

## HEALTH PROFESSIONAL'S HUMANIZATION SCALE (HUMAS) // ESCALA DE HUMANIZACIÓN EN EL PROFESIONAL SANITARIO

|    |  |   |   |   |   |   |
|----|--|---|---|---|---|---|
| 1  | I await the future enthusiastically.   | 1 | 2 | 3 | 4 | 5 |
| 2  | In general, I am satisfied with myself.  | 1 | 2 | 3 | 4 | 5 |
| 3  | When faced with problems, I trust that everything will come out all right in the end.                          | 1 | 2 | 3 | 4 | 5 |
| 4  | When I care for my patients, I try to put myself in their place.   | 1 | 2 | 3 | 4 | 5 |
| 5  | I give the patients or their families close, personal attention, if they need it.                              | 1 | 2 | 3 | 4 | 5 |
| 6  | I try to calm down patients and families, as I consider it an important part of caregiving.                    | 1 | 2 | 3 | 4 | 5 |
| 7  | When someone disrespects me, I try to understand their reasons and continue to treat that person respectfully. | 1 | 2 | 3 | 4 | 5 |
| 8  | When I don't like someone, I try to understand them and give them a chance for me to get to know them.         | 1 | 2 | 3 | 4 | 5 |
| 9  | When someone goes against me, I tend to analyze the situation to try and justify their behavior rationally.    | 1 | 2 | 3 | 4 | 5 |
| 10 | I am able to differentiate the changes in mood in others, and try to act consequently.                         | 1 | 2 | 3 | 4 | 5 |
| 11 | I am satisfied with what I do and how I do it.   | 1 | 2 | 3 | 4 | 5 |
| 12 | I am able to differentiate my own moods, and act consequently.   | 1 | 2 | 3 | 4 | 5 |
| 13 | I think I am prepared to cope successfully with any situation in my job.                                       | 1 | 2 | 3 | 4 | 5 |
| 14 | I feel that I have a great capacity for perceiving when a patient is not receiving adequate care.              | 1 | 2 | 3 | 4 | 5 |
| 15 | When I am performing my professional work, I usually feel anxiety. *   | 1 | 2 | 3 | 4 | 5 |
| 16 | I feel nervous when I am caring for my patients. *   | 1 | 2 | 3 | 4 | 5 |
| 17 | In my professional work, I sometimes feel afraid. *  | 1 | 2 | 3 | 4 | 5 |
| 18 | As a professional, there are situations in which I feel guilty. *  | 1 | 2 | 3 | 4 | 5 |
| 19 | I feel affected when I am caring for my patients. *  | 1 | 2 | 3 | 4 | 5 |

1 = Never; 2 = Hardly ever; 3 = Sometimes; 4 = Often; 5 = Always. [\*R]: 5 = Never; 4 = Hardly ever; 3 = Sometimes; 2 = Often; 1 = Always.

Factors: DISPOSITION TO OPTIMISM; SOCIABILITY; EMOTIONAL UNDERSTANDING; SELF-EFFICACY; AFFECTION.

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