**Varieties of Sadistic Tendencies (VAST)**

*(Paulhus & Jones, 2015)*

Please rate your agreement or disagreement on 5-point scales anchored by (1) strongly disagree and (5) strongly agree.

1. In video games, I like the realistic blood spurts.
2. I sometimes replay my favorite scenes from gory slasher films.
3. I enjoy watching cage fighting (or MMA), where there is no escape.
4. I sometimes look away in horror movies. (R)
5. In car-racing, it’s the accidents that I enjoy most.
6. There’s way too much violence in sports. (R)
7. I love the YouTube clips of people fighting.
8. I enjoy physically hurting people.
9. I would never purposely humiliate someone. (R)
10. I was purposely cruel to someone in high school.
11. I enjoy hurting my partner during sex (or pretending to).
12. I can dominate others using fear.
13. I enjoy making people suffer.
14. I enjoy mocking losers to their face.
15. I never said mean things to my parents. (R)
16. I enjoy tormenting animals – especially the nasty ones.

Fillers can be intermixed to offset the glut of negativity.

I’m considered to be a kind person.

By staying strong, one can better help others.

I’d do anything – even break the law – for those I love.

I go out of my way to help family members.

I have ambitions to make the world a better place.

My goal is to be a missionary and help others.

I give money to poor people on the street.

I’m worried that we have already seriously damaged the Earth.

I want to spend my life helping sick children.

I have had some really good friends.

I am a religious person.

**Scoring and Norms for the VAST subscales**

**Vicarious sadism = mean of items 1-7; Direct sadism = mean of items 8-16.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Men | |  | Women | | α | Gender Difference  Effect Size | | | | |
|  | *M* | *SD* |  | *M* | *SD* |  |  | *d* | |  |
| Direct Sadism | 1.95 | 0.72 |  | 1.36 | 0.56 | .84 |  | 0.93 |  |  |
| Vicarious Sadism | 2.90 | 0.80 |  | 2.34 | 0.68 | .79 |  | 0.75 |  |
|  |  |  |  |  |  |  |  |  |  |

Norms are derived from a sample of 301 participants on Mechanical Turk.

**Citation**:

D. L. Paulhus & D. N. Jones (2015). Measuring dark personalities via questionnaire. In G. J. Boyle, D. H. Saklofske & G. Matthews (Eds.), *Measures of personality and social psychological constructs* (pp.562-594*)*. San Diego, CA: Academic Press.

**Other references:**

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