

## Abstract

This study attempts to examine a measure of ambivalence over emotional expression for the Chinese. It is suspected that an existing scale on emotional ambivalence, the AEQ, developed by King and Emmons (1990), may have underestimated emotional ambivalence in the Chinese context. The new scale (AEQ-c) includes items of different emotions, processes and social contexts. A total of 199 participants answered a questionnaire which included the ambivalence measure, a health measure, a self-esteem measure and a life satisfaction measure. Results showed that the assessment of ambivalence in the Chinese context may involve different emotions and processes, with ambivalence of sadness and regret after emotional expression more correlated with social and health measures. Ambivalence to different social contexts was also different. Based on these findings, we have also proposed a shorter questionnaire for assessing ambivalence of emotional expression in the Chinese context.