

How Easily Disgusted Are You? (The Disgust Propensity and Sensitivity Scale-Revised, DPSS)

Instructions

Disgust is an emotion experienced in relation to objects and acts that one appraises as offensive or repulsive. Some individuals, however, have been shown to be more easily disgusted than others. This questionnaire consists of 16 statements about disgust. Please read each statement and think how often it is true for you.

	Never	Rarely	Sometimes	Often	Always
1. I avoid disgusting things.					
2. When I feel disgusted, I worry I might pass out.					
3. It scares me when I feel nauseous.					
4. I think disgusting items could cause me illness/infection.					
5. I feel repulsed.					
6. Disgusting things make my stomach turn.					
7. I screw up my face in disgust.					
8. When I notice that I feel nauseous, I worry about vomiting.					
9. When I experience disgust, it is an intense feeling.					
10. I experience disgust.					
11. It scares me when I feel faint.					
12. I become disgusted more easily than other people.					
13. I worry that I might swallow a disgusting thing.					
14. I find something disgusting					
15. It embarrasses me when I feel disgusted.					
16. I think feeling disgusting is bad for me.					

Scoring

Never = 1, Rarely = 2, Sometimes = 3, Often = 4 = Always = 5

Total Disgust Propensity = Sum items 1, 5, 6, 7, 9, 10, 12 and 14

Total Disgust Sensitivity = Sum items 2, 3, 4, 8, 11, 13, 15, 16

Interpretation

This measure assesses the degree to which you are likely to respond with disgust to any given situation (i.e. propensity) as well as how unpleasant the emotion of disgust is to you (sensitivity). To the best of our knowledge, no clear/distinct cut off scores exist for this measure to indicate high or low disgust propensity/sensitivity. The minimum score is 8 and the maximum is 40 for both disgust propensity and sensitivity.

Reference

Van Overveld, W. J. M., de Jong, P. D., Peters, M. L., Cavanagh, K., & Davey, G. C. L. (2006). Disgust propensity and disgust sensitivity: Separate constructs that are differentially related to specific fears. *Personality and Individual Differences, 41*(7), 1241-1252.