

## **Instructions for administration and scoring of the questionnaire SPARK**

Embarrassment and shame are negative emotions occurring in situations where one assesses and judges oneself. These emotions arise when a person thinks she/he has breached a norm, or while she/he has the impression that her/his own internal standards or the external standards of the society are not met.

Shame is a painful emotion involving a negative evaluation of the whole self. It is associated with a sense of weakness and a lack of self-esteem.

Embarrassment occurs in situations where failures or transgressions are less important. It is an emotion occurring suddenly because of a blunder or clumsy behavior that undermines the esteem that others have for us.

The scoring system is as follows:

No = 0 point; A little = 1 point; Moderately = 2 points; A lot = 3 points.

**Total score:**            /99

### **Subscales:**

a. Embarrassment and shame arising from Parkinson's disease symptoms:

Items 1, 2, 3, 4, 5, 8, 11, 12, 13, 14, 15, 16, 20

Subscore:            /39

b. Embarrassment and shame arising from the increasing physical dependence and need for help induced by Parkinson's disease:

Items 7, 10, 18

Subscore:            /9

c. Embarrassment and shame arising from a deteriorated body image:

Items 6, 9, 17, 19, 21

Subscore:            /15

d. Consequences of Parkinson's disease on patients' self-esteem:

Items 22, 25, 26

Subscore:            /9

e. Stigmatization

Items 23, 24, 27, 28, 29, 30, 31:

Subscore:            /21

f. Types and intensity of self-evaluative negative emotion:

Item 32 for embarrassment:            /3

Item 33 for shame:            /3