

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

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

Please rate how well the following statements describe your feelings 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
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

**Development and psychometric properties described in:**

Morton, L., Cogan, N., Kolacz, J., Calderwood, C., Nikolic, M., Bacon, T., Pathe, E., Williams, D., & Porges, S. W. (2022). A new measure of feeling safe: Developing psychometric properties of the Neuroception of Psychological Safety Scale (NPSS). *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001313>

This measure is free to use for research and educational purposes. However, we ask that you please contact the lead author Liza Morton (Liza.Morton@gcu.ac.uk) for permission before using it.

Please keep us updated with your feedback on the scale to assist us with its development and guidance for use.

Please refer to NPSS manual for further guidance.