

**Table 1.** Item Formulations and Summary of Descriptive Statistics of the SHAME.

Item no.	Item formulations	U.S. American sample (n = 502)		German sample (n = 496)		Clinical sample (n = 92)	
		M (SD)	$r_{tt}$ ( $\alpha$ for subscale)	M (SD)	$r_{tt}$ ( $\alpha$ for subscale)	M (SD)	$r_{tt}$ ( $\alpha$ for subscale)
	<i>Bodily shame</i>	1.74 (1.13)	.87	1.75 (1.02)	.82	2.42 (1.41)	.89
1	I enter an elevator and inside there is a couple who are heavily making out and fondling each other's backs and thighs.	1.49 (1.52)	.72	1.65 (1.48)	.54	2.42 (1.87)	.75
3	Without thinking about it, I eye up the upper body of a male or female colleague I find very attractive. By their amused grin I suddenly realize that he or she has noticed it.	2.46 (1.38)	.59	2.34 (1.42)	.51	3.03 (1.57)	.60
7	I try on an article of clothing that I can barely get into. During this my boyfriend or girlfriend looks in the changing room.	2.04 (1.64)	.48	1.60 (1.55)	.44	2.66 (1.93)	.54
8	I am invited for the first time to a friend's house. Hanging on the wall are some explicitly erotic pictures.	1.35 (1.45)	.72	1.36 (1.36)	.60	1.83 (1.72)	.72
9	At a job interview, it becomes clear that my counterpart is more interested in my body than what I have to say.	1.78 (1.60)	.72	1.77 (1.50)	.71	2.29 (1.79)	.66
15	I go with some friends, who are a couple, to the cinema. They start to cuddle and whisper erotic things to each other, which I can clearly understand.	1.76 (1.58)	.75	2.15 (1.55)	.64	2.55 (1.85)	.75
21	I buy myself underwear. When I have just decided what to get, I discover that two acquaintances had been observing me while I made a selection.	1.29 (1.38)	.58	1.40 (1.46)	.59	2.16 (1.95)	.74
	<i>Cognitive shame</i>	2.96 (0.98)	.81	3.24 (1.09)	.84	3.61 (1.23)	.88
4	I am praised for something that I did not accomplish myself.	3.06 (1.41)	.60	3.07 (1.49)	.52	3.52 (1.46)	.66
5	I tell someone I admire about something that I did together with a colleague, but I put it so that it is as if I did it alone.	3.86 (1.39)	.56	3.17 (1.69)	.65	3.53 (1.67)	.57
6	I address someone, who I really should know, with the wrong name.	3.13 (1.32)	.58	3.17 (1.49)	.52	3.45 (1.57)	.61
10	I thoughtlessly retell something that was entrusted to me.	3.33 (1.29)	.56	3.66 (1.42)	.67	3.80 (1.47)	.60
13	My boss says something in a meeting that I take to be a joke and so I laugh out loud. Then I realize it was not a joke because everyone is looking at me strangely.	3.14 (1.40)	.59	3.51 (1.50)	.71	3.82 (1.29)	.72
16	I come to the work Christmas party and see that there is a free seat at the boss's table. I think it cannot harm my career so I go purposefully over. When I ask if the place is free, the boss nods with an alienated facial expression.	2.10 (1.41)	.52	2.81 (1.48)	.62	3.43 (1.50)	.63
19	I argue a point of view very strongly in an area I feel sure about, then suddenly I notice I am totally wrong and that the other people look a bit sheepish.	3.11 (1.34)	.60			3.68 (1.47)	.72
	<i>Existential shame</i>	0.50 (0.61)	.79	0.68 (1.74)	.76	1.31 (1.28)	.88
2	I receive a card from a friend who is on vacation, on which it says he or she is really missing me.	0.41 (0.83)	.46	0.43 (0.90)	.49	0.90 (1.45)	.77
11	During a vacation at the seaside, I cream my body with suntan lotion to avoid a nasty sunburn.	0.29 (0.77)	.48	0.57 (1.26)	.47	1.21 (1.75)	.48
12	I ask myself, what would someone else who would have been born instead of me, in the same situation, have done with their life.	0.75 (1.15)	.42	0.69 (1.16)	.27	1.52 (1.54)	.51
14	On my birthday, a friend congratulates me in front of another friend and says how great it is for them that I exist.	0.80 (1.12)	.54	1.16 (1.37)	.50	1.82 (1.85)	.74
17	At the hairdressers, I let myself have a head massage that I really enjoy. I am dreaming along when it becomes clear that I am getting a really good pampering.	0.58 (1.00)	.56	0.70 (1.10)	.53	1.63 (1.35)	.75
18	I'm lying in the hospital waiting for an appendicitis operation. A friend comes to visit and brings me the latest CD of my favorite band.	0.22 (0.69)	.58	0.43 (1.01)	.56	0.77 (1.35)	.75
20	After a strenuous work day, my partner tells me I should relax on the sofa. In the meantime, he or she prepares me a delicious meal.	0.45 (0.95)	.52	0.80 (1.25)	.52	1.32 (1.69)	.68

Note. SHAME = Shame Assessment for Multifarious Expressions of Shame; Item no. = item number reflecting the position of the item in the questionnaire;  $r_{tt}$  = corrected item-total correlation;  $\alpha$  = Cronbach's alpha of the subscale.