GUIDE FOR SCORING OF THE CHS

1. All questions are scored positively with the exceptions of questions 1 and 4, which are scored in reverse direction:
   a = 1, b = 2, c = 3, d = 4;
   a = 4, b = 3, c = 2, d = 1 (for questions 1 and 4)
2. Omitted response is coded as 2.
3. Add scores for 7 items to get total CHS score.

<table>
<thead>
<tr>
<th>TABLE A-1. Norms for CHS</th>
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<tbody>
<tr>
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<tr>
<td>Mean</td>
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<td>Males</td>
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<td>Mean</td>
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<tr>
<td>Females</td>
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<tr>
<td>Mean</td>
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<td>S.D.</td>
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<td>N</td>
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APPENDIX B

THE SITUATIONAL HUMOR RESPONSE QUESTIONNAIRE (SHRQ)

Humor and laughter mean different things to different people. Each of us has our own conceptions of what situations are funny, our own notions of the appropriateness of humor in various situations, and our own sense of the importance of humor in our lives. In this questionnaire you will find descriptions of a number of situations in which you may have found yourself from time to time. For each question, please take a moment to recall a time when you were actually in such a situation. If you cannot remember such an experience, try to imagine yourself in such a situation, filling in the details in ways that reflect your own experience. Then indicate the phrase that best describes the way you have responded or would respond in such a situation.

1. If you were shopping by yourself in a distant city and you unexpectedly saw an acquaintance from school (or work), how have you responded or how would you respond?
   a. I would probably not have bothered to speak to that person.
   b. I would have talked to the person but wouldn't have shown much humor.
   c. I would have found something to smile about in talking with him/her.
   d. I would have found something to laugh about with the person.
   e. I would have laughed heartily with the person.

2. If you were awakened from a deep sleep in the middle of the night by the ringing of the telephone, and it was an old friend who was just passing through town and decided to call and say hello . . .
   a. I wouldn't have been particularly amused.
   b. I would have felt somewhat amused but would not have laughed.
   c. I would have been able to laugh at something funny my friend said.
   d. I would have been able to laugh and say something funny to my friend.
   e. I would have laughed heartily with my friend.

3. You had accidentally hurt yourself and had to spend a few days in bed. During that time in bed, how would you have responded?
   a. I would not have found anything particularly amusing.
   b. I would have smiled occasionally.
   c. I would have smiled a lot and laughed from time to time.
   d. I would have found quite a lot to laugh about.
   e. I would have laughed heartily much of the time.
4. When you have been engaged in some lengthy physical activity (e.g., swimming, hiking, skiing) and you and your friends found yourselves to be completely exhausted . . .
   a. I wouldn’t have found it particularly amusing.
   b. I would have been amused, but wouldn’t have shown it outwardly.
   c. I would have smiled a lot and laughed from time to time.
   d. I would have laughed.
   e. I would have laughed heartily.

5. If you arrived at a party and found that someone else was wearing a piece of clothing identical to yours . . .
   a. I wouldn’t have found it particularly amusing.
   b. I would have been amused, but wouldn’t have shown it outwardly.
   c. I would have smiled.
   d. I would have laughed.
   e. I would have laughed heartily.

6. If a friend gave you a puzzle to solve and you found, much to your friend’s surprise, that you were able to solve it very quickly.
   a. I wouldn’t have found it particularly amusing.
   b. I would have been amused, but wouldn’t have shown it outwardly.
   c. I would have smiled.
   d. I would have laughed.
   e. I would have laughed heartily.

7. On days when you’ve had absolutely no responsibilities or engagements, and you’ve decided to do something you really enjoy with some friends to what extent would you have responded with humor during the day?
   a. The activity we were engaged in would not have involved much smiling or laughter.
   b. I would have been smiling from time to time, but wouldn’t have had much occasion to laugh aloud.
   c. I would have smiled frequently and laughed from time to time.
   d. I would have laughed aloud quite frequently.
   e. I would have laughed heartily much of the time.

8. You were travelling in a car in the winter and suddenly the car spun around on an ice patch and came to rest facing the wrong way on the roadside. You were relieved to find that no one was hurt and no damage had been done to the car . . .
   a. I wouldn’t have found it particularly amusing.
   b. I would have been amused, but wouldn’t have shown it outwardly.
   c. I would have smiled.
   d. I would have laughed.
   e. I would have laughed heartily.

9. If you were watching a movie or T.V. program with some friends and you found one scene particularly funny, but no one else appeared to find it humorous, how would you have reacted most commonly?
   a. I would have concluded that I must have misunderstood something or that it wasn’t really funny.
   b. I would have “smiled to myself,” but wouldn’t have shown my amusement outwardly.
   c. I would have smiled visibly.
   d. I would have laughed aloud.
   e. I would have laughed heartily.

10. If you were having a romantic evening alone with someone you really liked (girlfriend, boyfriend, spouse, etc.) . . .
    a. I probably would have tended to be quite serious in my conversation.
    b. I’d have smiled occasionally, but probably wouldn’t have laughed aloud much.
    c. I’d have smiled frequently and laughed aloud from time to time.
    d. I’d have laughed aloud quite frequently.
    e. I’d have laughed heartily much of the time.

11. If you got an unexpectedly low mark on an exam and later that evening you were telling a friend about it . . .
    a. I would not have been amused.
    b. I would have been amused but wouldn’t have shown it outwardly.
    c. I would have been able to smile.
    d. I would have been able to laugh.
    e. I would have laughed heartily.

12. You thought you recognized a friend in a crowded room. You attracted the person’s attention and hurried over to him/her, but when you got there you discovered you had made a mistake and the person was a total stranger . . .
    a. I would not have been particularly amused.
    b. I would have been amused, but wouldn’t have shown it outwardly.
    c. I would have smiled.
    d. I would have laughed.
    e. I would have laughed heartily.

13. If you were eating in a restaurant with some friends and the waiter accidently spilled a drink on you . . .
    a. I would not have been particularly amused.
    b. I would have been amused, but wouldn’t have shown it outwardly.
    c. I would have smiled.
    d. I would have laughed.
    e. I would have laughed heartily.

14. If you were crossing a street at a crosswalk and an impatient car driver, who had to stop for you, honked the horn . . .
    a. I would not have been particularly amused.
    b. I would have been amused, but wouldn’t have shown it outwardly.
    c. I would have smiled.
    d. I would have laughed.
    e. I would have laughed heartily.

15. If there had been a computer error and you had spent all morning standing in line at various offices to get the problem sorted out . . .
    a. I wouldn’t have found it particularly amusing.
    b. I would have been able to experience some amusement, but wouldn’t have shown it.
    c. I would have smiled.
    d. I would have laughed.
    e. I would have laughed heartily.

16. If the teacher announced that she or he would hand back the exams in order of grade, beginning with the highest mark in the class, and your name was one of the first to be called . . .
    a. I would not have been particularly amused.
    b. I would have been amused, but wouldn’t have shown it outwardly.
    c. I would have smiled.
    d. I would have laughed.
    e. I would have laughed heartily.

17. In the past, if your girlfriend (or boyfriend) decided to break up with you because she or he had found someone else, and a few days later you were telling a good friend about it . . .
    a. I wouldn’t have found any humor in the situation.
    b. I would have been able to experience some amusement, but wouldn’t have shown it.
    c. I would have been able to smile.
    d. I would have been able to laugh.
    e. I would have laughed quite a lot.
18. If you were eating in a restaurant with some friends and the waiter accidentally spilled some soup on one of your friends...
   a. I would not have been particularly amused.
   b. I would have been amused, but wouldn’t have shown it outwardly.
   c. I would have smiled.
   d. I would have laughed.
   e. I would have laughed heartily.

19. In choosing your friends, how desirable to you feel it is for them to be easily amused and able to laugh in a wide variety of situations?
   a. The most important characteristic I look for in a friend
   b. Very desirable, but not the most important characteristic
   c. Quite desirable
   d. Neither desirable nor undesirable
   e. Not very desirable

20. How would you rate yourself in terms of your likelihood of being amused and of laughing in a variety of situations?
   a. My most outstanding characteristic
   b. Above average
   c. About average
   d. Less than average
   e. Very little

21. How much do you vary from one situation to another in the extent to which you laugh or otherwise respond with humor (i.e., how much does it depend on who you are with, where you are, how you feel, etc.)
   a. Not at all
   b. Not very much
   c. To some extent
   d. Quite a lot
   e. Very much so

GUIDE FOR SCORING OF THE SITUATIONAL HUMOR RESPONSE QUESTIONNAIRE (SHRO)

1. For questions 1 to 18, give numeric scores as follows:
   a = 1, b = 2, c = 3, d = 4, e = 5.
2. Questions 19 to 21 are scored in reverse:
   a = 5, b = 4, c = 3, d = 2, e = 1
3. Omitted response is coded as 3.
4. Add scores for 21 items to get total SHRO score.

<table>
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<td>Females</td>
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APPENDIX C

BIBLIOGRAPHY OF RESEARCH WITH THE CHS AND SHRO


Appendix C


Humor and laughter mean different things to different people. Each of us has conceptions of what kinds of situations are funny, notions of the appropriateness of humor in various situations, and a sense of the importance of humor in our lives.

In this questionnaire you will find descriptions of a number of situations in which you may have found yourself from time to time. For each question, please take a moment to recall a time when you were actually in such a situation. If you cannot remember such an experience, try to imagine yourself in such a situation, filling in the details in ways that reflect your own experience. Then circle the letter (a, b, c, d, or e) beside the phrase that best describes the way you have responded or would respond in such a situation.

1. If you were shopping by yourself in a distant city and you unexpectedly saw an acquaintance from school (or work), how have you responded or how would you respond?
   a) I would probably not have bothered to speak to the person.
   b) I would have talked to the person but wouldn't have shown much humor.
   c) I would have found something to smile about in talking with him or her.
   d) I would have found something to laugh about with the person.
   e) I would have laughed heartily with the person.

2. If you were awakened from a deep sleep in the middle of the night by the ringing of the telephone, and it was an old friend who was just passing through town and had decided to call and say hello . . .
   a) I wouldn't have been particularly amused.
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   c) I would have been able to laugh at something funny my friend said.
   d) I would have been able to laugh and say something funny to my friend.
   e) I would have laughed heartily with my friend.

3. You had accidentally hurt yourself and had to spend a few days in bed. During that time in bed, how would you have responded?
   a) I would not have found anything particularly amusing.
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   c) I would have smiled a lot and laughed from time to time.
   d) I would have found quite a lot to laugh about.
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4. When you have been engaged in some lengthy physical activity (e.g., swimming, hiking, skiing), and you and your friends found yourselves to be completely exhausted . . .
   a) I wouldn't have found it particularly amusing.
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   a) I wouldn't have found it particularly amusing.
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Table 1 (continued)

c) I would have smiled.
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15. If there had been a computer error and you had spent all morning standing in line-ups at various offices trying to get the problem sorted out . . .
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b) I would have been able to experience some amusement, but wouldn’t have shown it.
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d) I would have laughed a lot.
e) I would have laughed heartily.

16. If the teacher announced that she or he would hand back the exams in order of grade, beginning with the highest mark in the class, and your name was one of the first to be called . . .
a) I wouldn’t have found it particularly amusing.
b) I would have been amused, but wouldn’t have shown it outwardly.
c) I would have smiled.
d) I would have laughed.
e) I would have laughed heartily.

17. In the past, if your girlfriend (or boyfriend) decided to break up with you because she or he had found someone else, and a few days later you were telling a good friend about it . . .

(table continued)
Table 1 (continued)

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<td>a)</td>
<td>I wouldn't have found any humor in the situation.</td>
<td>b)</td>
<td>I would have been able to experience some amusement, but wouldn't have shown it.</td>
<td>c)</td>
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18. If you were eating in a restaurant with some friends and the waiter accidentally spilled some soup on one of your friends... a) I would not have been particularly amused. b) I would have been amused but wouldn't have shown it. c) I would have smiled. d) I would have laughed. e) I would have laughed heartily.

19. In choosing your friends, how desirable do you feel it is for them to be easily amused and able to laugh in a wide variety of situations? a) the most important characteristic I look for in a friend. b) very desirable, but not the most important characteristic. c) quite desirable d) neither desirable nor undesirable e) not very desirable.

20. How would you rate yourself in terms of your likelihood of being amused and of laughing in a wide variety of situations? a) my most outstanding characteristic b) above average c) about average d) less than average e) very little

21. How much do you vary from one situation to another in the extent to which you laugh or otherwise respond with humor? (i.e., how much does it depend on who you are with, where you are, how you feel, etc.?) a) not at all b) not very much c) to some extent d) quite a lot e) very much so

at the University of Waterloo. Cronbach alphas computed on four samples have been found to range from .70 to .83. An analysis of individual items revealed average corrected item-total correlations ranging from .28 to .53 with these samples. A test-retest reliability coefficient of .70 was obtained over a 1-month period with 33 subjects. No differences in reliability were observed between males and females. Considering the heterogeneity of the situations described in the scale items, these levels of internal consistency and stability are considered acceptable.

The nonsituational items (19, 20, and 21) all produced positive item-total correlations (averaging .23, .42, and .28 respectively), supporting the assumptions underlying their inclusion in the scale. Of special interest was item 20, the self-rating question that revealed findings identical to those of Allport (1961): Six percent of the 497 subjects rated their sense of humor below average and 94% rated theirs average or above. Because these findings were positively correlated with the total score, we retained them in the scale.

In a study that used 101 subjects, the correlation between the SHRQ and the Crowne-Marlowe (1960) Social Desirability Scale was determined to be .04 for the total sample (.01 for males and .16 for females, all correlations nonsignificant). These results indicate that the SHRQ is free from the social desirability bias.

**Norms**

The mean SHRQ score for all 497 subjects is 59.6, with a SD of 9.06. For the 282 males the mean is 60.0 and the SD is 9.60, whereas the corresponding values for the 215 females