**Appendix**

The Need for Affect\_Short Scale (20)

情感需求量表中文简化版

Please indicate how much you agree with the following statements about you using the following 7-point scale from –3 (strongly disagree) to 3 (strongly agree).

请选择下列陈述是否准确地描述了您。

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **-3** | **-2** | **-1** | **0** | **1** | **2** | **3** |
| Strongly disagree当然不是 | Disagree不是 | Somewhat disagree不太对 | Uncertain我不确定 | Somewhat agree有点对 | Agree是的 | Strongly agree的确是这样 |

|  |  |  |
| --- | --- | --- |
| Score得分 | # | Item问卷项 |
|  . | 3\* | I feel that I need to experience strong emotions regularly.我感觉每隔一阵子就需要激动一下。 |
|  | 4\* | Emotions help people get along in life.各种情绪有助于人们生活顺利。 |
|  . | 6\* | I think that it is important to explore my feelings.我觉得深入了解自己的感受很重要。 |
|  . | 18\* | It is important for me to be in touch with my feelings对我来说，体会自己的感受很重要。 |
|  . | 19\* | It is important for me to know how others are feeling了解别人的感受对我来说很重要。 |
|  . | 1 | If I reflect on my past, I see that I tend to be afraid of feeling emotions.过去，我内心有些害怕去感受自己的情绪**。** |
|  . | 8 | I find strong emotions overwhelming and therefore try to avoid them我发现情绪激动时就像排山倒海，势不可挡，所以我尽量避免。 |
|  . | 9 | I would prefer not to experience either the lows or highs of emotion我既不想情绪低落，也不想情绪高涨。 |
|  . | 10 | I do not know how to handle my emotions, so I avoid them我不知道如何处理好自己的情绪，所以我选择逃避。 |
|  . | 11 | Emotions are dangerous—they tend to get me into situations that I would rather avoid我觉得情绪是个危险的东西，容易使我陷入我不愿面对的处境。 |
| \*Items in the Approach subscale |