

The Dispositional Benign and Malicious Envy Scale (BeMaS) & Translations

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Benign and malicious envy

Envy is a frustrating emotion that can occur when people lack another's superior quality, achievement, or possession. There are two forms of envy that differ in how people deal with this inferiority. Benign envy entails motivation to invest more effort to be as successful as the other person. In contrast, malicious envy motivates people to level the other person down. Distinguishing between benign and malicious envy allows to disentangle different motivational and behavioral consequences of envy-eliciting situations.

Measuring dispositional benign and malicious envy with the BeMaS (Lange & Crusius, 2015)

The *Dispositional Benign and Malicious Envy Scale (BeMaS)* is a dispositional envy scale designed to assess personality differences in people's inclination to react with benign or malicious envy towards superior comparison standards. It consists of a benign envy subscale

and a malicious envy subscale with 5 [items](#) each. Below, you can find the English language version of the questionnaire. The scale has been translated to a number of other languages. You can find these [translations](#) here as well. This website also provides basic information on [scoring](#), [psychometrics](#), and [interpretation](#) of the scale.

The BeMaS in English

Instruction text

Below, you will find statements related to situations when you lack another's superior quality, achievement, or possession and you either desire it or wish that the other lacks it. Please indicate for every statement how much you agree or disagree with it. There are no right or wrong answers. Don't hesitate to indicate the first answer that comes to your mind.

Items

#	Variable name	Item wording
1	benign1	<i>When I envy others, I focus on how I can become equally successful in the future.</i>
2	malicious1	<i>I wish that superior people lose their advantage.</i>
3	benign2	<i>If I notice that another person is better than me, I try to improve myself.</i>
4	benign3	<i>Envyng others motivates me to accomplish my goals.</i>
5	malicious2	<i>If other people have something that I want for myself, I wish to take it away from them.</i>
6	malicious3	<i>I feel ill will towards people I envy.</i>
7	benign4	<i>I strive to reach other people's superior achievements.</i>
8	malicious4	<i>Envious feelings cause me to dislike the other person.</i>
9	benign5	<i>If someone has superior qualities, achievements, or possessions, I try to attain them for myself.</i>
10	malicious5	<i>Seeing other people's achievements makes me resent them.</i>

Scale anchors

Participants answer on a 6-point scale ranging from 1 (*strongly disagree*) to 6 (*strongly agree*).

Scoring

The scale responses are scored by averaging the items of the benign envy and malicious envy subscales, respectively. Please find sample code [here](#).

PDF file

[BeMaS_English_Lange_Crusius_2015.pdf](#)

BeMaS translations

On this website, you can find the following [translations](#) of the BeMaS:

[Bosnian](#) (Riđić & Riđić, 2017), [Bulgarian](#) (Papazova, 2017), [Chinese](#) (Xiang et al., 2018), [Croatian](#) (Knežević, 2022), [Croatian](#) (Milić et al., 2023), [Dutch](#) (Van de Ven, 2017), [English](#) (Lange & Crusius, 2015), [Estonian](#) (Liik, 2017), [French](#) (Cottraux, 2021), [French](#) (Grynberg et al., 2020), [German](#) (Lange & Crusius, 2015), [Hungarian](#) (Bolló, 2017), [Indonesian](#) (Ardi, 2017), [Iranian Persian](#) (Alizadehgoradel, 2022), [Italian](#) (Rogier et al., 2023), [Japanese](#) (Inoue & Yokota, 2022), [Japanese](#) (Sawada & Fujii, 2016), [Korean](#) (Moon & Lee, 2023), [Korean](#) (Rim et al., 2021), [Latvian](#) (Iliško, 2017), [Persian](#) (Chegini, 2017), [Polish](#) (Kwiatkowska & Rogoza, 2017), [Portuguese-Brazil](#) (Peixoto, 2018), [Portuguese-Portugal](#) (Costa & Lins, 2017), [Romanian](#) (Birle, 2020), [Russian](#) (Lyusin & Amiraslanova, 2022), [Russian](#) (Volkodav, 2017), [Serbian](#) (Branković, 2017), [Sinhala](#) (De Zoysa et al., 2021), [Spanish](#) (Navarro-Carrillo et al., 2017), [Turkish](#) (Çırpan & Özdoğru, 2017), [Ukrainian](#) (Pylat & Haletska, 2017), [Urdu](#) (Shakeel et al., 2023), [Vietnamese](#) (Truong & Nguyen, 2016)

More information

For detailed information on the scale development and psychometric characteristics of the BeMaS, see:

Lange, J., & Crusius, J. (2015). Dispositional envy revisited: Unraveling the motivational dynamics of benign and malicious envy. *Personality and Social Psychology Bulletin*, 41(2), 284–294. <https://doi.org/10.1177/0146167214564959>

► [Abstract \(expand\)](#)

The raw data, supplementary data, and study materials can be found in this OSF project: <https://osf.io/v2c7m>

A preprint of the paper is available on PsyArxiv: <https://psyarxiv.com/br39f>

On this website, we provide basic information on [psychometrics and interpretation of the BeMaS](#). For a more comprehensive review of the research conducted with the BeMaS and its translations, including information on reliability, temporal stability, measurement invariance, cross-cultural usage considerations, and the correlates of dispositional benign and malicious envy as assessed with the BeMaS, see this scale reference chapter in the *International Handbook of Behavioral Health Assessment*:

Lange, J., & Crusius, J. (2024). Dispositional Benign and Malicious Envy Scale (BeMaS). In C. U. Krägeloh, M. Alyami, & O. N. Medvedev (Eds.), *International handbook of behavioral health assessment*. Springer International Publishing. https://doi.org/10.1007/978-3-030-89738-3_66-1

► [Abstract \(expand\)](#)

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Contact

Please [contact](#) us if you have questions or feedback about the scale or this website.

Best regards, Jens Lange and Jan Crusius