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#### Administration Notes:

1. Responses are made on a 5-point Likert scale, with 1=strongly disagree and 5=strongly agree.
2. All questions are worded in a positive direction (negative items were included in an earlier version of the scale but they had to be dropped after validation).
3. Total score is the sum of the 34 individual items.

#### Norms:

1. Means and standard deviations based on three samples (N=165); I-T (Item-total correlation) based on two samples (N = 135)
2. Total score ranged from 46 to 164 (M= 113.5, SD=23.8)

Item	<i>M</i>	<i>SD</i>	<i>I-T</i>
1. I will sometimes move my hand as if I were 'conducting' music	3.0	1.5	.51
2. When listening to music, I sometimes temporarily forget where I am	3.0	1.2	.54
3. I sometimes feel like I am 'one' with the music	3.2	1.2	.70
4. When I listen to music I can get so caught up in it that I don't notice anything	3.3	1.1	.62
5. When I feel that nobody understands me, I often turn on some music	3.5	1.1	.56
6. I will stop everything that I'm doing in order to listen to a special song/piece of music that is playing	3.5	1.2	.59
7. I can imagine a song/piece of music so vividly that it holds my attention as if I were hearing it 'live	3.5	1.2	.69
8. When I hear good music I tend to lose my train of thought and forget what I was thinking about	3.6	1.1	.57
9. Sometimes when listening to music I feel as if my mind can understand the whole world	3.0	1.3	.61
10. I sometimes feel that I understand the songwriter/composer's intentions completely	3.4	1.1	.49
11. I can change almost any sound into music by the way I listen to it	2.7	1.1	.55
12. I have stopped walking to listen to music that I came across on my path	3.4	1.3	.59
13. While listening to music, I may become so involved that I may forget about myself and my surroundings	3.2	1.1	.66

## Absorption in Music

14. If I want to feel creative, I will turn on some music	3.6	1.1	.55
15. It is sometimes possible for me to be completely immersed in music and to feel as if my whole state of consciousness has been temporarily altered	3.3	1.2	.59
16. I know what people mean when they talk about mind-altering musical experiences	3.3	1.1	.65
17. At times when listening to music, I feel more connected with other people	3.5	1.1	.60
18. I find that different sound have different colors (e.g., red, blue)	2.7	1.2	.51
19. I spend as much time as I can every day listening to music	3.3	1.2	.56
20. Sometimes music makes me feel and experience things as I did when I was a child	3.6	1.1	.41
21. Sometimes I almost feel as if a song was written especially for/about me	3.3	1.3	.43
22. I sometimes make my movements/actions (opening doors, pushing buttons, stepping of curbs) coincide with the music	3.6	1.1	.54
23. I like to find patterns in everyday sounds	3.0	1.1	.50
24. When listening to music I can lose all sense of time	3.7	1.2	.63
25. Before I do an activity (e.g., exercise, study), I usually carefully consider what music to play along with it	3.6	1.2	.43
26. The sound of a speaking voice can be so fascinating to me that I can just go on listening to it	3.0	1.2	.45
27. Music sometimes helps me 'step outside' my usual self and experience an entirely different state of being	3.6	1.1	.56
28. When listening to music, I often imagine the musicians playing the songs	3.1	1.2	.45
29. When listening to great music I sometimes feel as if I am being lifted into the air	3.2	1.3	.54
30. When I am listening to music, I can tune out everything else	3.7	1.2	.55
31. I sometimes see vivid images in my head when I listen to music	3.5	1.2	.53
32. I sometimes close my eyes so I can focus on the music I am listening to	3.6	1.2	.60
33. There are times when I will do nothing except listen to music	3.7	1.4	.58
34. I sometimes feel like I'm part of something bigger than myself when I listen to music	3.4	1.2	.65