Richmond Humor Assessment Instrument

Directions: The following statements apply to how people communicate humor when relating to others. Indicate the degree to which each of these statements applies to you by filling in the number of the your response in the blank before each item:

5 = Strongly Agree; 4 = Agree; 3 = Undecided; 2 = Disagree; 1 = Strongly Disagree

_____ 1. I regularly communicate with others by joking with them.

_____ 2. People usually laugh when I makes a humorous remark.

_____ 3. I am not funny or humorous.

_____ 4. I can be amusing or humorous without having to tell a joke.

_____ 5. Being humorous is a natural communication orientation for me.

_____ 6. I cannot relate an amusing idea well.

_____ 7. My friends would say that I am a humorous or funny person.

_____ 8. People don't seem to pay close attention when I am being funny.

_____ 9. Even funny ideas and stories seem dull when I tell them.

_____ 10. I can easily relate funny or humorous ideas to the class.

_____ 11. I would say that I am not a humorous person.

_____ 12. I cannot be funny, even when asked to do so.

_____ 13. I relate amusing stories, jokes, and funny things very well to others.

_____ 14. Of all the people I know, I am one of the "least" amusing or funny persons.

_____ 15. I use humor to communicate in a variety of situations.

_____ 16. On a regular basis, I do not communicate with others by being humorous or entertaining.

SCORING: To compute your scores, add your scores for each item as indicated below:

Recode BOLDED questions with the following format:
1 = 5
2 = 4
3 = 3
4 = 2
5 = 1
After you have recoded the previous questions, add all of the numbers together to get your composite Humor Assessment.

Score should be between 16 and 80. Scores of 60 and above indicate high degrees of humor usage; Scores of 30 and below indicate low of humor usage; Scores between 30 and 60 indicate moderate degrees of humor usage.

Source: