

Neuroception of Psychological Safety Scale - Generic Version (NPSS-G)

Morton, L., Cogan, N., Kolacz, J., Calderwood, C., Nikolić, M., Bacon, T., Pathe, E.,
Williams, D., Porges, S. (2021) ©

Please rate how well the following statements describe your feelings during (specify a particular situation, timeframe, or experience).

For example; 'Your experiences at work over the past week', 'Your recent hospital stay', 'Your experiences in your classroom' or 'Your time spent on social media over the past week'

Strongly Disagree (score = 1), *Disagree* (score = 2), *Neither Agree or Disagree* (score = 3), *Agree* (score = 4), *Strongly Agree* (score = 5).

1	I felt valued	1	2	3	4	5
2	I felt comfortable expressing myself	1	2	3	4	5
3	I felt accepted by others	1	2	3	4	5
4	I felt understood	1	2	3	4	5
5	I felt like others got me	1	2	3	4	5
6	I felt respected	1	2	3	4	5
7	There was someone who made me feel safe	1	2	3	4	5
8	There was someone that I could trust	1	2	3	4	5
9	I felt comforted by others	1	2	3	4	5
10	I felt heard by others	1	2	3	4	5
11	I felt like people would try their best to help me	1	2	3	4	5
12	I felt cared for	1	2	3	4	5
13	I felt wanted	1	2	3	4	5
14	I didn't feel judged by others	1	2	3	4	5
15	I felt able to empathise with other people	1	2	3	4	5
16	I felt able to comfort another person if needed	1	2	3	4	5
17	I felt compassion for others	1	2	3	4	5
18	I wanted to help others relax	1	2	3	4	5
19	I felt like I could comfort a loved one	1	2	3	4	5
20	I felt so connected to others I wanted to help them	1	2	3	4	5
21	I felt caring	1	2	3	4	5
22	My heart rate felt steady	1	2	3	4	5

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23	Breathing felt effortless	1	2	3	4	5
24	My voice felt normal	1	2	3	4	5
25	My body felt relaxed	1	2	3	4	5
26	My stomach felt settled	1	2	3	4	5
27	My breathing was steady	1	2	3	4	5
28	I felt able to stay still	1	2	3	4	5
29	My face felt relaxed	1	2	3	4	5

Guidance notes:

- This scale aims to provide a standardised measure of psychological safety grounded in The Polyvagal Theory.
- A higher score indicates higher feelings of psychological safety, it is important to note that this is likely to vary depending on context (for example, being at work versus being at home).
- The establishment of the psychometric properties of the NPSS-S are under development please contact (nicola.cogan@strath.ac.uk or liza.morton@gla.ac.uk) for further information.
- While this measure is free to use, please contact us for permission beforehand.
- Please keep us updated with your feedback on the scale to assist us with its development and guidance for use.

Citation:

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