

DISGUST EMOTION SCALE

The following situations are known to cause some people to experience disgust, revulsion, or repugnance. Please rate for each situation listed, how much **disgust** or **repugnance** you would experience if you were exposed to that situation at this time.

Use the following scale to evaluate each situation and place a mark (X) in the space corresponding to how much disgust or repugnance you would experience in the listed situation.

0 = NO disgust or repugnance at all

1 = MILD disgust or repugnance

2 = CONSIDERABLE disgust or repugnance

3 = INTENSE disgust or repugnance

4 = EXTREME disgust or repugnance

HOW MUCH DISGUST OR REPUGNANCE WOULD YOU EXPERIENCE FROM BEING EXPOSED DIRECTLY TO:

| | 0 | 1 | 2 | 3 | 4 |
|--|---|---|---|---|---|
| 1. A slice of bread with green mold on it. | — | — | — | — | — |
| 2. The smell of a public rest room. | — | — | — | — | — |
| 3. Having blood drawn from your arm. | — | — | — | — | — |
| 4. Observing an amputation operation. | — | — | — | — | — |
| 5. An alley cat. | — | — | — | — | — |
| 6. A glass of spoiled milk. | — | — | — | — | — |
| 7. The smell of human feces. | — | — | — | — | — |
| 8. A snake. | — | — | — | — | — |
| 9. A bottle of your blood. | — | — | — | — | — |
| 10. The mutilated body of a dog that had been run over by a car. | — | — | — | — | — |
| 11. The smell of vomit. | — | — | — | — | — |
| 12. A package of hamburger turned green with age. | — | — | — | — | — |
| 13. The sight of a large slug. | — | — | — | — | — |
| 14. Receiving a hypodermic injection in the arm. | — | — | — | — | — |
| 15. A dead person unknown to you. | — | — | — | — | — |

DISGUST EMOTION SCALE (con't)

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1 = MILD disgust or repugnance

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4 = EXTREME disgust or repugnance

**HOW MUCH DISGUST OR REPUGNANCE WOULD YOU EXPERIENCE
FROM BEING EXPOSED DIRECTLY TO:**

| | 0 | 1 | 2 | 3 | 4 |
|---|----------|----------|----------|----------|----------|
| 16. A pile of rotting lettuce. | — | — | — | — | — |
| 17. The smell of a city dump. | — | — | — | — | — |
| 18. People injured in an auto accident. | — | — | — | — | — |
| 19. Handling a hypodermic needle. | — | — | — | — | — |
| 20. An old cup of coffee with mold in it. | — | — | — | — | — |
| 21. The sight of a house mouse. | — | — | — | — | — |
| 22. Photos of wounded soldiers. | — | — | — | — | — |
| 23. Receiving an anesthetic injection in the mouth. | — | — | — | — | — |
| 24. A piece of rotting steak. | — | — | — | — | — |
| 25. The smell of body odor. | — | — | — | — | — |
| 26. A sewer rat. | — | — | — | — | — |
| 27. A decaying animal on the road. | — | — | — | — | — |
| 28. The smell of urine. | — | — | — | — | — |
| 29. The sight of a spider. | — | — | — | — | — |
| 30. A small vial of your blood. | — | — | — | — | — |

DISGUST EMOTION SCALE (SCORING CRITERIA)

The *Disgust Emotion Scale (DES)*; Walls & Kleinknecht, 1996) is a 30-item scale measuring disgust sensitivity across five domains of disgust elicitors: Animals, Injections and Blood Draws, Mutilation and Death, Rotting Foods, and Smells. Participants are asked to rate their degree of disgust or repugnance if they were exposed to each item. Ratings are given on a 5-point Likert scale, ranging from 0 = “No disgust or repugnance at all” to 4 = “Extreme disgust or repugnance.”

| SUBSCALE | ITEMS |
|----------------------------|-----------------------|
| Animals | 5, 8, 13, 21, 26, 29 |
| Injections and Blood Draws | 3, 9, 14, 19, 23, 30 |
| Mutilation and Death | 4, 10, 15, 18, 22, 27 |
| Rotting Foods | 1, 6, 12, 16, 20, 24 |
| Smells | 2, 7, 11, 17, 25, 28 |