

Measures For “How does self-efficacy affect jealousy in friendship?” Project

Section 1:

Scale: The Self-Liking and Self-Competence Scale + 5-point response scale

SELF-LIKING AND SELF-COMPETENCE SCALE – REVISED (SLSC-R)

Instructions: These items concern your general thoughts and feelings about yourself.

Please indicate the extent to which you agree or disagree with each item using the 5-point scale below:

Scale Item	Scoring
1. I tend to devalue myself.	L –
2. I am highly effective at the things I do.	C +
3. I am very comfortable with myself.	L +
4. I am almost always able to accomplish what I try for.	C +
5. I am secure in my sense of self-worth.	L +
6. It is sometimes unpleasant for me to think about myself.	L –
7. I have a negative attitude toward myself.	L –
8. At times, I find it difficult to achieve the things that are important to me.	C –
9. I feel great about who I am.	L +
10. I sometimes deal poorly with challenges.	C –
11. I never doubt my personal worth.	L +
12. I perform very well at many things.	C +
13. I sometimes fail to fulfill my goals.	C –
14. I am very talented.	C +
15. I do not have enough respect for myself.	L –
16. I wish I were more skillful in my activities.	C –

Notes:

Used with a response scale ranging from 1 = Strongly disagree to 5 = Strongly agree.

Scoring: C = self-competence; L = self-liking; – = negatively-keyed item; + = positively-keyed item.

www.psych.utoronto.ca/users/tafarodi/. (Retrieved January 1, 2014).

http://homepage.psy.utexas.edu/homepage/faculty/swann/research_materials.htm. (Retrieved January 1, 2014).

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Section 2:

“Please think about a friend you think is important to you. You value your friendship with this person a lot. This person might have special meaning for you. Sometimes, you and this friend might feel like you belong to each other or you might feel like this friendship is sometimes exclusive. Take a moment to think about a friend that is significant to you in this way. After you have thought about this person, please imagine when your place in this friendship is threatened by a third person. How would you feel about this? Please rate the following feelings.”

- Emotional adjectives related to threat: Possessive, resentful, threatened, insecure, watchful, frustrated, suspicious, rivalrous, begrudging, jealous
- Emotional adjectives not related to threat: apathy, calmness

- a 7-point intensity response scale (to capture more variance in participants' responses) next to each feeling/emotional adjective. The labels were not at all, very little, a little, moderately, strongly, very strongly, extremely."

Section 3:

"Please think now how you would address negative feelings that you may have in this situation of your place in this friendship being threatened by a third person. What would you do? How would you respond? Please rate the following actions."

- Open communication:
 - I would express my feelings and concerns openly and honestly to my friend.
 - I would discuss how I feel about the involvement of the third person with my friend.
- Invest in self/be a better person:
 - I would focus on cultivating my strengths and capabilities.
 - I would pursue new hobbies or interests that help me grow individually.
- Like myself more:
 - I would tell myself I am worth it.
 - I would tell myself that I am important to my friend.
- Shift attention:
 - I would distract myself with other things instead of thinking about it.
 - I would do things that make me feel better.
- Celebrating others:
 - I would tell my friend that I am happy for him/her/them.
 - I would organize an activity for the three of us.
- Reaffirm our friendship:
 - I would remind my friend of the strong bond we share.
 - I would arrange activities that allow me and my friend to spend quality time together.
- Seek Professional Guidance:
 - I would speak to a therapist or counselor about it.
 - I would talk to another friend who had similar experiences before.
- Negative responses:
 - I would tell that "third person" to stay away from my friend.
 - I would ask my friend to keep distance from that "third person".
 - I would give my friend a cold shoulder.

In summary: there would be 15 items in total for this section.

Section 4:

“Is there anything else that you would do to address the negative feelings in this situation?”