

ROLE OF SELF-COMPASSION, INTERPERSONAL COMMUNICATION SKILLS AND  
NARCISSISM IN MENTAL HEALTH

Project Report

In Partial Fulfilment of the Requirement of Degree of

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IN

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OF ENGINEERING & TECHNOLOGY  
(Deemed to be University)

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**CERTIFICATE**

This is to certify that the thesis entitled "**Role of self-compassion, interpersonal communication skills and narcissism in mental health**" being submitted in partial fulfilment of requirements for the award of degree of **Master of Arts in Psychology**, in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala** is a bonafide work carried out under the supervision of **Dr. Naveen**, Lecturer, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for the award of any other degree.

  
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This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.

  
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**CANDIDATE'S DECLARATION**

I, hereby declare that the work presented in this thesis entitled in partial fulfilment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology**, Patiala is an authentic record of my own work carried out under the supervision and guidance of **Dr. Naveen**, Lecturer, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researcher's work which are duly listed in the reference section.


The matter embodied in this thesis has not been formed on the basis for the award of any other degree of this or any other institute.

Date: May, 2019

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## **ABSTRACT**

The following survey was done to see the impact of self-compassion, interpersonal skills, narcissism in mental health. The sample consisted a total of 120 students of Thapar Institute of Engineering; out of which 60 were boys and 60 were girls. The age range was between 18-25 years. There were three hypotheses; a. Self-compassion would be positively correlated with mental health; b. Interpersonal communication skills would be positively correlated with mental health; c. Narcissism would be negatively correlated with mental health.

In this study four questionnaires were used –Self-compassion Scale; Interpersonal Communication Inventory; Mental Health Continuum-Short Form; Narcissistic Personality Inventory. Descriptive statistics were used to describe the results further correlation and regression were computed. Results showed that there was a productive association between mental health and self-compassion, interpersonal communication skills. Therefore, it is recommended to improve good interpersonal communication skills and better self-compassion so that it may contributes in getting a great mental health. However, it was seen that narcissism had no relationship with mental health.

Keywords: Self-compassion, Interpersonal communication skills, Narcissism, Mental health.

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## **CHAPTER 1:**

### **INTRODUCTION**

#### **1.1: Mental health**

It signifies our cognitive, behavioural, and emotional well-being. The term also sometimes means the absence of a mental disorder. It majorly affects our physical health, relationships with others and daily life. It is the ability of a person to enjoy life. It helps in attaining a balance in efforts in achieving physiological flexibility and normal life acts. According to **MediLexicon's medical dictionary**, mental health is : “Emotional, behavioural, and social maturity or normality; the absence of a mental or behavioural disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one’s instinctual drives acceptable to both oneself and one’s social milieu; an appropriate balance of love, work, and leisure pursuits.” According to the **WHO (World Health Organization)**, (2014) mental health is : “It is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Every human has a possibility to grow mental health issues, it doesn't matter what the age of the person is, be it a man or a woman, poor or rich, or belong to any ethnic group.. The most familiar kinds of mental illnesses are – anxiety disorder, mood disorder, and schizophrenia disorder. It is impossible to accurately describe if someone is developing a mental health problem.

Following is a list of tentative early signs or clues if someone is suffering from issues related to mental health:

- Quitting from individuals or ventures they would generally appreciate and constantly having low energy.
- Loss or increase in sleeping and eating habits.
- Emotions that nothing is happening and displays unexpected emotions.
- Unable to finish everyday chores, like working or cooking.
- Constant thoughts or/and memories that appear recurrently; thoughts of hurting others or one-self; having delusions or hearing voices.

## **1.2: Interpersonal Communication Skills**

It is an undertaking by which individuals trade knowledge, emotions, and give explanation by verbal and non-verbal signals: It can also be done on a one on one transmission basis. It can be defined vastly as “communicating between persons” (Arthur Bochner, 1989). It defines what is being said; how it is said and the use of decoding the non-verbal signals sent via the tone of the voice, body language, gestures and the person’s facial expressions.

Effective interpersonal communication skills are needed so that firm attachments can be formed and establish new relations as well.

There are different types-

- Verbal communication skills:

They assist in interacting effectively and build rapport. Some tips could be – inquiring to show regard in what is being spoken;, match whatever the person is speaking with his/her body language; consider on what someone has said by reviewing and rephrasing.

- Active listening skills:

It means understanding the message that is being said. By actually listening, the person can impart a more considerate reply taking in account the speaker's feelings and viewpoints. Some tips could be- pay attention to what is being said rather than thinking what to speak next; body language should be correct; do not break or switch the conversation; produce a satisfactory reply which is sincere but respectful.

- Body language skills:

It includes- anatomy-visuals, audition-sound, terms-content. The aim should be to exhibit open body language, like, maintaining eye contact, a calm attitude, unfolded arms etc.

- Openness:

This means not just to interact with people having similar views but also interacting with people having different views. This helps with personal development as it challenges self and shows the preparedness to gain knowledge from others even in a dissent.

- Negotiation skills:

These may be needed to settle a dispute or build an agreement. The aim is to keep all happy, even if there is a understanding. This helps people to build respect for you and trust you for you know everyone's prime regards.

- Decision-making and problem-solving skills:

They are needed so that the person could be able to handle difficult situations. This promotes creative thinking as well. The general structure is- identify the problem, explore all solutions, decide which solution to execute, apply the solution, and in the last review the results.

- Conflict resolution:

It is also important as it helps a constructive understanding of the problems. A person should not take a negative turn but learn from experiences.

- Assertiveness:

This means to positively exhibit viewpoints and wants in a just, truthful and peaceful way while, reflecting upon the desires of others as well. Some tips could be- tell the other person how one feels; attend to what the other individual is speaking and commune; use facts rather than judgements.

### **1.3: Self-Compassion**

It means to have compassion towards oneself. Showing compassion would also signify that one provides explanations and goodwill to others if they fail or commit errors, instead of making sharp judgements (Neff, 2002). When one feels compassion for other people; he/she realises that agony, failure and flaws are a bit of divided human affair.

Self-compassion includes acting in the similar ways towards oneself when/if one is having a testing time, failure, or/and note something one may not like about one-self. It may be assistive in alleviating many mental health worries like-anxiety and uncertainty. Research

signifies; self-compassionate people encounter higher psychological health, than the ones who have low self-compassion.

Self-compassion comprises of three components –

- Self-kindness –

It means being warm regarding oneself when faced with painful situation or personal shortcomings.

- Common humanity –

It means realizing that pain and self-failure is a bit of the divided human affair..

- Mindfulness –

Taking to an equal perspective towards one's obstructive sentiment so that there is no over-emphasis and prevention of feelings. It is an impartial phase in which individuals observe their sentiments as they are, without suppressing or denying them.

Self-compassion is not the same as self-pity, a phase of sentimental reply thinking to be a sufferer and missing the belief and capability to survive an unfortunate circumstance. Self-compassion is sometimes bewildered with self-esteem, but there is a difference between the two. Self-esteem concentrates on approving self-examining, specifically for winning, self-compassion is a type of self-sustaining, even in unfortunate circumstances. A person who gets high on evaluations of self-compassion; are able to take up failures without protection or approval and realise that everybody, even one-self, is worthy of warmth and acceptance.

It can be practised by following the steps below:

- Not being too hard on ourselves in times of testing situations and treating ourselves as we would a small child.
- Think rationally and practise mindfulness. Give space to flow of thoughts and accept whatever the situation is.
- Remember that we're not alone; many people go through difficult times and cope with different methods as they feel better.
- Giving ourselves permission to be imperfect and not getting down on ourselves.
- Work with a supportive therapist or coach when going through a rough patch for mental stability and support.

#### **1.4: Narcissism**

It means a person who is excessively interested in or approval of one-self and one's own physique. Some of the characteristics may include being selfish, including a sense of right, a loss a togetherness, a need for love etc. The interest in narcissism signifies implication for self-evaluations; intrapsychic processes; interpersonal strategies, and psychological adjustment. (Morf & Rhodewalt, 2002).

#### **Signs that a person is a narcissist-**

- Superiority and entitlement –

There is a definite hierarchy with the narcissist on top. The world for them is at two extreme points; be it good/bad, right/wrong. They want to be the kings and queens of the world and have the thirst to own everything and control everyone in it. Similarly,

they get the feeling of being on top even if they are wrong. They feel entitled to hurt others and demand apologies to “make things right”.

- Exaggerated need for attention and validation –

Narcissists have a constant urge to be given attention all the time. Validation, even if coming from others does not matter much to them. No matter how much a person tells them that he loves them is never enough; they feel that deep down no one can love them ever. Despite all the bragging and grandiose, they are very insecure beings who continuously want approval from others to pump up their fragile egos.

- Perfectionism –

They have an extremely high need for everything to be perfect; including themselves, others and any event should plan out to be the way they envision it. Although, it is impossible; this leaves them dissatisfied and miserable most of the times.

- Great need for control –

They want and demand to be in control. They are not very happy already as how life turns out to be, so this is their way of contributing to the betterment. Their sense of entitlement makes it look logical to be in control of everything. They always have a storyline in mind of what each “character” should do and say. The other person is just a character in their internal play and not a living person with thoughts and feelings.

- Lack of Responsibility-blaming and deflecting –

They desire to be in control of everything but do not want the responsibility of the results, unless their way of conclusion occurs. When things don't go their way they

blame on it others. Mostly, the narcissist will blame it on the person who is the most emotionally attached, loving and loyal in his life. Only to maintain the façade of perfection, they do so.

- Lack of boundaries –

They don't really know where they end and the other person begins. They behave like 2-year-olds where everything belongs to them, everyone feels the same way they do and wants the same thing they want. They are highly shocked when told "no". If a narcissist wants something; he will go to a great length to get that.

- Lack of empathy –

They tend to be selfish and usually are unable to understand what other people are feeling. They want others to feel what they feel but won't give a thought about what others feel. They usually interpret expression and behaviours to be negative. They lack in the actual judgement of others way of talking and misread a lot of information that way. This makes relationships and emotional connections to be difficult to make or handle.

- Emotional reasoning –

a person who is only aware of what he thinks and feels will not understand what the other person is trying to say. They make most of their decisions based on what they feel about the thing or someone. They always blame someone outside themselves as they feel that only an other person or thing is responsible for what is happening and not their inner selves.

- Splitting –

Narcissists divide everything into good or bad. There are just two extreme points and no in between. If there is anything positive; they take credit for that. But when any negative or bad thing happens they blame it on someone else.

- Fear –

their whole life is based on fear. It can be of anything and that is what makes it impossible for them to trust someone truly. In fact, the closer someone gets the less their trust gets. They have a tendency to keep testing the other person over and over.

## **CHAPTER 2:**

### **REVIEW OF LITERATURE**

#### **Self-Compassion**

In an recent study conducted by Segal, Qualls and Smyer (2018) investigated the connections between self-compassion and mental health, in relation to sleeping problems, life contentment, and health related quality of life (HR-QoL) among older Korean adults. It was becoming necessary in the aging Korean citizens. It had been shown that self-compassion had a constructive outcome on mental health. There were 203 participants belonging to South Korea aging 65 and higher. Outcomes suggested that self-compassion worked as a cautious factor for mental health. it also helps regarding sleeping problems, increasing life contentment and self-care. Thus, self-compassion may help profit aged citizens to maintain a good mental health and better life quality.

Another study was conducted to see the association of self-compassion with well-being among adolescents ( Abela and Hankin, 2011). There were 90 participants. Their age range was between 11-18 years. Self-compassion; life contentment; perceived stress and positive and negative affect were measured. Outcomes showed elder female adolescents had low self-compassion as compared to elder and early male adolescents. Self-compassion was also connected to the dimensions of emotional well-being with positive affect as an exception. There was an inverse relation of self-compassion and negative well-being.

## **Interpersonal skills**

Ryff, Singer (2004) conducted an study on women to compare their psychological skills- interpersonal skills and mental health skills. There were 140 women chosen out of which 70 were athletes and 70 were non-athletes. Psychological well-being comparison (RSPWB) and interpersonal relationships questionnaire was used to measure the variables. It was resulted that women who were athletes had better interpersonal skills and mental health. There were positive correlation between interpersonal communication skills and mental health. In an Another study conducted by Baker, Cahalin, Gerst and Burr (2005) to see the relation between interpersonal skills and well-being among older adults of shelter houses in Netherlands. The interaction with own children was of primary importance to the adults. They were a way of emotional support and instrumental support which played a major role in the participants mental well-being. The housekeepers and caregivers were their second most importance source of mental well-being. They organised activities so that the participants stay physically and mentally well. The above-mentioned studies have clearly demonstrated that better interpersonal communication skills lead to good mental health.

## **Narcissism**

In an recent investigation, narcissism and use of social media was measured (McClain and Campbell, 2016). Two aspects of narcissism were considered- grandiose (the extroverted) and vulnerable (insecure) narcissism. It was indicated that people who naturally have narcissism are expected to use more social media. This proved that using social media was positively related to higher levels of narcissism in individuals. The grandiose narcissistic individuals had a higher point for using social media to flaunt themselves. The vulnerable types being insecure of themselves use social media as a way to get away from their sad lives. In an

another study conducted on narcissism and mental health by Baumeister and Vohs (2001). They hypothesised that narcissism has an affect on mental health. Sixty participants were administered with Narcissistic Personality Inventory and mental well-being questionnaire. Results revealed that narcissism had a significant effect on mental well-being. The higher the narcissism; higher is the better mental well-being of the participant. This study revealed that higher narcissism improves mental health positively.

## **CHAPTER 3:**

### **3.1: RESEARCH GAP**

Various studies have tried to examine the relationship between interpersonal communication, self-compassion and narcissism in relation to mental health. However, very few have been conducted much in the Indian context. Culture significantly affects interpersonal communication, self-compassion and narcissism related constructs. Therefore, the relationship between these constructs should be empirically established in Indian context. Thus the present study is an attempt to explore the areas of communication skills; self-compassion; narcissism; mental health and gender difference among individuals.

### **3.2: OBJECTIVES**

1. To investigate the relation between self-compassion and mental health.
2. To investigate the relation between interpersonal communication skills and mental health.
3. To investigate the relation between narcissism and mental health.

### **3.3: HYPOTHESES**

H1: Self-compassion would be positively correlated to mental health.

H2: Interpersonal communication skills would be positively correlated to mental health.

H3: Narcissism would be positively correlated with mental health.

## **CHAPTER 4:**

### **METHODOLOGY**

#### **4.1: SAMPLE :**

The study was conducted on 120 college students of Thapar Institute of Engineering and Technology. The sample consisted of 60 boys and 60 girls within the age range of 18-25 years. The individuals in the sample were mostly undergraduate and postgraduate student. All participants provided an informed consent to participate in the study.

#### **4.2: DESIGN :**

A correlation design was used. Mental health was considered as a criterion variable and self-compassion, interpersonal communication skills, and narcissism were used as the predictor variables.

#### **4.3: TOOLS USED :**

Four questionnaires were used.

##### 1. **Self-compassion scale:**

The scale measures mindfulness, self-kindness, common humanity, self-judgement, isolation, over-identified items of the subject. It is appropriate for ages 14 and above. It consists of a 0-5 pointer scale. It is scored on the basis of the components of self-compassion. It helps the subject know about his coping skills to manage a situation.

**2. Interpersonal communication inventory (ICI):**

The test can be used in various populations for social communication. It measures general tendencies in interpersonal communication and can be used as a counselling tool. It comprises of 54 items that measure the procedure of communication which is used as an element of social interaction. It can be used for both the genders and is most suitable for individuals with ages of high school or older. The questionnaire is basically designed to sample the dimensions of self-concept, listening, clarity of expression, difficulties in coping with angry feelings, and self-disclosure.

**3. Mental health continuum short form (MHC-SF):**

This test is the shorter version of the test Mental Health Continuum- Long Form (MHC-LG). The test consisted of 14 items to be representative of mental well-being traits. The test was divided into three major parts that measure the emotional, social and psychological well-being of the subject. It is well suited for adolescents and older.

**4. Narcissistic Personality Inventory (NPI):**

This test involves a set of statements in pairs. The subject has to choose the statement that is the closest to his personality. There are 40 statements in the inventory. The test administers the seven components of narcissism traits like; authority, self-sufficiency, superiority, exhibitionism, exploitative-ness, vanity and entitlement.

#### **4.4: Procedure**

The questionnaires were given in a college setting. The participants were seated comfortably and an informed consent was taken from them before giving them the respective questionnaire. The participants were given full attention and their doubts were cleared if any. They were given proper time to complete the questionnaire. It was made sure at the end that participants have provided their responses to all the items of all the questionnaire. Participants were thanked for their cooperation at the end.

#### **4.5: Statistical analysis:**

Correlation and Regression analysis were computed. While computing regression analysis mental health was considered as criterion variable and self-compassion, interpersonal communication skills and narcissism as a predictor variable.

## CHAPTER 5:

### RESULTS

Table 1: Summary of correlation analysis between interpersonal communication skills, narcissism, self-compassion and mental health

	<b>Interpersonal Communication Skills</b>	<b>Mental Health</b>	<b>Narcissism</b>
<b>Mental Health</b>	0.221*		
<b>Narcissism</b>	-0.153	0.081	
<b>Self-Compassion</b>	.339**	.359**	-0.07

\*. Correlation is significant at the 0.05 level.

\*\*. Correlation is significant at the 0.01 level.

Results revealed that interpersonal communication skills had a significant positive relationship with mental health ( $r = 0.221$ ,  $p < 0.05$ ) and similarly positive correlation was found with self-compassion ( $r = 0.339$ ,  $p < 0.01$ ). However, there was negative relationship between interpersonal communication skills and narcissism, but it was not found significant, ( $r = -0.153$ ,  $p > 0.05$ ). Narcissism was not found significantly correlated with self-compassion ( $r = -0.07$ ,  $p > 0.05$ ). In addition, there was no significant relationship between narcissism and mental health ( $r = 0.081$ ,  $p > 0.05$ ). Self-compassion was found positively correlated with mental health ( $r = 0.359$ ,  $p < 0.01$ ).

**Table 2** Summary of regression analysis among mental health as criterion variable and self-compassion, interpersonal communication skills and narcissism as a predictor variables.

<b>IV</b>	<b>DV</b>	<b>B</b>	<b>SE</b>	<b>Beta</b>	<b>t</b>	<b>Adjusted R<sup>2</sup></b>
<b>Interpersonal Communication Skills</b>	<b>Mental Health</b>	0.18	0.073	0.221	2.459**	0.041
<b>Narcissism</b>	<b>Mental Health</b>	0.162	0.183	0.081	0.886	-0.002
<b>Self-Compassion</b>	<b>Mental Health</b>	0.343	0.082	0.359	4.183**	0.122

\*. Significant at the 0.05 level.

\*\*..Significant at the 0.01 level.

Results indicated that interpersonal communication skills is positively associated with mental health. This model explains 4.1% of the total variance in mental health. Interpersonal communication skills significantly contribute to the model;  $B = (0.18, p < 0.01)$ . Regression results further indicated that narcissism is negatively associated with mental health. However, this was not found significant. Results also indicated that self-compassion is positively associated with mental health. Self-compassion explains 12.2% of the total variance in mental health. Self-compassion significantly contributes to the model;  $B = (0.343, p < 0.01)$ .

## **CHAPTER 6:**

### **DISCUSSION**

The purpose of the investigation was to see the relationship of self-compassion, interpersonal skills, narcissism on mental health. Mental health was considered as a criterion variable and self-compassion, interpersonal communication skills, narcissism and gender were used as the predictor variables. Three hypotheses were formulated (1) Self-compassion would be positively correlated to mental health. (2) Interpersonal communication skills would be positively correlated to mental health and (3) Narcissism would be positively correlated with mental health.

Results revealed that self-compassion is positively associated with mental health. Therefore our first hypothesis stands accepted. A study was conducted to examine the possible benefaction of self-compassion to recognize capability and mental health in the students studying in master's in the stream of social work (Acker,1999). It was anticipated that components of self-compassion (mindfulness, common humanity, self-kindness, overidentification, isolation and self-judgement) have an impact on recognizable capability; that would result in mediating mental health. Self-Compassion Scale, the Sense of Coherence Questionnaire, and the California Psychological Inventory – Depression Scale were used for assessment. The outcomes revealed that over-identification rightly and incidentally had an affect on depressive symptom level. The uncooperative effect of over-identification was compatible with a study which advised a constructive relation of self-compassion with the risk of emotional infirmity and emotional fatigue between social work students in their fieldwork. Thus it can be concluded that being compassionate towards himself/herself improves mental health.

Our second hypothesis stated that interpersonal communication skills would be positively correlated to mental health. Results revealed that interpersonal communication skills was positively associated with mental health. Hence our second hypothesis also stands accepted. An investigation was done by Brown (2002) to explore the connections between interpersonal communication and mental health. There were 169 couples who participated in the study. They belonged to South-east Brazil. Their age ranged from 18-55 years with mean age 21 years. General Health Questionnaire and Checklist for Interpersonal Transactions II were used for assessment. It was seen that mental health was related to the interpersonal skills and also indicated their relevance past study. Hence, it can be infer that interpersonal communication skills improves mental health.

Our third hypothesis stated that narcissism would be positively correlated with mental health. Results revealed no significant relationship between narcissism and mental health. A recent study indicated that narcissism may be related to positive mental health, physical health and extended lifespan ( Aiken, 1991). It was also showed that levels of narcissism lower down as the individual's life progresses. Particularly, assessment of narcissism with isolation; harmful but prevalent factor between aged citizens was done. The sample consisted of 100 old-age individuals. The results indicated that they had considerably low levels of narcissism and higher levels of loneliness. It was seen that narcissism decreased loneliness as the person aged. Hence, it was found that narcissism has a beneficial property of mental functioning with regards to age-connected loneliness, and acts as a precautionary type with regards to mental health. Therefore it can be said that narcissism is beneficial for good mental health.

## **CONCLUSION**

The present study attempted to examine the relationship between interpersonal communication skills, self-compassion, narcissism and mental health. The study was conducted with college students. Findings show that self-compassion and interpersonal communication skills are positively related to mental health. This means that it is important to have good self-compassion and interpersonal communication skills to improve mental health. Whereas, narcissism also had positive relationship but not significant with mental health. Therefore it can be concluded that interpersonal communication skills and self-compassion improves mental health.

## **LIMITATIONS**

The age group of the sample was restricted to 18-25 year. In addition, sample size was relatively small. Results from previous findings have provided evidence that self-compassion and narcissism scores are related to age also. The sampling technique used in this study were purposive, therefore the results are less generalizable to the population.

## **FUTURE RESEARCH**

In perspective of the results and limitations of the investigation done above; many future directions can be proposed. Firstly, a longitudinal research among the connections between interpersonal communication skills, self-compassion, narcissism, in relation to mental health should be conducted. That could help reveal more insight on the workings through which individuals create strategies to cope with the problems faced in relation to mental health. Secondly, future investigations may include varied age range of participants and culture, which may significantly affect the results.

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## **APPENDIX A: CONSENT FORM**

I, Harkiran Kaur, MA Psychology II-Year student of School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala am conducting a project related to Mental Health.

I request you to kindly fill in the questionnaires attached herewith. The information collected from you would be strictly kept confidential. Please fill the questionnaires sincerely.

**Name:**

**Stream:**

**Gender:**

**Signature:**

## APPENDIX B: INTERPERSONAL COMMUNICATION SKILLS

### INTERPERSONAL COMMUNICATION INVENTORY

This inventory offers you an opportunity to make an objective study of the degree and patterns of communication in your interpersonal relationships. It will enable you to better understand how you present and use yourself in communicating with persons in your daily contacts and activities. You will find it both interesting and helpful to make this study.

#### Directions

- The questions refer to persons other than your family members or relatives.
- Please answer each question as quickly as you can according to the way you feel at the moment (not the way you usually feel or felt last week).
- Please do not consult anyone while completing this inventory. You may discuss it with someone after you have completed it. Remember that the value of this form will be lost if you change any answer during or after this discussion.
- Honest answers are very necessary. Please be as frank as possible, since your answers are confidential.
- Use the following examples for practice. Put a check (v) in one of the three blanks on the right to show how the question applies to your situation.

	Yes	No	Sometimes
	(usually)	(seldom)	
Is it easy for you to express your view to others?	_____	_____	_____
Do others listen to your point of view?	_____	_____	_____

• The Yes column is to be used when the question can be answered as happening most of the time or usually. The No column is to, be used when the question can be answered as seldom or never.

The Sometimes column should be marked when you definitely cannot answer Yes or No. Use this column as little as possible.

• Read each question carefully. If you cannot give the exact answer to a question, answer the best you can but be sure to answer each one. There are no right or wrong answers. Answer according to the way you feel at the present time. Remember, do not refer to family members in answering the questions.

Yes      No      Sometimes  
(usually) (seldom)

1. Do your words come out the way you would like  
them to in conversation?

\_\_\_\_\_

2. When you are asked a question that is not clear, do  
you ask the person to explain what he means?

\_\_\_\_\_

3. When you are trying to explain something, do other  
persons have a tendency to put words in  
your mouth?

\_\_\_\_\_

0

Yes    No    Sometimes

(usually) (seldom)

4. Do you merely assume the other person knows what you are trying to say without your explaining what you really mean?

\_\_\_\_\_

5. Do you ever ask the other person to tell you how he feels about the point you may be trying to make?

\_\_\_\_\_

6. Is it difficult for you to talk with other people?

\_\_\_\_\_

7. In conversation, do you talk about things which are of interest to both you and the other person?

\_\_\_\_\_

8. Do you find it difficult to express your ideas when they differ from those around you?

\_\_\_\_\_

9. In conversation, do you try to put yourself in the other person's shoes?

\_\_\_\_\_

10. In conversation, do you have a tendency to do more talking than the other person?

\_\_\_\_\_

11. Are you aware of how your tone of voice may affect others?

\_\_\_\_\_

12. Do you refrain from saying something that you know will only hurt others or make matters worse?

\_\_\_\_\_

0

Yes    No    Sometimes

(usually)    (seldom)

13. Is it difficult to accept constructive criticism

from others?

\_\_\_\_\_

14. When someone has hurt your feelings, do you

discuss this with him?

\_\_\_\_\_

15. Do you later apologize to someone whose

feelings you may have hurt?

\_\_\_\_\_

16. Does it upset you a great deal when

someone disagrees with you?

\_\_\_\_\_

17. Do you find it difficult to think clearly when

you are angry with someone?

\_\_\_\_\_

18. Do you fail to disagree with others because

you are afraid they will get angry?

\_\_\_\_\_

19. When a problem arises between you and

another person, can you discuss it without

getting angry?

\_\_\_\_\_

20. Are you satisfied with the way you settle your

differences with others?

\_\_\_\_\_

0

Yes No Sometimes

(usually) (seldom)

21. Do you pout and sulk for a long time when someone upsets you?

\_\_\_\_\_

22. Do you become very uneasy when someone pays you a compliment?

\_\_\_\_\_

23. Generally, are you able to trust other individuals?

\_\_\_\_\_

24. Do you find it difficult to compliment and praise others?

\_\_\_\_\_

25. Do you deliberately try to conceal your faults from others?

\_\_\_\_\_

26. Do you help others to understand you by saying how you think, feel and believe?

\_\_\_\_\_

27. Is it difficult for you to confide in people?

\_\_\_\_\_

28. Do you have a tendency to change the subject when your feelings enter into a discussion?

\_\_\_\_\_

29. In conversation, do you let the other person finish talking before reacting to what he says?

\_\_\_\_\_

0

Yes No Sometimes

(usually) (seldom)

30. Do you find yourself not paying attention

while in conversation with others?

\_\_\_\_\_

31. Do you ever try to listen for meaning when

someone is talking?

\_\_\_\_\_

32. Do others seem to be listening when you

are talking?

\_\_\_\_\_

33. In a discussion is it difficult for you to see

things from the other person's point of view?

\_\_\_\_\_

34. Do you pretend you are listening to others

when actually you are not?

\_\_\_\_\_

35. In conversation, can you tell the difference

between what a person is saying and

what he may be feeling?

\_\_\_\_\_

36. While speaking, are you aware of how others

are reacting to what you are saying?

\_\_\_\_\_

37. Do you feel that other people wish you were

a different kind of person?

\_\_\_\_\_

0

Yes    No    Sometimes

(usually)    (seldom)

38. Do other people understand your feelings?

\_\_\_\_\_

39. Do others remark that you always seem to

think you are right?

\_\_\_\_\_

40. Do you admit that you are wrong when you

know that you are wrong about something?

\_\_\_\_\_

Total Score



**APPENDIX C: MENTAL HEALTH CONTINUUM- SHORT FORM**

Adult MHC-SF (ages 18 or older)

Please answer the following questions are about how you have been feeling during the past month. Place a check mark in the box that best represents how often you have experienced or felt the following:

During the past month, how often did you feel...	NEVER	ONCE OR TWICE	ABOUT ONCE A WEEK	ABOUT 2 OR 3 TIMES A WEEK	ALMOST EVERY DAY	EVERY DAY
1.happy						
2.interested in life						
3.satisfied with life						

4.that you had something important to contribute to society						
5.that you belonged to a community ( like a social group, or your neighborhood )						
<b>SEE BELOW 6.that our society is a good place, or is becoming a better place, for all people</b>						
7.that people are basically good						

8.that the way our society works makes sense to you						
9.that you liked most parts of your personality						
10.good at managing the responsibilities of your daily life						
11.that you had warm and trusting relationships with others						
12.that you had experiences that challenged you to grow and become a better person						
13.confident to think or express your own ideas and opinions						

14.that your life has a sense of direction or meaning to it						

Note: The original wording for item 6 was “that our society is becoming a better place for people like you.” This item does not work in all cultural contexts. However, when validating the MHC-SF, test both versions of item 6 to see which one works best in your context.

## APPENDIX D: NARCISSISM PERSONALITY INVENTORY

This is a personality test to help you learn more about yourself. Read the instructions below then fill out the next page.

Instructions: There are forty paired statements, for each choose which one is closest to your feelings.

1. A. I have a natural talent for influencing people.  
B. I am not good at influencing people.
2. A. Modesty doesn't become me.  
B. I am essentially a modest person.
3. A. I would do almost anything on a dare.  
B. I tend to be a fairly cautious person.
4. A. When people compliment me I sometimes get embarrassed.  
B. I know that I am good because everybody keeps telling me so.
5. A. The thought of ruling the world frightens the hell out of me.  
B. If I ruled the world it would be a better place.
6. A. I can usually talk my way out of anything.  
B. I try to accept the consequences of my behavior.
7. A. I prefer to blend in with the crowd.  
B. I like to be the center of attention.

8. A. I will be a success.

B. I am not too concerned about success.

9. A. I am no better or worse than most people.

B. I think I am a special person.

10. A. I am not sure if I would make a good leader.

B. I see myself as a good leader.

11. A. I am assertive.

B. I wish I were more assertive.

12. A. I like to have authority over other people.

B. I don't mind following orders.

13. A. I find it easy to manipulate people.

B. I don't like it when I find myself manipulating people.

14. A. I insist upon getting the respect that is due me.

B. I usually get the respect that I deserve.

15. A. I don't particularly like to show off my body.

B. I like to show off my body.

16. A. I can read people like a book.

B. People are sometimes hard to understand.

17. A. If I feel competent I am willing to take responsibility for making decisions.

B. I like to take responsibility for making decisions.

18. A. I just want to be reasonably happy.
- B. I want to amount to something in the eyes of the world.
19. A. My body is nothing special.
- B. I like to look at my body.
20. A. I try not to be a show off.
- B. I will usually show off if I get the chance.
21. A. I always know what I am doing.
- B. Sometimes I am not sure of what I am doing.
22. A. I sometimes depend on people to get things done.
- B. I rarely depend on anyone else to get things done.
23. A. Sometimes I tell good stories.
- B. Everybody likes to hear my stories.
24. A. I expect a great deal from other people.
- B. I like to do things for other people.
25. A. I will never be satisfied until I get all that I deserve.
- B. I take my satisfactions as they come.
26. A. Compliments embarrass me.
- B. I like to be complimented.
27. A. I have a strong will to power.
- B. Power for its own sake doesn't interest me.

28. A. I don't care about new fads and fashions.

B. I like to start new fads and fashions.

29. A. I like to look at myself in the mirror.

B. I am not particularly interested in looking at myself in the mirror.

30. A. I really like to be the center of attention.

B. It makes me uncomfortable to be the center of attention.

31. A. I can live my life in any way I want to.

B. People can't always live their lives in terms of what they want.

32. A. Being an authority doesn't mean that much to me.

B. People always seem to recognize my authority.

33. A. I would prefer to be a leader.

B. It makes little difference to me whether I am a leader or not.

34. A. I am going to be a great person.

B. I hope I am going to be successful.

35. A. People sometimes believe what I tell them.

B. I can make anybody believe anything I want them to.

36. A. I am a born leader.

B. Leadership is a quality that takes a long time to develop.

37. A. I wish somebody would someday write my biography.

B. I don't like people to pry into my life for any reason.

38. A. I get upset when people don't notice how I look when I go out in public.

B. I don't mind blending into the crowd when I go out in public.

39. A. I am more capable than other people.

B. There is a lot that I can learn from other people.

40. A. I am much like everybody else.

B. I am an extraordinary person.

## APPENDIX E: SELF-COMPASSION SCALE

### HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

Almost

Almost

Always

Never

1

2

3

4

5

\_\_\_\_\_ 1. I'm disapproving and judgmental about my own flaws and inadequacies.

\_\_\_\_\_ 2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

\_\_\_\_\_ 3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.

\_\_\_\_\_ 4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.

\_\_\_\_\_ 5. I try to be loving towards myself when I'm feeling emotional pain.

\_\_\_\_\_ 6. When I fail at something important to me I become consumed by feelings of inadequacy.

\_\_\_\_\_ 7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.

\_\_\_\_\_ 8. When times are really difficult, I tend to be tough on myself.

\_\_\_\_\_ 9. When something upsets me I try to keep my emotions in balance.

\_\_\_\_\_ 10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

\_\_\_\_\_ 11. I'm intolerant and impatient towards those aspects of my personality I don't like.

\_\_\_\_\_ 12. When I'm going through a very hard time, I give myself the caring and tenderness I need.

\_\_\_\_\_ 13. When I'm feeling down, I tend to feel like most other people are probably happier than I am.

\_\_\_\_\_ 14. When something painful happens I try to take a balanced view of the situation.

\_\_\_\_\_ 15. I try to see my failings as part of the human condition.

\_\_\_\_\_ 16. When I see aspects of myself that I don't like, I get down on myself.

\_\_\_\_\_ 17. When I fail at something important to me I try to keep things in perspective.

\_\_\_\_\_ 18. When I'm really struggling, I tend to feel like other people must be having an easier time of it.

\_\_\_\_\_ 19. I'm kind to myself when I'm experiencing suffering.

\_\_\_\_\_ 20. When something upsets me I get carried away with my feelings.

\_\_\_\_\_ 21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.

\_\_\_\_\_ 22. When I'm feeling down I try to approach my feelings with curiosity and openness.

\_\_\_\_\_ 23. I'm tolerant of my own flaws and inadequacies.

\_\_\_\_\_ 24. When something painful happens I tend to blow the incident out of proportion.

\_\_\_\_\_ 25. When I fail at something that's important to me, I tend to feel alone in my failure.

\_\_\_\_\_ 26. I try to be understanding and patient towards those aspects of my personality I don't like.