

Supplementary Materials

The following pages provide information on the measures used to assess lifetime adversity, empathy, dispositional compassion, and state compassion. Given potential interest regarding the distribution of severity of adversity scores (i.e., our primary independent variable), we also present histograms for each study described in the main text.

In addition to this methodological information, two tables are presented that provide the 95% confidence intervals for parameters noted in each of the structural equation models (Figures 1 & 2 in the main text).

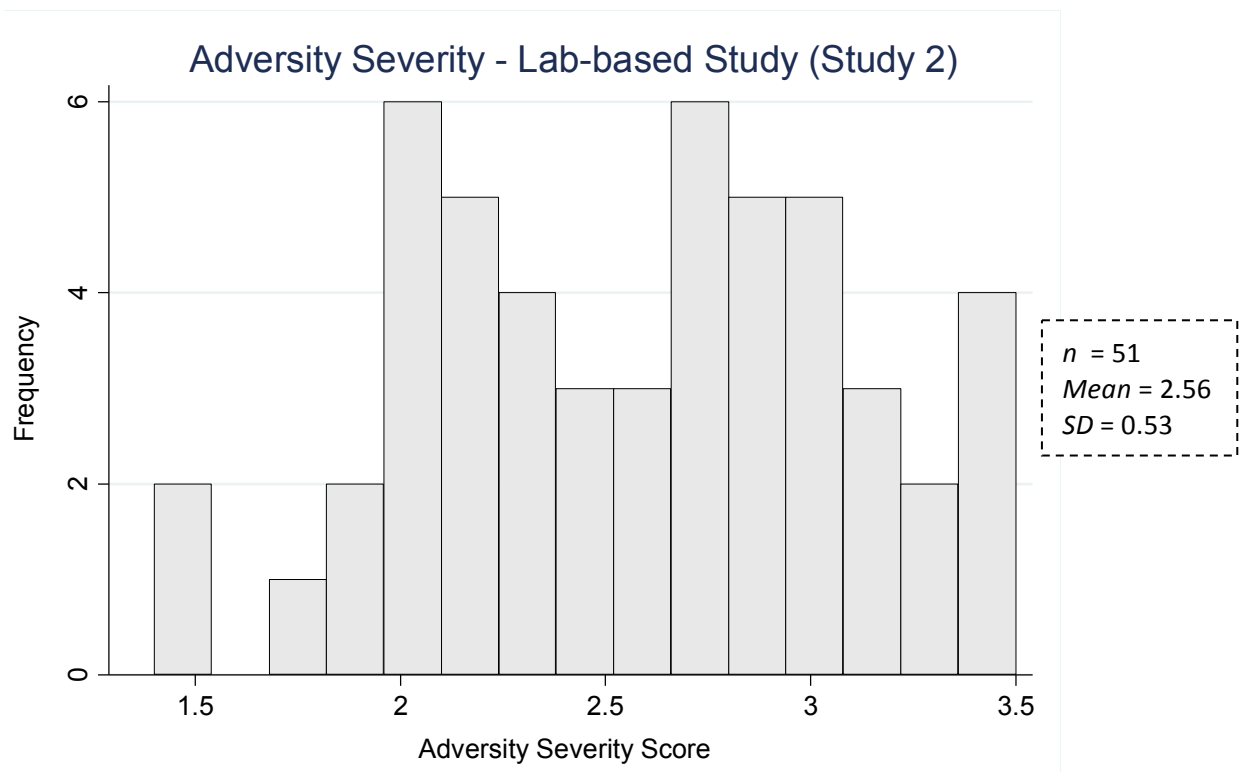
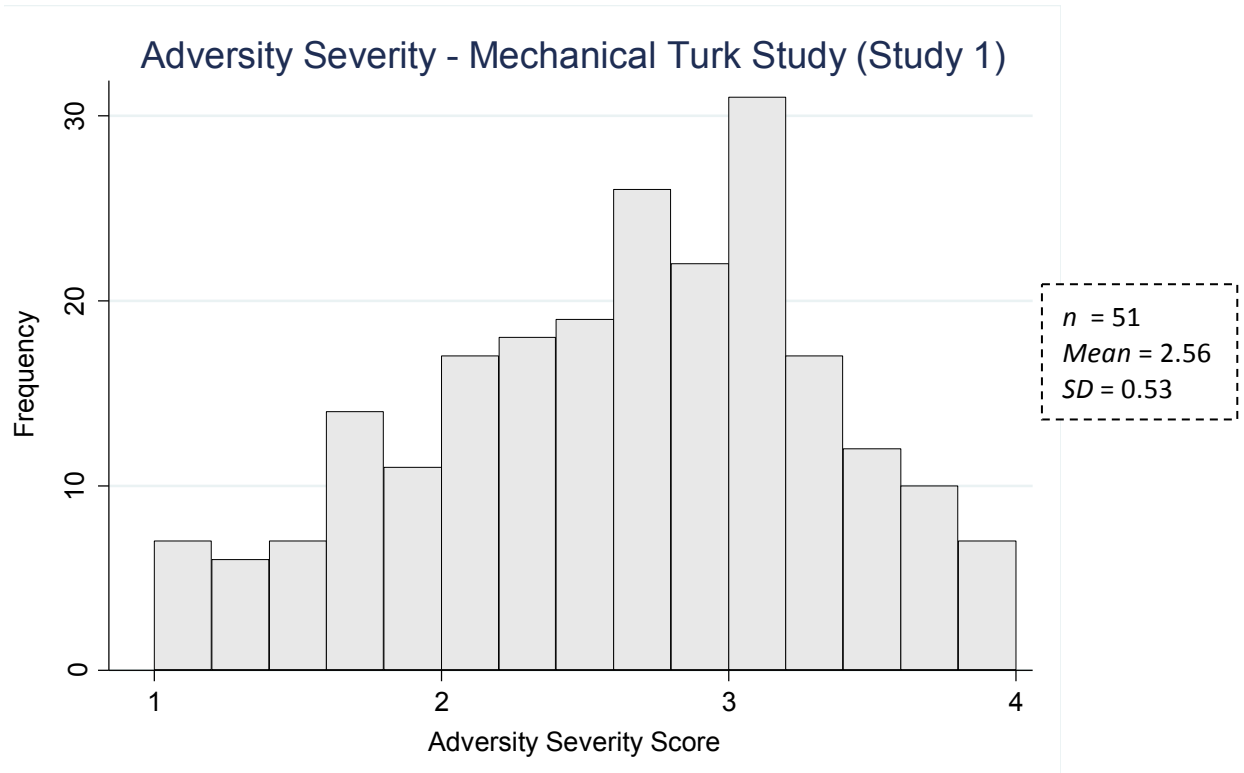
Adverse Life Experiences

	0	1	2	3	4
How often do you experience this event in your lifetime so far?	None (N/A)	Once	More than Once	Sometimes	Often
How long ago did it last occur?	None (N/A)	More than 12 months	9 – 12 months ago	5 – 8 months ago	1 to 4 months ago
How much did this affect you?	None (N/A)	Barely	A little	Moderately	Severely

Instructions: The following questions will ask you to indicate the frequency, recency, and severity of 28 adverse life events that you may or may not have experienced. Please use the scales, as described in each row above, to indicate your response for each adverse event.

Specific Adversity	Adversity Domain
1. Suffered a serious accident or injury 2. Serious accident or injury of a loved one 3. Witnessed family member injured or kill 4. Suffered a serious illness 5. Serious illness of a loved one	Injury/illness
6. Were physically attacked or assaulted 7. Been coerced with threats of harm to yourself or your family 8. Witnessed someone (other than a family member) being injured or killed 9. Been hit or pushed by someone you know 10. Had someone touch or feel private areas of your body or touched/felt another's private areas under force or threat 11. Had sexual relations under force or threat	Violence
12. Death of an immediate family member (i.e., parents, siblings, child) 13. Death of someone in your extended family (i.e., cousin, uncle, grandparents) 14. Death of a friend 15. Lost someone close due to suicide or homicide	Bereavement
16. Experienced forced separation from family 17. Ended a close relationship or gotten rejected in a relationship 18. Experience your parents' (or stepparents') divorce 19. Been shamed, embarrassed, or told repeatedly that you are "no good" 20. Had an unwanted pregnancy or unwanted child.	Relationship Events
21. Experienced serious financial difficulties (i.e., no money for food or shelter) 22. Lived in dangerous housing or neighborhood 23. Been discriminated against because of your ethnicity, religious background, or sexual orientation 24. Been exposed to dangerous chemicals or biological agents	Social- Environmental Stress
25. Experienced a major fire, flood, earthquake, or any natural disaster in your community 26. Suffered a <u>loss</u> in a major fire, flood, earthquake, or any natural disaster in your community 27. Experienced a tragedy or disaster in your community caused by people (a shooting, bombing, etc.) 28. Suffered a <u>loss</u> in a tragedy or disaster in your community caused by people (a shooting, bombing, etc)	Disaster

Frequency Distribution of Adversity Severity



Interpersonal Reactivity Index

The following statements ask about your thoughts and feelings in a variety of situations. For each item, show how well it describes you by choosing the appropriate number on the scale. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly and as accurately as you can.

ANSWER SCALE:

1	2	3	4	5
DOES NOT DESCRIBE ME WELL				DESCRIBES ME VERY WELL

Perspective-Taking Subscale:

1. I sometimes find it difficult to see things from the "other guy's" point of view. (-)
2. I try to look at everybody's side of a disagreement before I make a decision.
3. I sometimes try to understand my friends better by imagining how things look from their perspective.
4. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments. (-)
5. I believe that there are two sides to every question and try to look at them both.
6. When I'm upset at someone, I usually try to "put myself in his shoes" for a while.
7. Before criticizing somebody, I try to imagine how I would feel if I were in their place.

Empathic Concern Subscale:

1. I often have tender, concerned feelings for people less fortunate than me. (EC)
2. Sometimes I don't feel very sorry for other people when they are having problems. (-)
3. When I see someone being taken advantage of, I feel kind of protective towards them.
4. Other people's misfortunes do not usually disturb me a great deal. (-)
5. When I see someone being treated unfairly, I sometimes don't feel very much pity for them. (-)
6. I am often quite touched by things that I see happen.
7. I would describe myself as a pretty soft-hearted person.

NOTE:(-) denotes item to be scored in reverse fashion

Scores are generated for each participant by averaging the responses for each respective scale.

Dispositional Positive Emotions Scale – Compassion Subscale

On a scale of 1 (strongly disagree) to 7 (strongly agree), state how much you agree with the following statements:

- 1.) It's important to take care of people who are vulnerable.
- 2.) When I see someone hurt or in need, I feel a powerful urge to take care of them.
- 3.) Taking care of others gives me a warm feeling inside.
- 4.) I often notice people who need help.
- 5.) I am a very compassionate person.

The score for each individual participant is generated by averaging all items in the scale.

State Compassion Measure

Note that participants completed this measure as part of a larger one wherein they evaluated the nature of the assignment task they were observing. Emotion items were presented in a random order for each participant.

Instructions: The next several questions will ask you to respond to how you feel RIGHT NOW. Please answer each question by clicking on the corresponding box. There are no right or wrong answers, so answer as accurately as possible.

(1 = not at all; 2 = not much; 3 = a little; 4 = somewhat; 5 = very much)

- a) How DISTRESSED do you feel?
- b) How CONTENT do you feel?
- c) How PLEASANT do you feel?
- d) How DISGUSTED do you feel?
- e) How GLOOMY do you feel?
- f) How QUEAZY do you feel?
- g) How SICKENED do you feel?
- h) How ANGRY do you feel?
- i) How SAD do you feel?
- j) How GOOD do you feel?
- k) How COMPASSIONATE do you feel?
- l) How EMBARRASSED do you feel?
- m) How BORED do you feel?
- n) How HAPPY do you feel?
- o) How SYMPATHETIC do you feel?
- p) How much PITY do you feel?

Table 1. Bootstrap results (Bias-corrected Confidence Interval at 95%) for Model Pathways in Study 1.

Parameters	Standardized Beta Coefficient	Lower Bounds	Upper Bounds	<i>P</i>
Adversity Severity → Perspective Taking	.168	.037	.299	.013
Adversity Severity → Empathic Concern	.381	.269	.483	.000
Perspective Taking → Dispositional Compassion	.067	-.029	.168	.186
Empathic Concern → Dispositional Compassion	.733	.625	.818	.000
Dispositional Compassion → Charitable Donation	.250	.157	.334	.000

Note – the bootstrap was conducted with 5000 bootstrap samples

Table 2. Bootstrap results (Bias-corrected Confidence Interval at 95%) for Model Pathways in Study 2.

Parameters	Standardized Beta Coefficient	Lower Bounds	Upper Bounds	<i>P</i>
Adversity Severity → Perspective Taking	.33	.082	.530	.009
Adversity Severity → Empathic Concern	.52	.269	.691	.001
Perspective Taking → Dispositional Compassion	.27	.007	.498	.045
Empathic Concern → Dispositional Compassion	.55	.332	.730	.001
Dispositional Compassion → State Compassion	.28	.019	.515	.034
State Compassion → Time Spent Helping	.30	.043	.510	.023

Note – the bootstrap was conducted with 5000 bootstrap samples

