

Global Ratings of Self-Conscious Affect (GROSCA) Manual:

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Any scientific reference should be to:

Lanteigne, D., Glozman, J., & Hollenstein, T. (2010). GROSCA: Global Ratings of Self-conscious Affect Manual. Unpublished manual.

GLOBAL RATINGS OF SELF-CONSCIOUS AFFECT MANUAL

Online Questionnaire I: Global Rating

Vocal Certainty [tone, volume, projection, clarification] **do not code if silent for **entire** speech

Verbal Flow [continuity, interruptions] **do not code if silent for **entire** speech

0	<p>Very Certain</p> <p><i>Never shows vocal uncertainty</i></p> <p>Example: Confident tone, moderate volume, projecting well, does not seem concerned that they are completing the task appropriately.</p>
1	<p>Certain</p> <p><i>Occasional vocal uncertainty, generally certain.</i></p> <p>Examples:</p> <p>1) A bit quiet or unsure at the start of the speech, but soon becomes confident.</p> <p>2) Confident for most of the speech but become slightly less confident at the end as they are scrounging for more things to say about a topic.</p>
2	<p>Somewhat Certain</p> <p><i>Even combination of certainty and uncertainty</i></p>
3	<p>Uncertain</p> <p><i>Frequent vocal certainty, generally uncertain.</i></p> <p>Example: Quiet and unsure for most of the speech but more confident for brief periods, such as when they are talking about their favourite horse.</p>
4	<p>Very Uncertain</p> <p><i>Always shows vocal uncertainty</i></p> <p>Example: Unconfident tone, low volume (almost inaudible), quivering voice. May also include: inquisitive tone, checks in with the experimenter to see if they are completing the task appropriately, or up speak (raising voice at the end of a sentence that is not a question). Do not base your rating solely on the presence of up speak.</p>
0	Very smooth flow throughout the speech, rarely stutters or stammers
1	Good flow for most of the speech, a few stutters or stammers
2	Flow is okay , occasional stuttering, stammering, or broken speech
3	Poor flow , frequent stuttering, stammering, or broken speech
4	Very poor flow , excessive stuttering, stammering (umm, ahh, sooo, annnd), or broken speech (choppy, abrupt, pausing between words in a sentence)

Nervous Positive Affect [Inappropriate smiling or laughing]

0	None , positive affect not displayed or only in appropriately humorous situations
1	Low , infrequent nervous smiling, and/or one minimal laugh
2	Moderate , occasionally smiles nervously, and/or 1-2 bouts of laughter
3	Moderate-High , frequently smiles nervously (this criteria must be met), and 1-2 bouts of laughter (this is likely, but is not necessary to meet the criteria)
4	High , nervous laughter several times (>2), and/or constant nervous smiling

Body Tension [grasping arms of chair, body kept in ridged or uncomfortable position, high shoulders, sitting on hand]

0	No Tension , no cues, relaxed
1	Minimal Tension , 1 instance of looking tense, lasts for around 5 seconds
2	Moderate Tension , 2-3 instances of looking tense (lasting around 5 seconds) but not frequently and the cue does not last for very long
3	Moderate-High Visible Tension , grasping of the arm rest frequently (>3 times) or for a durations longer than 5 seconds.
4	Visible High Rigid Tension , One or more of the following cues for almost the full duration of the speech: grasping arm rest, body kept in ridged or uncomfortable position.

Facial Tension [clenching teeth, furrowed brow, expression of fear or anger, loud swallowing, lip biting]

0	No Tension , no cues, relaxed
1	Minimal Tension , 1 instance of looking tense, lasts for around 5 seconds
2	Moderate Tension , 2-3 instances of looking tense (lasting around 5 seconds) but not frequently and the cue does not last for very long
3	Moderate-High Visible Tension , looks tense frequently (>3 times) or for a durations longer than 5 seconds.
4	Visible High Rigid Tension , One or more of the following cues for almost the full duration of the speech: clenching teeth, scrunching up face.

Fidgeting

0	Relaxed , small movements to adjust comfort or natural transient movements during conversations
1	Minimal , 1 small instance of a repetitive movement, lasts for around 5 seconds
2	Moderate , 1 or more repetitive movement(s) that last for about 5 seconds but not for most of the speech
3	Moderate-High , small repetitive movements for most of the speech
4	High Movement , large repetitive movements for most of duration of the speech

Self-Deprecating Statements

0	None , does not say anything negative about themselves.
1	Trivial Statement Example: My soccer team is not very good.
2	Specific Statement Example: I am not good at soccer.
3	Global Statement Example: I am not good at any sports .
4	Extreme Global Statement , reveals a highly negative self-evaluation. Example: I am terrible at most things.

Hiding and Avoiding

0	Excellent eye contact Example: Looks forward (eyes and head) for about 75% of the speech.
1	Natural Example: Eyes move within a normal range and often return to make contact with the experimenter.
2	Slight Hiding Example: In a normal range for most of the time but does not return to make contact very often. Fixations longer than a glance occur rarely.
3	Moderate Hiding Example: Eyes turned away frequently. Eyes often fixated (for a period of time longer than a glance) in direction other than forward. Rarely returns to make contact.
4	Hiding Example: Eyes and body turned away for most of the time. Obscuring of the eyes or face with hand. Eyes often fixated for periods longer than a glance.

Relief

0	Absence of Relief Example: No change from before to after they are told to end the speech
1	Low Example: Looks a bit relieved. Could include a very minimal smile, laugh or exhale.
2	Moderate Example: Exhales softly, tension reduced, and smiles. Could include a very minimal laugh.
3	Moderate-High Example: Exhales loudly, tension reduced, smiles or laughs. Overall exhale/tension reduced is not extreme. Could include a comment.
4	High Example: Exhales loudly, tension reduced significantly and laughs. Could include comments such as "That was difficult" or "I'm sorry".

Content of the Speech

0	Factual – Example: Talking about the historical events of World War II.
1	Mostly Factual
2	Somewhat Factual
3	Mostly Non-Factual
4	Non-Factual – Example: Talking about personal opinions, memories, and feelings.

0	Very Serious – Example: Talking about your father's battle with cancer or a natural disaster.
1	Mostly Serious
2	Somewhat Serious
3	Mostly Non-Serious
4	Non-Serious – Example: Talking about different flavours of icecream.

Overall, how self-conscious was the speaker?

You have now watched the video of the participant at least three times and paid attention to many relevant self-conscious behaviours. You may have your own feeling about whether some cues are more important than others in this case, OR you may think that these cues converge to give a good impression about how self-conscious the participant is. This is your chance to give your best *general impression* of how self-conscious you think the participant is. *Rate from 0(Not at All) – 4 (Very Self-Conscious)*

Describe what the speech was about

In this section, describe the topic of the speech. For example: Did they talk about their mountain biking hobby? cell biology? bubble gum? Give a brief synopsis of the speech so that someone would know what the participant talked about without having to watch the video.

Other Comments

In this section, please make any notes about the speech or the session that may be relevant to the analysis of this data. It is *not required* for you to make additional comments, in most cases this area will be left blank.

Online Questionnaire 2: Observed Emotional States

For each item, select the response that best describes how strongly the speaker felt during the speech:

	Didn't Seem at All							Seemed Very Strongly			
1. Annoyed	1	2	3	4	5	6	7	8	9	10	
2. Happy	1	2	3	4	5	6	7	8	9	10	
3. Nervous	1	2	3	4	5	6	7	8	9	10	
4. Sad	1	2	3	4	5	6	7	8	9	10	
5. Embarrassed	1	2	3	4	5	6	7	8	9	10	
6. Stressed	1	2	3	4	5	6	7	8	9	10	
7. Excited	1	2	3	4	5	6	7	8	9	10	
8. Ashamed	1	2	3	4	5	6	7	8	9	10	