

**Self-Conscious Affect Coding Manual:  
Second Edition**

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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 Unpublished manual.

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## 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 – FIDGETTING

#### 41) NO FIDGETTING

- Lack of cues, only natural transient movements (crossing or uncrossing legs)

#### 42) FIDGETTING

- 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) NONE

- 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 but for a pattern that fits uncertainty

### 80's – SILENT/TALK

#### 81) TALK

- Talking
- Any vocalization (umms, ahhs)

#### 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 codes start in default mode (not self-conscious) except for Body Tension which can be determined by your first pass through the video.

## General Coding Guidelines

### Overview

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).