Description of Interpersonal Reactivity Index: Personal Stress

|  |  |
| --- | --- |
| Function | Emotion expression, empathy, self-orientation |
| Relevance | Emotion contagion, negative emotions, emotion control |
| Target | General |
| Respondent | Adults |
| Feature | 7 items in 5-point rating scale |
| Reliability | .70 |
| References | Davis, M. H. (1983). Measuring individual differences in empathy: Evidence for a multidimensional approach. *Journal of Personality and Social Psychology*, *44*(1), 113-126. <https://doi.org/10.1037/0022-3514.44.1.113>Siu, A. M., & Shek, D. T. (2005). Validation of the interpersonal reactivity index in a Chinese context. *Research on Social Work Practice*, *15*(2), 118-126. <https://doi.org/10.1177/1049731504270384> |

Scoring of Interpersonal Reactivity Index: Personal Stress

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | Does not describe me very well | Does not describe me well | Neutral | Does describe me well | Does describe me very well |
| Score for Items 1-2, 4-7 | 0 | 25 | 50 | 75 | 100 |
| Score for Items 3 (Reverse-coded) | 100 | 75 | 50 | 25 | 0 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Great concern for reduction  |
| 30-70 | Some concern for reduction |
| 0-30 | Appreciation |