

和諧信念量表

請您表達對下列觀點的看法,並請圈選合適的數字

		非常 不同意						非常 同意
1. 我相信人與人之間要相互幫助	1	2	3	4	5	6	7	
2. 在團體中,我們要遵守紀律	1	2	3	4	5	6	7	
3. 在與別人互動時,我們要保持謙虛	1	2	3	4	5	6	7	
4. 我相信人要自我約束	1	2	3	4	5	6	7	
5. 晚輩要順從長輩,在下位者要順從在上位者	1	2	3	4	5	6	7	
6. 我們要逆來順受,以維持人際和諧	1	2	3	4	5	6	7	
7. 禮尚往來是人際交往的基本規範	1	2	3	4	5	6	7	
8. 在人際交往中,我們要特別留意給人面子	1	2	3	4	5	6	7	
9. 在人際交往中,我們要隨時注意保持和諧	1	2	3	4	5	6	7	
10. 群體生活中要特別強調團結精神	1	2	3	4	5	6	7	
11. 與人無爭才能保持人際和諧	1	2	3	4	5	6	7	
12. 與人交往要注重人情	1	2	3	4	5	6	7	
13. 與人相處時,我們要包容別人	1	2	3	4	5	6	7	
14. 人際互動時,我們要遵守社會規範	1	2	3	4	5	6	7	
15. 人際互動時,我們要秉持中庸之道	1	2	3	4	5	6	7	
16. 我相信做人要安分守己	1	2	3	4	5	6	7	
17. 與人相處,要進退得宜	1	2	3	4	5	6	7	
18. 我相信有容乃大	1	2	3	4	5	6	7	
19. 爲了團體的目標,我們要犧牲小我,完成大我	1	2	3	4	5	6	7	
20. 我相信己所不欲,勿施於人	1	2	3	4	5	6	7	

*英文題目:

01. I believe that people should help each other.	1	2	3	4	5	6	7
02. Groups should have discipline.	1	2	3	4	5	6	7
03. We should be humble when interacting with others.	1	2	3	4	5	6	7
04. I believe that people should have self-restraint.	1	2	3	4	5	6	7
05. The young should respect the old; the subordinate should respect the superior.	1	2	3	4	5	6	7
06. We should accept personal costs if it keeps the group happy.	1	2	3	4	5	6	7
07. Reciprocity is a basic principle in interpersonal interactions.	1	2	3	4	5	6	7
08. We should try to preserve the dignity of others in interpersonal interactions.	1	2	3	4	5	6	7
09. We should keep harmony with others at all times in interpersonal interactions.	1	2	3	4	5	6	7
10. We should emphasize solidarity with others in group life.	1	2	3	4	5	6	7
11. Not being competitive is the only way to maintain interpersonal harmony.	1	2	3	4	5	6	7
12. Being concerned about the regard of others is important in interpersonal interactions.	1	2	3	4	5	6	7
13. We should be tolerant of others in interpersonal interactions.	1	2	3	4	5	6	7

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| 14. We should respect the standards of our society in interpersonal interactions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. We should be moderate and compromise in interpersonal interactions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I believe that one should be content with one's position in life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. We should behave properly in interpersonal interactions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I believe that tolerance breeds greatness. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. For the sake of group goals, we should sacrifice ourselves for the greater good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I believe that one should do to others as one wishes to be treated by them. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Note:

1. 加總計分。
2. 短版 9 題：4, 6, 8, 9, 13, 14, 15, 17, 19

Reference:

- Lu, L., Gilmour, R., Kao, S.F., Weng, T.H., Hu, C.H., Chern, J.G., Huang, S.W. & Shih, J.B. (2001) Two ways to achieve happiness: When the East meets the West. *Personality and Individual Differences*, 30, 1161-1174. (20-item version)
- Lu, L., & Gilmour, R. (2004). Culture, self and ways to achieve SWB: A cross-cultural analysis. *Journal of Psychology in Chinese Societies*, 5, 51-79. (9-item version)