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5.04: BERKELEY EXPRESSIVITY QUESTIONNAIRE, THE.

AUTHORS: Gross and John.

VARIABLE: Emotional expressivity.

DESCRIPTION: Self report measure of individual differences in emotional expressivity, defined as "the behavioral (e.g., facial, postural) changes that typically accompany emotion, such as smiling, frowning, crying, or storming out

of the room" (Gross & John, 1997, p. 435). Respondents indicate their agreement or disagreement regarding 16 items using a 7-point Likert scale on which 1=Strongly agree, 4=Neutral, and 7=Strongly disagree. Three items are reverse scored. Higher scores indicate greater expressivity. In addition to a Total scale score, there are three sub-scales. Negative Expressivity is defined by 6 items, Positive Expressivity by 4 items, and Impulse Strength by 6 items.

SAMPLES: Gross and John (1995) intended the scale to be used in normal populations.

RELIABILITY: Internal consistency: Internal consistency for the Total scale has ranged from .82 to .86. Internal consistencies for the sub-scales have ranged from .68 to .74 for Negative Expressivity .65 to .71 for Positive Expressivity; and, .73 to .80 for Impulse Strength (Gross & John, 1995, 1997, 1998). **Test-retest:** Gross and John (1995) reported test-retest reliabilities of $r=.86$ (Total scale), $r=.78$ (Negative Expressivity), $r=.71$ (Positive Expressivity), and $r=.82$ (Impulse Strength) in a sample of 68 college students. The test-retest interval was 2 to 3 months.

VALIDITY: Convergent: Self reported expressivity shows impressive convergent relations with peer rated expressivity ($r=.53$), as well as with emotion-expressive behavior during film viewing (Gross & John, 1997). Negative Expressivity and Positive Expressivity also were related to (a) typical emotion expression in peer relationships, (b) ability to pose emotions in the laboratory, (c) interpersonal consequences (e.g., likeability), and (d) regulation of emotion and mood (Gross & John, 1998). **Discriminant:** Although Negative and Positive Expressivity scales are correlated, Negative Expressivity predicts behavioural expressions of sadness (but not amusement), and Positive Expressivity predicts behavioural expressions

of amusement (but not sadness). Emotional expressivity is essentially unrelated to socioeconomic status, social desirability, or self esteem (Gross & John, 1997).

LOCATION: Gross, J.J., & John, O.P. (1997). Revealing feelings: Facets of emotional expressivity in self reports, peer ratings, and behavior. *Journal of Personality and Social Psychology*, 72, 435-44.

COMMENT: Individual differences in emotional expressivity may be measured at a number of levels, ranging from general expressivity to the expressivity of specific emotions such as anger. The Berkeley Expressivity Questionnaire permits valid and reliable assessment of three core facets of emotional expressivity.

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