

Supplementary material

Cross-Cultural Differences and Similarities in Proneness to Shame: An Adaptationist and Ecological Approach

Shame Proneness scale (Friend version)

Note: Across the samples, Cronbach's α ranged from .80 to .86.

Please use the rating scale below to describe how strongly you experience the following feelings **when in the company of your closest friend** (Check the best number on the scale provided).

1: far less than usual, 2: less than usual, 3: the same as usual, 4: more than usual, 5: far more than usual.

- ___ 1. embarrassment
- ___ 2. feeling ridiculous
- ___ 3. sadness (*filler item*)
- ___ 4. self-consciousness
- ___ 5. feeling humiliated
- ___ 6. intense happiness (*filler item*)
- ___ 7. feeling stupid
- ___ 8. feeling childish
- ___ 9. mild happiness (*filler item*)
- ___ 10. feeling helpless
- ___ 11. depression (*filler item*)
- ___ 12. sensation of blushing
- ___ 13. feeling that you are ridiculed
- ___ 14. rage (*filler item*)
- ___ 15. enjoyment (*filler item*)

___16. feeling that your closest friend is disgusted by you

Shame Proneness scale (Stranger version)

Note: Across the samples, Cronbach's α ranged from .87 to .93.

Imagine that **you are traveling in a different city** than the city you are currently living in. In this new city, you meet a person on a bus whom you have never met before. This person, **Person A**, is your age, in college, and the same-sex as you. You chat with this person briefly, and then you get off the bus alone, to go about your business.

Please use the rating scale below to describe how strongly you would experience the following feelings **when in the company of Person A** (Check the best number on the scale provided).

1: far less than usual, 2: less than usual, 3: the same as usual, 4: more than usual, 5: far more than usual.

___1. embarrassment

___2. feeling ridiculous

___3. sadness (*filler item*)

___4. self-consciousness

___5. feeling humiliated

___6. intense happiness (*filler item*)

___7. feeling stupid

___8. feeling childish

___9. mild happiness (*filler item*)

___10. feeling helpless

___11. depression (*filler item*)

___12. sensation of blushing

___13. feeling that you are ridiculed

___14. rage (*filler item*)

___15. enjoyment (*filler item*)

____16. feeling that Person A is disgusted by you

Relational Mobility scale

Note: Across the samples, Cronbach's α ranged from .74 to .87.

How much do each of the following statements accurately describe the people in the immediate society (your school, workplace, town, neighborhood, etc.) in which you live? Please indicate how true you feel each statement to be for **the people around you** by checking the appropriate number on the scale provided.

1: Strongly Disagree ~ 4: Undecided ~ 7: Strongly Agree

1. They have many chances to get to know other people.
2. It is common for these people to have a conversation with someone they have never met before.
3. They can choose who they interact with.
4. There are few opportunities for these people to form new friendships. (*reverse coded*)
5. It is uncommon for these people to have a conversation with people they have never met before. (*reverse coded*)
6. If they did not like their current groups, they would leave for better ones.
7. It is often the case that they cannot freely choose who they associate with. (*reverse coded*)
8. It is easy for them to meet new people.
9. Even if these people were not completely satisfied with the group they belonged to, they would usually stay with it anyway. (*reverse coded*)
10. These people are able to choose the groups and organizations they belong to.
11. Even if these people were not satisfied with their current relationships, they would often have no choice but to stay with them. (*reverse coded*)
12. Even though they might rather leave, these people often have no choice but to stay in groups they don't like. (*reverse coded*)

Resourcefulness scale

Note: Across the samples, Cronbach's α ranged from .85 to .88.

Please use the rating scale below to indicate how accurately the following statements describe **you**. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age.

1: Not at all descriptive, 3: Undecided, 5: Very descriptive

1. Like to solve complex problems.
2. Can perform a wide variety of tasks.
3. Can work under pressure.
4. Need things explained only once.
5. Can handle a lot of information.
6. Can tackle anything.
7. Can manage many things at the same time.
8. Am good at many things.
9. Don't pay attention. (*reverse coded*)
10. Give up easily. (*reverse coded*)

Social Connections scale

Note: Across the samples, Cronbach's α ranged from .77 to .83.

Please use the rating scale below to indicate how accurately the following statements describe **you**. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age.

1: Not at all descriptive, 3: Undecided, 5: Very descriptive

1. I am very well connected.
2. I have direct access to many important people.
3. I don't personally know influential people. (*reverse coded*)
4. If a friend of mine needed critical advice (for example, on legal, medical, or financial

issues), I could easily contact and get him the right expert.

5. I don't have social connections that I could benefit from. (*reverse coded*)

6. My family is well connected.

Physical Attractiveness scale

Note: Across the samples, Cronbach's α ranged from .62 to .72.

How descriptive of you is the following statement? (Check the best number on the scale provided)

1: Not at all descriptive, 4: Undecided, 7: Very descriptive

1. All my life, people have admired my good looks.

2. People of the opposite sex find me very attractive.

3. I have fewer romantic or sexual opportunities than others. (*reverse coded*)

Note about the translation of the scales: Except for the Relational Mobility scale (Yuki et al., 2007), which was developed simultaneously in Japanese and English, the scales used in Japan were translated from English by two bilingual speakers; disagreements were reconciled through discussion.

Reference

Yuki, M., Schug, J., Horikawa, H., Takemura, K., Sato, K., Yokota, K., et al. (2007).
Development of a scale to measure perceptions of relational mobility in society. *CERSS Working Paper 75, Center for Experimental Research in Social Sciences, Hokkaido University.*