



### OTHER AS SHAMER SCALE (OAS)

We are interested in how people think others see them. Below is a list of statements describing feelings or experiences about how you may feel other people see you.

Read each statement carefully and circle the number to the right of the item that indicates the frequency with which you find yourself feeling or experiencing what is described in the statement. Use the scale below.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Never</b>	<b>Seldom</b>	<b>Sometime</b>	<b>Frequently</b>	<b>Almost always</b>
1. I feel other people see me as not good enough.				0 1 2 3 4
2. I think that other people look down on me				0 1 2 3 4
3. Other people put me down a lot				0 1 2 3 4
4. I feel insecure about others opinions of me				0 1 2 3 4
5. Other people see me as not measuring up to them				0 1 2 3 4
6. Other people see me as small and insignificant				0 1 2 3 4
7. Other people see me as somehow defective as a person				0 1 2 3 4
8. People see me as unimportant compared to others				0 1 2 3 4
9. Other people look for my faults				0 1 2 3 4
10. People see me as striving for perfection but being unable to reach my own standards				0 1 2 3 4
11. I think others are able to see my defects				0 1 2 3 4
12. Others are critical or punishing when I make a mistake				0 1 2 3 4
13. People distance themselves from me when I make mistakes				0 1 2 3 4
14. Other people always remember my mistakes				0 1 2 3 4
15. Others see me as fragile				0 1 2 3 4
16. Others see me as empty and unfulfilled				0 1 2 3 4
17. Others think there is something missing in me				0 1 2 3 4
18. Other people think I have lost control over my body and feelings				0 1 2 3 4



## SCORING

Add up all items.

## DESCRIPTION

### *The Other as Shamer Scale (OAS)*

The OAS was adapted from Cook's (1993) Internalised Shame Scale to measure 'external shame' (Allan, Gilbert & Goss, 1994; Goss, Gilbert & Allan, 1998). The scale consists of 18 items rated on a five-point scale according to the frequency of evaluations about how others judge the self, (0 = Never to 4 = Almost always). Items include: 'I feel other people look down on me', 'other people see me as somehow defective as a person' and 'other people always remember my mistakes'. In the original study the scale showed high internal consistency with a Cronbach's alpha of .92. The scale has been shown to have a high alpha level .96.

## REFERENCE

Allan, S., Gilbert, P. & Goss, K. (1994). An exploration of shame measures—II: Psychopathology. *Personality and Individual Differences*, 17, 719-722

Goss, K., Gilbert, P. & Allan, S. (1994) An exploration of shame measures—I: The 'Other As Shamer' scale. *Personality and Individual Differences*, 17, 713-717.