

Theories of Empathy Scale

Schumann, K., Zaki, J., & Dweck, C. (2014). Addressing the empathy deficit: Beliefs about the malleability of empathy predict effortful responses when empathy is challenging. *Journal of Personality and Social Psychology*, 107(3): 475-493.

Instructions:

Present all 6 items in **fully randomized order** with the following **7-point Likert scale**: (1) Strongly disagree – (2) Disagree – (3) Somewhat disagree – (4) Neither agree nor disagree – (5) Somewhat disagree – (6) Agree – (7) Strongly agree

Scoring:

To determine the total score, calculate the sum of all scale item responses below.

Theories of Empathy Scale

1. A person's level of empathy is something very basic about them, and it can't be changed much.
2. Whether a person is empathic or not is deeply ingrained in their personality. It cannot be changed very much.
3. People can't really change how much empathy they tend to feel for others. Some people are very empathic, and some aren't, and they can't change that much.
4. No matter who somebody is, they can always change how empathic a person they are.
5. People can always change how much empathy they generally feel for others.
6. Anybody can change how empathic a person they are.