Self-Conscious Affect Coding Manual:
<u>Second Edition</u>
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Any scientific reference should be to:
Lanteigne, D., Glozman, J., & Hollenstein, T. (2010). SCAC: The Self-conscious Affect Coding
Manual. Unpublished manual.

Table of Contents

SCAC -code crib sheet

10's – BODY TENSION CUES

11) RELAXED
- Arms touching arm rests
- No finger tension
- Hands visible
- Shoulders open
- Legs comfortable
- Anything that doesn't fit below

12) TENSE
- Gripping arm chairs
- Shoulders high
- Sitting on hand
- Body parts kept in an extreme rigid position
  Onset: Immediate
  Offset: Immediate

20's – FACIAL TENSION

21) NO FACIAL TENSION
- None of the cues listed below
22) FACIAL TENSION
- Grinding/ Clenching teeth
- Hard/loud swallowing
- Lip biting
- Furrowed brow/ Facial crunch (could look like expression of fear or anger)
- **Not due to thinking
  Onset: Immediate
  Offset: 3 seconds

30's – STILLNESS

31) MOVING
- Natural transient movements (crossing or uncrossing legs)
- Any other kind of movement

32) STILL
- Not moving any body parts except for eyes or mouth
  Onset: 5 second onset
  Offset: Immediate

40's – FIDGETING

41) NO FIDGETING
- Lack of cues, only natural transient movements (crossing or uncrossing legs)

42) FIDGETING
- Small repetitive movement
- Large repetitive movement
  Onset: 5 seconds
  Offset: 3 second offset

50's – NERVOUS POSITIVE AFFECT

51) NO NERVOUS POSITIVE AFFECT
- Lack of cues

52) NERVOUS POSITIVE AFFECT
- Inappropriate smile
- Inappropriate laugh
- Non-Duchenne

  Onset: Immediate
  Offset: Immediate

60's – HIDING AND AVOIDING

61) NO HIDING
- Eye contact with experimenter or camera
- Looking in general forward direction
- Looking in any direction that is not directly at the experimenter but is within a natural range: up, to the side, or slightly down

62) HIDING
- Eyes closed for at least 3 seconds
- Eyes and head turned away from the experimenter or camera
- Obscuring of the face with hand
  Onset: 3 seconds
  Offset: Immediate

70's - VERBAL FLOW/CERTAINTY

71) CERTAIN
- Talking as per instructions

72) UNCERTAIN
- Quavering
- Stumbling over words
- Extremely low volume (almost inaudible)
- Mumbling
- Stuttering
- Pausing consistently between words in a sentence
  Onset: Immediate
  Offset: Immediate

*note onset is not for a single stutter or 'um' but for a pattern that fits uncertainty

80's – SILENT/TALK

81) TALK
- Talking
- Any vocalization (umms, ahhhs)

82) SILENT
- Silent
  Onset: 5 seconds
  Offset: Immediate

Notes
1) 10, 20, 30, 40, 50, 60, 70, 80 UNCODABLE
2) Uncodable only when participant or part of participant for coding is not visible.
3) Behaviour must be obvious, when in doubt, don't code it!
4) All files start in silence (82) and switch to talk (81) when participant starts speaking. Body Tension is determined by your first pass through the video, thus you will decide whether to start in Relaxed (11) or Tense (12). All other codes start in default mode (not self-conscious: 21, 31, 41, 51, 61, and 71).

General Coding Guidelines

<u>**Overview**</u>
The Self-Conscious Affect Code 2 (SCAC2) is an updated version of the SCAC. SCAC was developed for observations of people during situations that elicit self-consciousness (i.e., shame, guilt, embarrassment, social anxiety). The most common empirical protocol is a social stress task that includes making a speech or presentation. Thus, this coding manual was developed for such a task and contains features endemic to a speech task (e.g., gaze aversion from the experimenter) that may not be generalizable to all situations that elicit self-consciousness.

The codes in the SCAC2 are based on behaviours across 8 domains:

        1. Body Tension
        2. Facial Tension
        3. Stillness
        4. Fidgeting
        5. Nervous Positive Affect
        6. Hiding or Avoiding
        7. Verbal Certainty
        8. Silence

Each code has *criteria* that must be present in order to code a behavior with that code. There are one or more *cues* that may satisfy each criterion (e.g., visible behaviours that fit the category).