.76		-.11
30. If one of	PS	AFF	.75		
13. If one of	PS	AFF	.73	-.12	.17
5. At least with	PS	SE	.72	-.12	
41. I guess if	PS	SE	.70		
9. I heard of	PS	AFF	.69		
23. My roommate loves	PS	AFF	.69		
10. At least I	PS	SE	.67		
38. Darn, where am	PS	AFF	.56	.15	
3. I wish these	PS	SE	.55		
7. Oh my favorite	PS	SE	.55		
2. I thought it	PS	SE	.54		
15. Honey! It's the	PS	AFF	.53	.16	
19. I guess we	PS	AFF	.52	.21	-.13
25. The world is	PS	SE	.48		.23
36. Whoa... I don't	SD	SD		.83	-.27
28. Ok, they must	SD	SD		.78	-.20
34. They must need	SD	SD		.71	
32. They will realize	SD	SD	-.20	.70	.17
14. Finally an evaluation	SD	SD		.69	.14
37. Cheating does pay	SD	SD		.65	.16
12. I guess they	SD	SD		.64	
26. They must have	SD	SD		.63	.13
6. Stupidity must be	SD	SD		.60	
17. Someone really needs	SD	SD	.20	.57	
24. I think you should	AGG	AGG			.87
20. Somewhere where they	AGG	AGG			.80
27. Somewhere you can't	AGG	AGG			.75
31. Obviously not the	AGG	AGG		.11	.75
8. Sorry, I guess	AGG	AGG	-.17	.16	.67
16. Sorry, I thought	AGG	AGG	.13		.66

N=339; Note: Items were sorted based the loadings on their intended factor.
Loadings were omitted if they were less than 1.0.

Table 18. Results of Reliability Testing of Positive Humor Items from HSQ-R40

Cronbach's Coefficient Alpha = .92

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
3. I wish these	1.78	1.24	.47	.92
5. At least with	2.98	1.64	.62	.91
7. Oh my favorite	2.18	1.48	.54	.92
9. I heard of	4.30	1.63	.57	.92
10. At least I	3.21	1.90	.62	.91
13. If one of	3.14	1.80	.66	.91
15. Honey! It's the	3.73	1.74	.54	.92
18. I've always looked	3.46	1.84	.74	.91
19. I guess we	4.80	1.64	.53	.92
23. My roommate loves	3.43	1.75	.66	.91
25. The world is	3.20	2.02	.55	.92
29. The car needed	2.64	1.69	.69	.91
30. If one of	3.11	1.84	.69	.91
38. Darn, where am	3.21	1.90	.60	.91
40. I guess not	3.54	1.85	.68	.91
41. I guess if	3.44	2.06	.66	.91

Table 19. Results of Reliability Testing of Self-Defeating Humor Items from HSQ-R40

Cronbach's Coefficient Alpha = .88

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
6. Stupidity must be	1.97	1.40	.56	.87
12. I guess they	3.76	2.00	.59	.87
14. Finally an evaluation	2.47	1.76	.68	.86
17. Someone really needs	3.18	1.88	.60	.87
26. They must have	1.78	1.20	.62	.87
28. Ok, they must	3.74	1.86	.61	.87
32. They will realize	2.07	1.48	.59	.87
34. They must need	2.70	1.80	.66	.86
36. Whoa... I don't	4.02	1.94	.62	.87
37. Cheating does pay	2.55	1.85	.62	.87

Table 20. Results of Reliability Testing of Aggressive Humor Items from HSQ-R40

Cronbach's Coefficient Alpha = .86

HSQ-R40 Item	Mean	SD	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
8. Sorry, I guess	1.66	1.28	.57	.84
16. Sorry, I thought	1.82	1.37	.58	.84
20. Somewhere where they	1.50	1.17	.67	.82
24. I think you should	1.37	1.05	.73	.81
27. Somewhere you can't	1.40	0.90	.63	.83
31. Obviously not the	1.77	1.38	.71	.81

Table 21. Results of Social Desirability Testing and Items Selected from HSQ-R40

	Corrected Item-Total Correlation	Item Correlation with MCSD	Absolute Difference
3. I wish these	.47	-.15 **	.62
5. At least with	.62	-.08	.70
6. Stupidity must be	.56	.09	.47
7. Oh my favorite	.54	-.08	.62
8. Sorry, I guess	.57	.12 *	.45
9. I heard of	.57	-.11 *	.68
10. At least I	.62	-.05	.67
12. I guess they	.59	.17 **	.42
13. If one of	.66	-.08	.74
14. Finally an evaluation	.68	.06	.62
15. Honey! It's the	.54	-.09	.63
16. Sorry, I thought	.58	.04	.54
17. Someone really needs	.60	-.02	.62
18. I've always looked	.74	-.09	.83
19. I guess we	.53	-.03	.56
20. Somewhere where they	.67	-.01	.68
23. My roommate loves	.66	-.11 *	.77
24. I think you should	.73	.14 *	.59
25. The world is	.55	-.06	.61
26. They must have	.62	-.02	.64
27. Somewhere you can't	.63	.07	.56
28. Ok, they must	.61	-.01	.62
29. The car needed	.69	-.12 *	.81
30. If one of	.69	-.14 **	.83
31. Obviously not the	.71	.09	.62
32. They will realize	.59	.10	.49
34. They must need	.66	.12 *	.54
36. Whoa... I don't	.62	.05	.57
37. Cheating does pay	.62	.14 *	.48
38. Darn, where am	.60	-.09	.69
40. I guess not	.68	-.11 *	.79
41. I guess if	.66	-.08	.74

Note: * = $p < .05$; ** = $p < .01$

APPENDIX B

HUMOROUS RESPONSE QUESTIONNAIRE (HRQ) – Version 1

DIRECTIONS: Please imagine each of the situations below as vividly as possible. Afterwards, try to think of a humorous response to each situation. You will be asked to make a specific type of humorous response. There will be FOUR different types of PROMPTS. Please use the PROMPT statement to shape all of your responses until you receive a new PROMPT.

NEW PROMPT: Please think of a humorous response to this situation. ***Please try to make your statement in a way that encourages closer relationships with others.***

IMAGINE: You walk into what you think is your empty apartment to find that your roommate has thrown you a surprise party for your birthday.

HUMOROUS RESPONSE:

IMAGINE: You are on a first date with someone who you really like and he/she tell you, "This is one of the best dates ever!"

HUMOROUS RESPONSE:

IMAGINE: You are at a party and start talking with someone who you find attractive. You really enjoy talking with him/her and, he/she feels the same way. The two of you set up a dinner date in a couple days.

HUMOROUS RESPONSE:

IMAGINE: You decide to host a party, and invite ten of your favorite people. All ten show up, and you have a great time.

HUMOROUS RESPONSE:

IMAGINE: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

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PROMPT: *Please think of a humorous response to this situation. Please try to make your statement in a way that encourages closer relationships with others.*

IMAGINE: *You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school, who you haven't seen in years, smiling warmly at you.*

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IMAGINE: *You have spent the last 6 hours working on your computer. That evening, you experience a pounding headache that you cannot get rid of.*

HUMOROUS RESPONSE:

IMAGINE: *You leave your house and discover that a tree branch has fallen on your new car.*

HUMOROUS RESPONSE:

IMAGINE: *You put your last 50 cents in the vending machine for your favorite snack. The snack gets stuck, and you are unable to retrieve it.*

HUMOROUS RESPONSE:

HUMOROUS RESPONSE QUESTIONNAIRE (HRQ) – Version II

DIRECTIONS: Please imagine each of the situations below as vividly as possible. Afterwards, try to think of a humorous response to each situation. You will be asked to make a specific type of humorous response, which will be detailed in a PROMPT statement. There will be FOUR different types of PROMPTS. Please use the PROMPT statement to shape all of your responses until you receive a new PROMPT.

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IMAGINE: *You walk into what you think is your empty apartment to find that your roommate has thrown you a surprise party for your birthday.*

HUMOROUS RESPONSE:

IMAGINE: *You are on a first date with someone who you really like and he/she tell you, "This is one of the best dates ever!"*

HUMOROUS RESPONSE:

IMAGINE: *You are at a party and start talking with someone who you find attractive. You really enjoy talking with him/her and, he/she feels the same way. The two of you set up a dinner date in a couple days.*

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IMAGINE: *You decide to host a party, and invite ten of your favorite people. All ten show up, and you have a great time.*

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HUMOROUS RESPONSE QUESTIONNAIRE (HRQ) – Version III

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HUMOROUS RESPONSE QUESTIONNAIRE (HRQ) – Version IV

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HUMOROUS RESPONSE:

PROMPT: *Please think of a humorous response to this situation. In your response, make others laugh by putting yourself down and encouraging others to laugh at you. Think of a funny response even if it encourages others to ridicule you.*

IMAGINE: *You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school, who you haven't seen in years, smiling warmly at you.*

HUMOROUS RESPONSE:

IMAGINE: *You go to dinner with a friend. You have a good time, and at the end of the dinner, your friend says, "I'm really glad we're friends."*

HUMOROUS RESPONSE:

IMAGINE: *You call an old friend that you haven't spoken to in years. Your friend is excited to hear from you, and asks many questions about what you've been doing lately.*

HUMOROUS RESPONSE:

IMAGINE: *Your friend wins a trip for four to the Caribbean and asks you to come along.*

HUMOROUS RESPONSE:

IMAGINE: *You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments, "You have a really nice haircut. Where did you get it done?"*

HUMOROUS RESPONSE:

IMAGINE: *You receive messages on your answering machine from two different friends asking you to see a movie. You decide to accept both invitations, and your two friends meet for the first time. The three of you have a great time at the movies.*

HUMOROUS RESPONSE:

NEW PROMPT: *Please think of a humorous response to this situation. Think of a response that will enhance your feelings about yourself.*

IMAGINE: *During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.*

HUMOROUS RESPONSE:

IMAGINE: *You go out on a first date and lean in for a kiss, but your date intentionally moves away.*

HUMOROUS RESPONSE:

IMAGINE: *You call your two best friends to do something, but they both say that they are busy working. After deciding to see a movie by yourself, you walk in and find that your friends went to see a movie without you.*

HUMOROUS RESPONSE:

IMAGINE: *You come home from work early only to find that your partner is in bed with your best friend.*

HUMOROUS RESPONSE:

IMAGINE: *One of your best friends tells you about embarrassing rumors that he/she has heard about you and what you did last weekend. The rumors are not true.*

HUMOROUS RESPONSE:

IMAGINE: *You finally get up the nerve to ask out a classmate that you have liked since last year. You ask him/her to dinner, and he/she says no with a disgusted face and walks away without an explanation.*

HUMOROUS RESPONSE:

PROMPT: *Please think of a humorous response to this situation. **Think of a response that will enhance your feelings about yourself.***

IMAGINE: *You are at home on a Friday night waiting for your friends to call you with plans for the night. You stay home anticipating the call but the phone never rings.*

HUMOROUS RESPONSE:

IMAGINE: *You are on a first date and think it is going well when your date proclaims, "I guess this isn't going to work... we can always be friends."*

HUMOROUS RESPONSE:

IMAGINE: *You are jogging on a dirt path in a heavily populated park. As you are jogging, you accidentally trip on a rock and stumble to the ground. When you get back up and look around, you notice many people smirking at you.*

HUMOROUS RESPONSE:

IMAGINE: *As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."*

HUMOROUS RESPONSE:

IMAGINE: *You decide to pay for dinner for you and a group of your friends. You hand the server your credit card, who returns and announces to the group that your card has been declined.*

HUMOROUS RESPONSE:

NEW PROMPT: *Please think of a humorous response to this situation. Make your response aggressive in that it puts others down or ridicules them. Please don't worry about the potential impact on others.*

IMAGINE: *At home, you're doing the Sunday New York Times crossword puzzle. Within 20 minutes, you've finished it.*

HUMOROUS RESPONSE:

IMAGINE: *At work, you just received your evaluation and found out that you got a perfect score.*

HUMOROUS RESPONSE:

IMAGINE: *You receive a perfect score on an exam in a difficult course.*

HUMOROUS RESPONSE:

IMAGINE: *You win a contest that you entered and get a free vacation to a place that you always wanted to go.*

HUMOROUS RESPONSE:

IMAGINE: *On the way from your car to the mall you find \$20 cash on the ground.*

HUMOROUS RESPONSE:

IMAGINE: *At work, you receive a 10% raise, whereas the average raise was only 4%.*

HUMOROUS RESPONSE:

IMAGINE: *At work, they give you three assignments that are routine for your duties. You finish them well before the deadline, and you're able to take a day off with pay.*

HUMOROUS RESPONSE:

PROMPT: *Please think of a humorous response to this situation. Make your response aggressive in that it puts others down or ridicules them. Please don't worry about the potential impact on others.*

IMAGINE: *You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.*

HUMOROUS RESPONSE:

IMAGINE: *You're jogging at the track and you post your best time ever.*

HUMOROUS RESPONSE:

Please continue to the next page.

NEW PROMPT: *Please think of a humorous response to this situation. Please try to make your statement in a way that encourages closer relationships with others.*

IMAGINE: *As you are typing on your computer, the screen freezes and you are forced to reboot. You quickly realize that you had failed to save the file you had been working on and have lost all of your work.*

HUMOROUS RESPONSE:

IMAGINE: *At home, you're doing the TV Guide crossword puzzle. Somehow, you can only manage to solve two words out of the whole puzzle.*

HUMOROUS RESPONSE:

IMAGINE: *You are painting a room in your home and you drop the bucket of paint onto your new carpet.*

HUMOROUS RESPONSE:

IMAGINE: *You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach into the washing machine, ruining all of your clothes.*

HUMOROUS RESPONSE:

IMAGINE: *You are rearranging your room and somehow manage to knock your stereo onto the floor. You pick it up and try to turn it on, but it won't work.*

HUMOROUS RESPONSE:

IMAGINE: *You are running slightly behind schedule, but will be able to make it to your appointment just in time if you leave now. You're driving along and hit a pothole, and your tire blows out. You pull over to the side, and you have no spare tire.*

HUMOROUS RESPONSE:

PROMPT: *Please think of a humorous response to this situation. Please try to make your statement in a way that encourages closer relationships with others.*

IMAGINE: *You are taking the local bus downtown to do some shopping. Just as you round the street corner to get to the bus stop, you notice the bus pulling away. The next bus is not scheduled to arrive for another hour.*

HUMOROUS RESPONSE:

IMAGINE: *You are walking to your mailbox to pick up the mail when you slip and fall on ice, and sprain your ankle. As you limp back to your apartment, you realize with disappointment that you will not be able to go on the skiing vacation you had planned that weekend.*

HUMOROUS RESPONSE:

IMAGINE: *You arrive at the airport one hour in advance of your departure time to find out your flight has been delayed by 45 minutes. One hour later your flight is delayed another hour, and continues to be delayed for the next four hours until it is finally cancelled.*

HUMOROUS RESPONSE:

IMAGINE: *You have spent the last 6 hours working on your computer. That evening, you experience a pounding headache that you cannot get rid of.*

HUMOROUS RESPONSE:

IMAGINE: *You leave your house and discover that a tree branch has fallen on your new car.*

HUMOROUS RESPONSE:

IMAGINE: *You put your last 50 cents in the vending machine for your favorite snack. The snack gets stuck, and you are unable to retrieve it.*

HUMOROUS RESPONSE:

APPENDIX C

HSQ -R112

INSTRUCTIONS: For each question there are two parts. First you will read a scenario (S). Following the scenario you will read a response (R). You are asked to consider if you would respond in a similar manner to the situation. Please indicate your agreement with the response on the following scale. Mark your answers on the answer sheet provided.

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

Please write your answer on a separate sheet of paper.

- 1) S: You go to dinner with a friend. You have a good time, and at the end of the dinner, your friend says, "I'm really glad we're friends."
 R: You say out loud, "Shut up and finish your dinner."

- 2) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.
 R: You say to yourself, "Jobs just throw themselves at me."

- 3) S: You leave your house and discover that a tree branch has fallen on your new car.
 R: You say to yourself, "The car needed something different."

- 4) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet.
 R: You say out loud, "Good thing we didn't put plastic down like I recommended."

- 5) S: You call an old friend that you haven't spoken to in years. Your friend is excited to hear from you, and asks many questions about what you've been doing lately.
 R: You say out loud, "Same thing I do everyday, try to set an example for world."

- 6) S: At work, they give you three assignments that are routine for your duties. You finish them well before the deadline, and you're able to take a day off with pay.
 R: You say to yourself, "I need this time to think about how good I am."

- 7) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach into the washing machine, ruining all your clothes.
 R: You say to yourself, "I've always looked good in white."

- 8) S: You are on a first date and think it is going well when your date proclaims, "I guess this isn't going to work... we can always be friends."
 R: You say out loud, "Friends? You think it's going THAT well?"

- 9) S: Your friend wins a trip for four to the Caribbean and asks you to come along.
 R: You say out loud, "I knew you were my friend for a reason."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

10) S: You go to dinner with a friend. You have a good time, and at the end of the dinner, your friend says, "I'm really glad we're friends."

R: You say out loud, "Well, I am the best."

11) S: You wait in line and put your last 50 cents in the vending machine for your favorite snack. The snack gets stuck, and you are unable to retrieve it.

R: You say out loud, "The machine is probably tired after shoving out snacks to all you people who eat too much."

12) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "They will realize I'm worthless within a week."

13) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet.

R: You say out loud, "That's gonna leave a mark."

14) S: As you are typing on your computer, the screen freezes and you are forced to reboot. You quickly realize that you had failed to save the file you had been working on and have lost all of your work.

R: You say out loud, "They say Jesus saves, but I guess I don't."

15) S: You go out on a first date and lean in for a kiss, but your date intentionally moves away.

R: You say out loud, "Wow! I don't bite."

16) S: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

R: You say out loud, "Well, since I don't think Karen will get there alive without me watching her driving, I'll go with her."

17) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments, "You have a really nice haircut. Where did you get it done?"

R: You respond, "It's naturally this cute."

18) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "The world is a lucky place, because now I have to be naked all the time!"

19) S: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

R: You say out loud, "The bidding starts at \$20."

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

20) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."

R: You say out loud, "Sorry, I guess I never cared what your name was."

21) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments, "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "Obviously not the same place you got yours."

22) S: You walk into what you think is your empty apartment to find that your roommate has thrown you a surprise party for your birthday.

R: You say out loud, "If I had known you were coming I would have baked a cake; wait, you already have one...and it has my name on it."

23) S: At home, you're doing the TV Guide crossword puzzle. Somehow you can only manage to solve two words out of the whole puzzle.

R: You say out loud, "Give it to someone else and laugh when they can't find the answers."

24) S: You are taking the local bus downtown to do some shopping. Just as you round the street corner to get to the bus stop, you notice the bus pulling away. The next bus is not scheduled to arrive for another hour.

R: You say to yourself, "Exactly an hour early, I guess I should sleep in next time."

25) S: You finally get up the nerve to ask out a classmate that you have liked since last year. You ask him/her to dinner, and he/she says no with a disgusted face and walks away without an explanation.

R: You say out loud, "As my last pathetic act, I am going to run out of the room crying and screaming."

26) S: You come home from work early only to find that your partner is in bed with your best friend.

R: You say out loud, "Two minutes and you both look satisfied. You two are made for each other."

27) S: Your friend wins a trip for four to the Caribbean and asks you to come along.

R: You say out loud, "How long do I actually have to spend with you on this trip?"

28) S: You arrive at the airport one hour in advance of your departure time to find out your flight has been delayed by 45 minutes. One hour later your flight is delayed another hour, and continues to be delayed for the next four hours until it finally arrives.

R: You say to yourself, "Is it April 1st already?"

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

29) S: You go out on a first date and lean in for a kiss, but your date intentionally moves away.

R: You say out loud, "Whoa, did your reflection in my eye scare you away?"

30) S: You are jogging on a dirt path in a heavily populated park. As you are jogging, you accidentally trip on a rock and stumble to the ground. When you get back up and look around, you notice many people smirking at you.

R: You say out loud, "At least I'm jogging. Some of you could use it."

31) S: You win a contest that you entered and get a free vacation to a place that you always wanted to go.

R: You say out loud, "Who's going to come with me that can attract women/men?"

32) S: You come home from work early only to find that your partner is in bed with your best friend.

R: You say out loud, "Is there room for me?"

33) S: You are jogging on a dirt path in a heavily populated park. As you are jogging, you accidentally trip on a rock and stumble to the ground. When you get back up and look around, you notice many people smirking at you.

R: You say out loud, "I'm just learning to jog."

34) S: You leave your house with a friend and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.

R: You say out loud, "Oh lucky me, a hood ornament."

35) S: You go to dinner with a friend. You have a good time, and at the end of the dinner, your friend says, "I'm really glad we're friends."

R: You say out loud, "Do you need money or something?"

36) S: At home, you're doing the Sunday New York Times crossword puzzle. Within 20 minutes, you've finished it

R: You say out loud, "Looks like I have no life."

37) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "Oh please, like you could do better."

38) S: You are jogging on a dirt path in a heavily populated park. As you are jogging, you accidentally trip on a rock and stumble to the ground. When you get back up and look around, you notice many people smirking at you.

R: You say out loud, "What can I say? I'm drawn to Mother Nature."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

49) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "Looks like I get to be a Christmas present for someone else this year."

50) S: You come home from work early only to find that your partner is in bed with your best friend.

R: You say out loud, "Keep on going, he/she has herpes."

51) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Whoa...I don't think anyone expected that!"

52) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say out loud, "Guess I'll give this stuff to my sister. It will improve her wardrobe a little."

53) S: You put your last 50 cents in the vending machine for your favorite snack. The snack gets stuck, and you are unable to retrieve it.

R: You say to yourself, "Well, I guess the vending machine was hungry too."

54) S: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

R: You say to yourself, "Mr./Miss Popularity can't be in 20 places at once."

55) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "At least I didn't date a loser like me for such a long time."

56) S: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

R: You say to yourself, "I'll sign autographs when we get there."

57) S: If you read this question

R: Leave your answer blank

58) S: You're jogging at the track and you post your best time ever.

R: You say to yourself, "That only leaves biking, and swimming, I guess I should fill out those triathlon entry forms."

59) S: You are at a party and start talking with someone who you find attractive. You really enjoy talking with him/her and he/she feels the same way. The two of you set up a dinner date in a couple days.

R: You say out loud, "My parole officer thought I might meet someone fun here."

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

- 60) S: You go out on a first date and lean in for a kiss, but your date intentionally moves away.
 R: You say out loud, "I'm a lousy kisser anyway."
- 61) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet.
 R: You say out loud, "Honey! It's the kids' play room now!"
- 62) S: You leave your house with a friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how your will respond.
 R: You say out loud, "Insurance pay day!"
- 63) S: You are on a first date and think it is going well when your date proclaims, "I guess this isn't going to work... we can always be friends."
 R: You say out loud, "All right then... at least friends buy their own dinner."
- 64) S: You leave your house with a friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how your will respond.
 R: You say out loud, "Damn hippies telling us to save trees and look what the trees do."
- 65) S: You are rearranging your room and somehow manage to knock your stereo onto the floor. You pick it up and try to turn in on, but it won't work.
 R: You say out loud, "Clumsy... just like my social skills."
- 66) S: You are jogging on a dirt path in a heavily populated park. As you are jogging, you accidentally trip on a rock and stumble to the ground. When you get back up and look around, you notice many people smirking at you.
 R: You say out loud, "TADA! I'll be here all week!"
- 67) S: One of your best friends tells you about embarrassing rumors that he/she has heard about you and what you did last weekend. The rumors are not true.
 R: You say out loud, "At least people finally find me interesting."
- 68) S: You are loading your colored laundry into the washing machine with a group of your friends. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes."
 R: You say out loud, "Yes! I always wanted new clothes."
- 69) S: You are on a first date with someone who you really like and he/she tells you, "This is one of the best dates ever!"
 R: You say out loud, "Thanks! I get that response a lot."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

70) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "Oh my favorite tree is broken; what a shame."

71) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "I thought it would be a nice change."

72) S: You are leaving on a four hour car trip with a large group of people and everyone wants you to ride in their car.

R: You say out loud, "If only I could be cloned."

73) S: You call an old friend that you haven't spoken to in years. Your friend is excited to hear from you, and asks many questions about what you've been doing lately.

R: You say out loud, "Probably a lot more interesting stuff than you."

74) S: You come home from work early only to find that your partner is in bed with your best friend.

R: You say out loud, "Oh great, two losers in a cool person's bed."

75) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "They must need someone really bad to hire on the spot like that. Thank God they didn't check my references."

76) S: You decide to pay for dinner for you and a group of your friends. You hand the server your credit card, who returns and announces to the group that your card has been declined.

R: You say out loud, "Shoot. Anyone up for doing dishes?"

77) S: On the way from your car to the mall you find \$20 cash on the ground.

R: You say out loud, "Sweet, I doubled my savings."

78) S: You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school who you haven't seen in years, smiling warmly at you.

R: You say out loud, "Wow, other than the 30 pounds you've put on, you haven't changed a bit."

79) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "Oh OK, I am available now! Any takers? No? OK."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

80) S: You call your two best friends to do something, but they both say that they are busy working. After deciding to see a movie by yourself, you walk in and find that your friends went to see a movie without you."

R: You say out loud, "I know I'm boring, but you didn't have to lie."

81) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "Somewhere you can't afford."

82) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "I'm glad you didn't save this for Christmas."

83) S: At work, they give you three assignments that are routine for your duties. You finish them well before the deadline, and you're able to take a day off with pay.

R: You say to yourself, "Must be the Wheaties I had for breakfast."

84) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."

R: You say out loud, "Well, my name is 'Idiot'. How are you?"

85) S: You go out on a first date and lean in for a kiss, but your date intentionally moves away.

R: You say out loud, "Oooh, denied. I was just going to tell you that your breath stinks."

86) S: You decide to host a party, and invite ten of your favorite people. All ten show up, and you have a great time.

R: You say out loud, "Well, congratulations on a perfect attendance."

87) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "Did the cooked bird on the table make you think of the turkey you were dating?"

88) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Cheating does pay off."

89) S: You go to dinner with a friend. You have a good time, and at the end of the dinner, your friend says, "I'm really glad we're friends."

R: You say out loud, "Me too, especially when you pay."

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

90) S: You receive messages on your answering machine from two different friends asking you to see a movie. You decide to accept both invitations, and your two friends meet for the first time. The three of you have a great time at the movies.

R: You say out loud, "Hey, with the two of you combined it's almost enough to have a good time."

91) S: At work, you receive a 10% raise, whereas the average raise was only 4%.

R: You say out loud, "I guess they actually expect me to work now."

92) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "I can't wait to see what I get for Christmas."

93) S: At home, you're doing the Sunday New York Times crossword puzzle. Within 20 minutes, you've finished it.

R: You say out loud, "Too bad I don't have any skills that can make money or friends."

94) S: You are on a first date and think it is going well when your date proclaims, "I guess this isn't going to work... we can always be friends."

R: You say out loud, "Sure, that's what my last date said. I haven't seen him/her since."

95) S: You put your last 50 cents in the vending machine for your favorite snack. The snack gets stuck, and you are unable to retrieve it.

R: You say to yourself, "That's one less trip to the rec center."

96) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say out loud, "Now my clothes are going to look as bad as Jim's."

97) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "Well, now I don't have to pay to take the tree out."

98) S: During Thanksgiving dinner, your long-term partner decides to break up with you at the dinner table in front of your family.

R: You say out loud, "Well, Mom, that was my boyfriend."

99) S: You are running slightly behind schedule, but will be able to make it to your appointment just in time if you leave now. You're driving along and hit a pothole, and your tire blows out. You pull over to the side, and you have no spare tire.

R: You say out loud, "My stomach is the only spare tire and you can't use that."

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

- 100) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet.
 R: You say out loud, "My roommate loves abstract art. This should be good for her."
- 101) S: At work, you receive a 10% raise, whereas the average raise was only 4%.
 R: You say to yourself, "I won't tell anyone the boss likes me the best."
- 102) S: You call your two best friends to do something, but they both say that they are busy working. After deciding to see a movie by yourself, you walk in and find that your friends went to see a movie without you.
 R: You say out loud, "Well, when did you guys start working here?"
- 103) S: You walk into what you think is your empty apartment to find that your roommate has thrown you a surprise party for your birthday.
 R: You say out loud, "How's the Alzheimer's? My birthday was last month."
- 104) S: You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school who you haven't seen in years, smiling warmly at you.
 R: You say out loud, "Wow,... what happened to you?"
- 105) S: You're jogging at the track and you post your best time ever.
 R: You say out loud, "Finally...something faster than my grandmother."
- 106) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
 R: You say out loud, "P.J.'s Pet Grooming. Thanks for asking."
- 107) S: At work, you receive a 10% raise, whereas the average raise was only 4%.
 R: You say to yourself, "They must be trying to save some money to make that new Vice President position for me."
- 108) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"
 R: You say out loud, "Somewhere where they can't help you."
- 109) S: You are at home on a Friday night waiting for your friends to call you with plans for the night. You stay home anticipating the call but the phone never rings.
 R: You say to yourself, "Wow, I am so special to have friends like you. You guys spent the whole night arguing who was the lucky one that gets to call me."

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
 1 2 3 4 5 6 7

110) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "A few days after I wear these clothes everyone will be wearing tie-dye."

111) S: You're jogging at the track and you post your best time ever.

R: You say to yourself, "Ha! Who needs those energy drinks?"

112) S: At work, they give you three assignments that are routine for your duties. You finish them well before the deadline, and you're able to take a day off with pay.

R: You say out loud, "Maybe next week they'll just send me home to do my work if they can't stand having me in the office."

113) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "I must be the luckiest guy in the world because now I'm getting another car. Thank you insurance."

APPENDIX D

HSQ -R40

INSTRUCTIONS: For each question there are two parts. First you will read a scenario (S). Following the scenario you will read a response (R). You are asked to consider if you would respond in a similar manner to the situation. Please indicate your agreement with the response on the following scale. Mark your answers on the answer sheet provided.

Strongly Disagree	Moderately Disagree	Somewhat Disagree	Neither Agree / Disagree	Somewhat Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6	7

1) S: You have just arrived at your favorite coffee shop in town and are standing in line to place your order when the person standing behind you taps you on the shoulder. As you turn around, you are surprised to find your best friend from high school who you haven't seen in years, smiling warmly at you.

R: You say out loud, "Wow, you haven't changed a bit...I mean you could have at least bought some updated clothes...did they keep you in a time capsule?"

2) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "I thought it would be a nice change."

3) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "I wish these trees would just leaf me alone, they are definitely the root of my problems."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

5) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "At least with the tree sticking out the windshield, no one will notice that scratch I got last week."

6) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "Stupidity must be contagious, because I think I just gave it to the person that hired me."

7) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "Oh my favorite tree is broken; what a shame."

8) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."

R: You say out loud, "Sorry, I guess I never cared what your name was."

9) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.

R: You say out loud, "I heard of getting smashed. I don't think this is what they mean!"

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

10) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, " At least I don't have to wear that ugly shirt my grandmother gave me anymore."

11) S: You are on a first date with someone who you really like and he/she tells you, "This is one of the best dates ever!"

R: You say out loud, "Good I wish I could say the same!"

12) S: At work, you receive a 10% raise, whereas the average raise was only 4%.

R: You say out loud, "I guess they actually expect me to work now."

13) S: You leave your house with a group of your friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.

R: You say out loud, "If one of you thought that my car smelled bad, a pine air freshener would have probably gotten the job done!"

14) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Finally an evaluation that gives points for laziness, lack of creativity, and poor work ethic."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

15) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your significant other looks at you to see how you will respond.

R: You say out loud, "Honey! It's the kids' play room now!"

16) S: As you are standing in line to buy your groceries at a local supermarket, you recognize the woman standing in front of you as someone whom you've been introduced to a number of times. As she turns toward you, you say, "Hello Nicole." She raises her eyebrows and says, "It's Ellen."

R: You say out loud, "Sorry, I thought that Nicole was better than 'Hello obnoxious woman who thinks everyone should know her name.'"

17) S: At work, you receive a 10% raise, whereas the average raise was only 4%.

R: You say out loud, "Someone really needs to tell the boss that the computer is adding a zero behind the 1's."

18) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "I've always looked good in white."

19) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.

R: You say out loud, "I guess we should have bought the box wine after all!"

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

20) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "Somewhere where they can't help you."

21) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet.

R: You say out loud, "At least the paint fumes should make the clean up fun."

22) S: If you read this question

R: Leave your answer blank

23) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your friends look at you to see how you will respond.

R: You say out loud, "My roommate loves abstract art. This should be good for her."

24) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "I think you should be less worried about a stylist and more worried about finding a plastic surgeon."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

25) S: You are loading your colored laundry into the washing machine. Without thinking, you accidentally pour bleach onto the washing machine, ruining all your clothes.

R: You say to yourself, "The world is a lucky place, because now I have to be naked all the time!"

26) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "They must have thought I was applying for the 'seeking big loser with no future' job posting."

27) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "Somewhere you can't afford."

28) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Ok, they must have gotten me mixed up with someone else."

29) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "The car needed something different."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

30) S: You leave your house with a group of friends and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.

R: You say out loud, "If one of you wanted to drive your own car, all you had to do was ask!"

31) S: You have just gotten your hair cut at the new local salon. As you walk through the parking lot to get to your car, a woman you don't know comments. "You have a really nice haircut. Where did you get it done?"

R: You say out loud, "Obviously not the same place you got yours."

32) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "They will realize I'm worthless within a week."

33) S: You leave your house with a friend and discover that a tree branch has fallen on your new car. Your friend looks at you to see how you will respond.

R: You say out loud, "Insurance pay day!"

34) S: You begin looking for a new job and within one week you find a job that has everything you were looking for. You are hired on the spot.

R: You say out loud, "They must need someone really bad to hire on the spot like that. Thank God they didn't check my references."

Strongly Disagree 1 Moderately Disagree 2 Somewhat Disagree 3 Neither Agree / Disagree 4 Somewhat Agree 5 Moderately Agree 6 Strongly Agree 7

35) S: You are painting a room in your home and you drop the bucket of paint onto your new carpet. Your friend looks at you to see how you will respond.

R: You say out loud, "Why didn't you tell me that you put the carpet there!"

36) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Whoa...I don't think anyone expected that!"

37) S: At work, you just received your evaluation and found out that you got a perfect score.

R: You say out loud, "Cheating does pay off."

38) S: You and your friends buy a very expensive bottle of wine and take it back to your house. You walk into your house and the bag rips and the bottle shatters. Your friends look at you to see how you will respond.

R: You say out loud, "Damn, where am I going to get another bag like that one!"

39) S: You are on a first date with someone who you really like and he/she tells you, "This is one of the best dates ever!"

R: You say out loud, "What a coincidence! I can say the same thing! This IS one of your best dates ever. Or maybe I should say WAS... I have to go!"

Strongly Disagree Moderately Disagree Somewhat Disagree Neither Agree / Disagree Somewhat Agree Moderately Agree Strongly Agree
1 2 3 4 5 6 7

40) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "I guess not buying the deluxe carwash was a good idea after all."

41) S: You leave your house and discover that a tree branch has fallen on your new car.

R: You say to yourself, "I guess if the trees are going to start fighting back, I should really start recycling."