

# Nonverbal Shame Coding Training

# General Guidelines

- Code videos without sound
- Watch video clips 1-2 times before making any ratings
- Code behaviors independent of one another (e.g. if head is tilted downwards, this doesn't necessarily mean eyes are directed downwards)
- Try to first find participant's neutral posture, and then make ratings in comparison to that neutral posture
- If you do not have adequate information to code, leave it blank. A blank code is not the same as a code of '0'

# Head Tilt Down

- Up/down rotation (“pitch”)
- Code this independent of eye gaze

# Head tilted down

Please rate the intensity of this behaviour using the scale below. If it is not present, leave the rating blank.

0-----1-----2-----3-----4

Not at all  
present

Very brief  
hint

A small behavior is  
clearly evident

A pronounced  
behavior is  
clearly evident

Extreme  
intensity



# Eye Gaze Down

- Up/down movement of eyes; imagine drawing a line to where the eyes are pointing
- Code this *independent* of head tilt (i.e. a person may have their head tilted downwards, but be looking up; a person may be looking straight ahead and be gazing down; a person may be gazing down and have their eyes directed downwards)
- Imagine drawing a line to where the person's eyes are pointing

# Eyes directed downwards

0-----1-----2-----3-----4

Not at all  
present

Very brief  
hint

A small behavior is  
clearly evident

A pronounced  
behavior is  
clearly evident

Extreme  
intensity

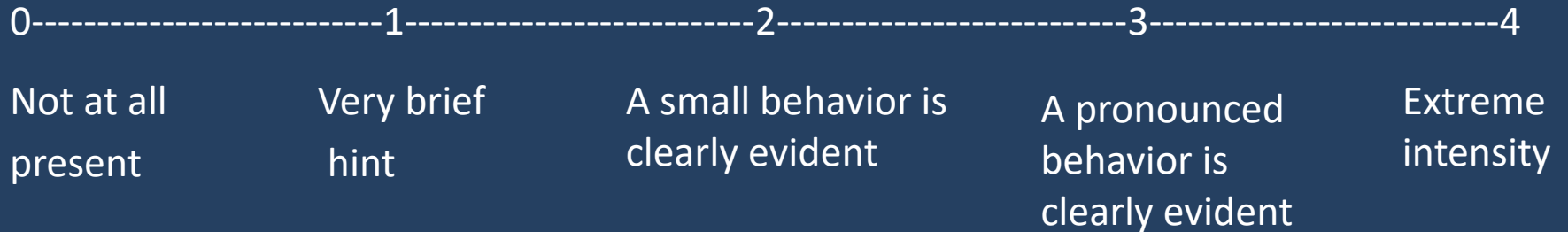


# Chest Narrowed

- Fixate on chest, and watch for any movement.
- Look for chest collapse/caving vs. expansion/sticking out; ensure coding is separate from natural breathing movements
- If the chest is very expanded, the arms will likely be at the side of the body; if the chest is very narrowed, the arms will likely be near the center of the body
- Breathing is a natural patterned movement. Do not code for breathing

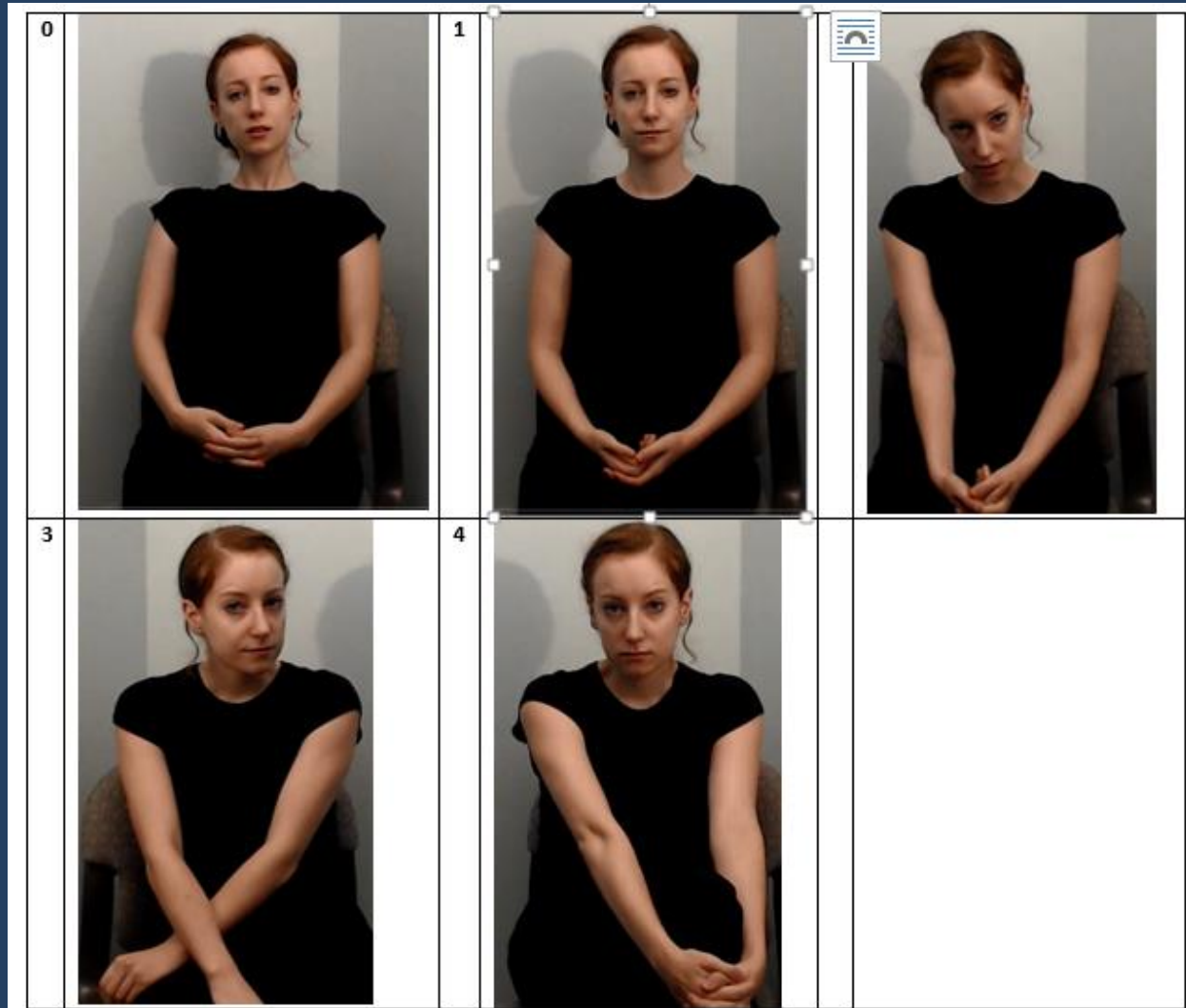
# Chest narrowed/inward

Please rate the *intensity* of this behaviour using the scale below. If it is not present, score it as 0.





# Chest narrowed/inward

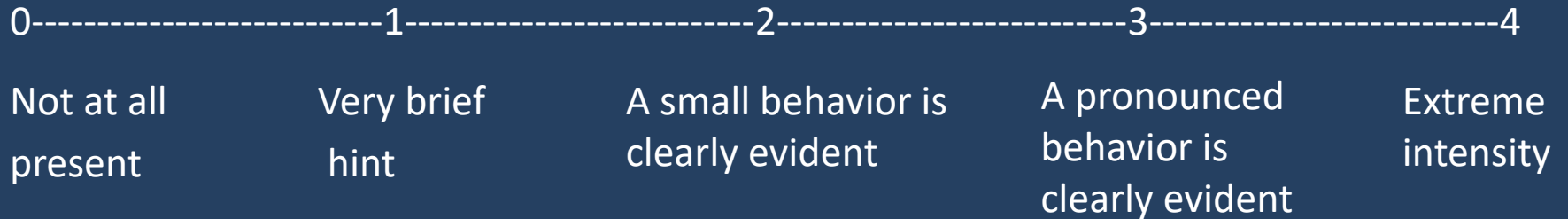


# General rules: Shoulders slumped forward

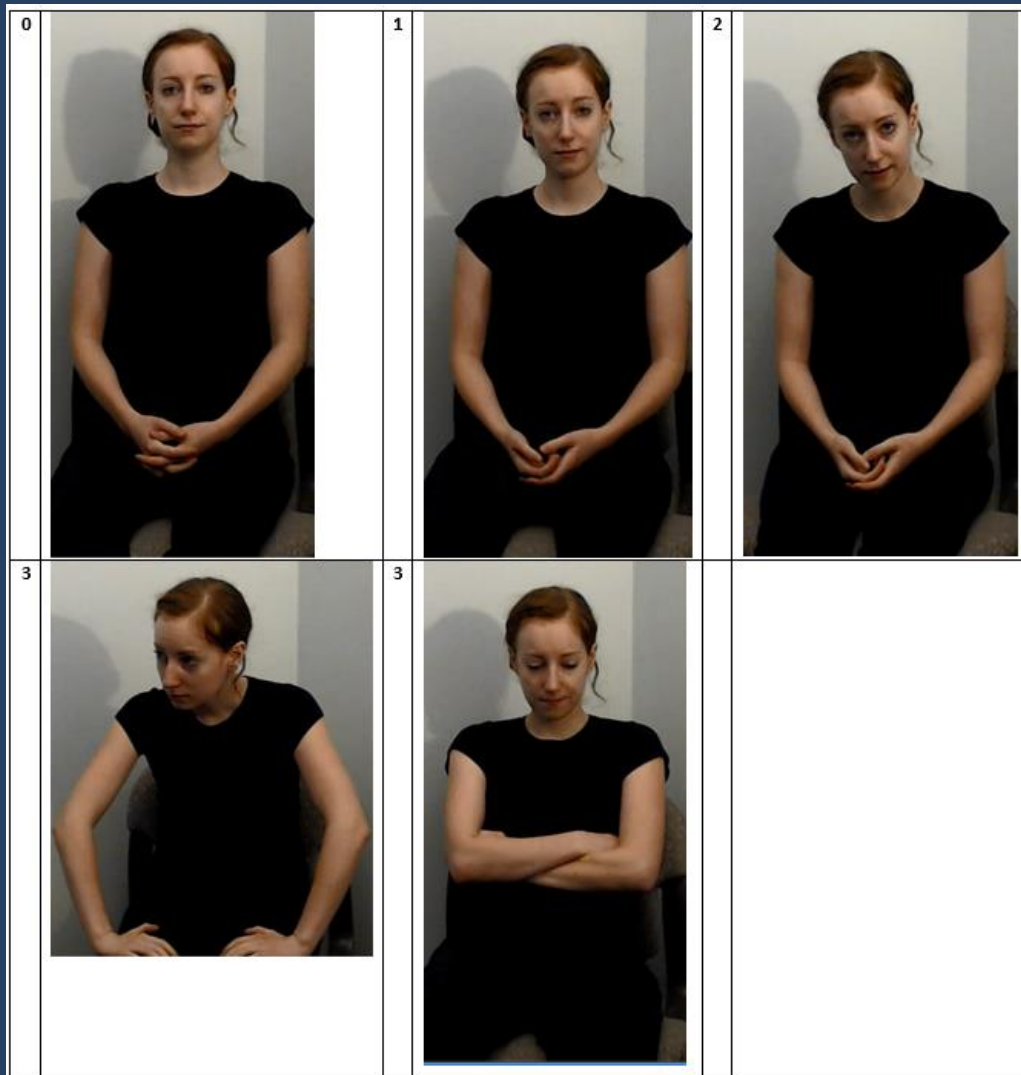
- Forward/backwards rolling of shoulders, starting from the outside of the shoulder blade
- Shoulders will appear hunched/rounded when slumped/slouched

# Shoulders slumped/slouched

Please rate the *intensity* of this behaviour using the scale below. If it is not present, score it as 0.



# Shoulders slumped/slouched



# Moving Hands to cover face or part of face

0 = not present

1 = present



# Hiding face by moving face or head

- This behavior could be observed in a number of different ways.
- For example, a person could hide their face in their hands, into their upper arm, by turning away, etc.)
- 0 = not present, 1 = present



Time to Practice with Real Stimuli!



[Quiz team with images of each type of posture from your own set of stimuli]