

The Social Comparison Scale

Participant No.	
Administrator	
Date	/ /

1. In this test we are going to ask you to point on a line to show how you feel when you are with other people.
2. Start the test using the example question, 'When I am with other people I generally feel shorter than other people... taller than other people'. Ask the participant to point to the 'tall end' of the line and then to the 'short end' of the line. Then present the page to the participant and say, 'Where would a tall person point on the line?' 'Where would a short person point on the line?'
3. If the participant is unable to do this or point to the opposite end of the line then give an example, 'If I was a short person I would point to the line here', 'if I was the same height as everyone else I would point here', 'Where would you point if you were a tall person?'
4. Following 3 represent 2.
5. Follow with the 6 numbered sheets.
6. For each presentation read the question, pointing to the end of the line that corresponds to the anchor as you read the anchor, then ask the participant to point to the anchored ends of the line.
 - a. Point to the 'worse than' end, point to the 'better than' end
 - b. Point to the 'better at' end, point to the 'not as good at' end
 - c. Point to the 'more friendly' end, point to the 'less friendly' end
 - d. Point to the 'more shy' end, point to the 'less shy' end
 - e. Point to the 'part of the group' end, point to the 'not part of the group' end
 - f. Point to the 'same' end, point to the 'different' end
7. If the participant points to the wrong end in 6 then repeat the presentation.

When I am with other people
generally feel:

taller than
other people

shorter than
other people



1. When I am with other people I
generally feel:

worse than
other people

better than
other people



2. When I am with other people I
generally feel:

better at
things

not as good
at things



3. When I am with other people I
generally feel:

more friendly
than other
people

less friendly
than other
people



4. When I am with other people I
generally feel:

more
shy

less
shy



5. When I am with other people I
generally feel:

part of the
group

on my
own



6. When I am with other people I
generally feel:

the same

different

