LEAS

Levels of Emotional Awareness Scale (LEAS)

The LEAS is a written performance test that assesses the differentiation and complexity of emotional awareness of oneself and of others, based on 20 interpersonal situations. Developed in 1990 for adults, it explores the ability to verbalize bodily sensations, action tendencies, single emotions and blends of emotions, rather than a mere subjective judgment of one's emotional skills. The tool is useful in clinical practice and research for assessing alexithymia, difficulties in emotional mentalization and affect regulation.

Number of questions	20 questions
Estimated duration	20 minutes
Language	English
Original name	Levels of Emotional Awareness Scale
Target audience	Adults
Authors	Richard D. Lane, Donald M. Quinlan, Gary E. Schwartz, Pamela A. Walker, Stephen B. Zeitlin (1990)

Preview of the 20 questions

A neighbor asks you to repair a piece of furniture. As the neighbor looks on, you begin hammering the nail but then miss the nail and hit your finger. How would you feel? How would the neighbor feel?

You are walking through the desert with a guide. You ran out of water hours ago. The nearest well is two miles away according to the guide's map. How would you feel? How would the guide feel?

A loved one gives you a back rub after you return from a hard day's work. How would you feel? How would your partner feel?

You are running in a race with a friend with whom you have trained for some time. As you near the finish line, you twist your ankle, fall to the ground, and are unable to continue. How would you feel? How would your friend feel?

You are traveling in a foreign country. An acquaintance makes derogatory remarks about your native country. How would you feel? How would your acquaintance feel?

Scoring & interpretation

For each vignette, score the response concerning the self and the response concerning the other separately from 0 to 4: 0 = no emotion or a cognitive response, 1 = bodily sensation, 2 = global valence or action tendency, 3 = specific emotion, 4 = combination of at least two specific emotions. The total item score is the higher of the self/other scores; if both responses reach 4 and are clearly differentiated between self and other, assign 5. Add up the 20 items to obtain a total score from 0 to 100; the higher the score, the more differentiated and complex the emotional awareness. The self and other scores can also be added up separately, from 0 to 80.