

Social Effort and Conscientiousness Scale (SEACS):

Select the response that most accurately captures your typical behavior

1. There is not enough time in the day to get everything done.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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2. I often arrange events with other people.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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3. I make sure to eat breakfast every morning.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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4. I present myself in a way that makes a good impression on others.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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5. When I have personal problems, I usually talk to friends or acquaintances about them.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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6. When someone texts or emails me to say hello, I usually respond as soon as I can.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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7. It's important to me to exercise regularly.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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8. I make a lot of effort to connect with others.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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9. I compliment others when they have done something well.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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10. I regularly message people I know on social media (e.g., Facebook).

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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11. If I feel lonely, I find something to do with other people.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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12. I tend to ask other people how they are when I notice they're not feeling well.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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13. I like to share my emotions with others.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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14. I feel out of energy most of the time.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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15. I am often the one to call friends and/or family when I haven't spoken to them in a while.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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16. I usually try to help other people when they are feeling down.

1. Strongly Disagree	2. Disagree	3. Slightly Disagree	4. Slightly Agree	5. Agree	6. Strongly Agree
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This scale is divided into two subscales, the Social Effort subscale and the Social Conscientiousness subscale. Items in the Social Effort subscale reflect tendencies toward effort exertion in the service of social connection for one's own purpose, such as a desire to connect with others for its own intrinsic value. Higher scores reflect more drive to engage in close relationships. To calculate this subscale, add the responses from items 2, 5, 6, 8, 10, 11, 13, and 15 (scored on a 1-6 rating) where a score of 1 = Strongly Disagree, and a score of 6 = Strongly Agree.

Items in the Social Conscientiousness subscale reflect tendencies toward effort exertion in the service of adhering to social norms. Higher scores reflect better ability to engage in more superficial or less intimate social exchanges. To calculate this subscale, add the responses from items 4, 9, and 16 (scored on a 1-6 rating) where a score of 1 = Strongly Disagree, and a score of 6 = Strongly Agree.

Samuel J. Abplanalp, Jasmine Mote, Anne C. Uhlman, Emma Weizenbaum, Talha Alvi, Benjamin A. Tabak & Daniel Fulford (2022) Parsing social motivation: development and validation of a self-report measure of social effort, *Journal of Mental Health*, 31:3, 366-373, DOI: 10.1080/09638237.2021.1952948