

More information on the Benign and Malicious Envy Scale (BeMaS) and its translations can be found at <https://bemas-envy-scale.github.io>

## Chinese translation of the Dispositional Benign and Malicious Envy Scale (BeMaS) by Wang et al. (2025)

下列题项无对错之分，请您根据自己在工作中的实际感受对下列题项进行评价。其中 1=“非常不同意”、2=“比较不同意”、3=“有点不同意”、4=“有点同意”、5=“比较同意”、6=“非常同意”。

### Items

#	Variable name	Item wording
1	benign1	当我羡慕别人时，我会专注于我将来如何变得同样成功。 When I envy others, I focus on how I can become equally successful in the future.
2	malicious1	我希望比我优秀的人失去他们的优势。 I wish that superior people lose their advantage.
3	benign2	如果我注意到另一个人比我好，我会努力提高自己。 If I notice that another person is better than me, I try to improve myself.
4	benign3	对别人的羡慕能够激励我完成自己的目标。 Envy others motivates me to accomplish my goals.
5	malicious2	如果别人拥有我想要的东西，我希望从他们那里拿走。 If other people have something that I want for myself, I wish to take it away from them.
6	malicious3	我对我羡慕的人感到厌恶。 I feel ill will towards people I envy.
7	benign4	我努力达到他人的卓越成就。 I strive to reach other people's superior achievements.
8	malicious4	羡慕的感觉使我不喜欢对方。 Envious feelings cause me to dislike the other person.
9	benign5	如果某人有卓越的品质、成就或财产，我会努力为自己争取。 If someone has superior qualities, achievements, or possessions, I try to attain them for myself.
10	malicious5	看到他人的成就使我怨恨他们。 Seeing other people's achievements makes me resent them.

Wang, D., Wu, D., Zhang, J., Wang, Y., Qiao, X., Mao, W., & Hu, Y. (2025). The relationship between workplace benign envy and employee innovation behavior: A moderated mediation model. *Current Psychology*. <https://doi.org/10.1007/s12144-025-07473-z>

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