Development of a Japanese version of a short form of the Profile of Emotional Competence

Yuki Nozaki and Masuo Koyasu (Kyoto University)

Emotional competence refers to individual differences in the ability to appropriately identify, understand, express, regulate, and utilize one’s own emotions and those of others. This study developed a Japanese version of a short form of the Profile of Emotional Competence, a measure that allows the comprehensive assessment of intra- and interpersonal emotional competence with shorter items, and investigated its reliability and validity. In Study 1, we selected items for a short version and compared it with the full scale in terms of scores, internal consistency, and validity. In Study 2, we examined the short form’s test-retest reliability. Results supported the original two-factor model and the measure had adequate reliability and validity. We discuss the construct validity and practical applicability of the short form of the Profile of Emotional Competence.

Keywords: emotional competence, emotional intelligence, reliability, validity, scale development.

The Japanese Journal of Psychology
2015, Vol.86, No.2,