

## SPSS Syntax to compute the scales of the Emotion Awareness Questionnaire (EAQ)

### Scoring:

Not true = 1

Sometimes true = 2

True = 3

### Recoding:

RECODE eq1 eq2 eq3 eq4 eq7 eq8 eq9 eq10 eq11 eq13 eq15 eq19 eq20 eq21 eq22  
eq24 eq25 eq26 eq29 eq30 (3=1) (2=2) (1=3) into eq1r eq2r eq3r eq4r eq7r eq8r  
eq9r eq10r eq11r eq13r eq15r eq19r eq20r eq21r eq22r eq24r eq25r eq26r  
eq29r eq30r.

### Different scales:

\*Differentiating emotions.

COMPUTE ADIF = mean(eq1r,eq7r,eq13r,eq19r,eq24r,eq29r,eq30r).

\*Verbal sharing of emotions.

COMPUTE ATALK = mean (eq2r,eq8r,eq14).

\*Not hiding emotions.

COMPUTE AHIDE= mean (eq3r,eq9r,eq15r,eq20r,eq25r).

\*Bodily awareness of emotions.

COMPUTE ABOD = mean(eq4r,eq10r,eq16,eq21r,eq26r).

\*Attending to others' emotions.

COMPUTE AOTH = mean(eq5,eq11r,eq17,eq22r,eq27).

\*Analyses of (own) emotions.

COMPUTE AOWN = mean(eq6,eq12,eq18,eq23,eq28).