ESS

Experience of Shame Scale (ESS)

The Experience of Shame Scale (ESS) is a self-report questionnaire that assesses an individual's disposition to feel shame across different dimensions (behavior, appearance and character). It measures the frequency and intensity of the shame experienced, offering psychologists a reliable tool for examining the role of this feeling in psychopathology.

Number of questions	25 questions
Estimated duration	5 minutes
Language	English
Original name	Experience of Shame Scale
Target audience	Adults
Authors	Bernard Andrews, John Q. Hunter (2002)
Category	General

Preview of the 25 questions

At any time in the past year:

Have you felt ashamed of any of your personal habits?

Not at all | A little | Moderately | Very much

At any time in the past year:

Have you worried about what other people think of any of your personal habits?

Not at all | A little | Moderately | Very much

At any time in the past year:

Have you tried to cover up or conceal any of your personal habits?

Not at all | A little | Moderately | Very much

At any time in the past year:

Have you felt ashamed of your manner with others?

Not at all | A little | Moderately | Very much

At any time in the past year:

Have you worried about what other people think of your manner with others?

Not at all | A little | Moderately | Very much

Scoring & interpretation

Each item is rated on a scale from 1 (never) to 4 (almost always). The total score is obtained by summing the responses to each item; the higher the score, the greater the experience of shame. The subscales (behavior, appearance, character) can also be analyzed.