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## Appendix: Humor measurement tools

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The appendix contains lists of historic and current instruments for the assessment of humor traits and states in children and adults as well as the variables measured by these instruments. The lists were compiled to provide an orientation to the variables that have been the focus of research so far, and what measurement approaches were taken. They are not comprehensive, as I did not include instruments that were created for use in only one study, as frequently happened in studies of personality and humor appreciation. I do not mean to imply that the tools listed here are all recommended for use. The reader is referred to the sources where the instruments were presented. A well-documented test will contain information on the nature of the concepts to be measured (e.g., how sparse vs. elaborated the variable definition is and whether or not it is based on a theory), the type of construction procedure employed (e.g., factor analytic, empirical, rational), how elaborate the construction stage was (e.g., how were the items generated, how many samples were used, was there an analysis of items) and psychometric properties, such as reliability, validity, objectivity, norms, etc.

An evaluation of the instruments was not undertaken for several reasons. First, a recent special issue of *HUMOR* was devoted entirely to "Measurement approaches to the sense of humor" (Ruch 1996). Second, appraisals of current instruments were undertaken at different places (Köhler & Ruch 1996; Ruch 1994). Third, while we already have spent much energy on creating many instruments during the past 15 years, there are reasons for predicting that a new round of test construction will take place with a stronger emphasis on theory-based approaches. As is obvious from the present volume, future research will be further directed towards developing new concepts, and these will be accompanied by new instruments. Also, historic accounts of the sense of humor might be revived, and to test hypotheses associated with them one needs appropriate assessment tools. Finally, in recent years much emphasis has been placed on the development of questionnaires at the expense of other approaches (see Ruch 1996); this will need to be corrected as it is obvious that the choice of measurement approach should depend on the type of humor trait (e.g., ability, attitude, style) measured. Thus, if the field continues to flourish, the list of assessment tools in a few years from now will be very much more comprehensive.

This appendix lists the different tools used for diagnosing humor-related states and traits. From this list we can draw some conclusions:

(1) "Sense of humor" is the favorite label for the instruments. By far the most numerous instruments are aimed at measuring globally the sense of humor either in the form of questionnaires or as jokes/cartoons tests.

(2) Many concepts might be idiosyncratic as they are assessed by one scale only. These concepts have not yet attained wide acceptance or interest and are specific to certain researchers or research groups.

(3) Scales sharing the same label may measure different constructs. For example, *nonsense* is used to denote "harmless", nontendentious humor, but also refers to residual incongruity. Likewise, humor appreciation has been conceptualized as stimulus-oriented, referring to the profile of humor stimuli liked or disliked, but also as response-oriented, referring to individual differences in the intensity of the response. Furthermore, humor creation can subsume only wit (i.e., the ability to produce a comic effect), but also at times involves joke-telling, joke-reproduction, and liking to entertain. In the end, cartoon and questionnaire measures of sense of humor probably don't overlap at all.

(4) Scales having different labels are less different than their names suggest. A great variety of names have been proposed to measure humor traits; however, factor analyses of selected measures have shown that the dimensions involved in these instruments are rather limited. While there is no general factor, typically between two and five factors have been extracted (e.g., Köhler & Ruch 1996; Korotkov 1991; Ruch 1994). However, no comprehensive analyses of assessment approaches (involving cartoon tests *and* questionnaires) have been undertaken yet.

(5) While until the 1980's joke and cartoon tests were most frequent, today questionnaire approaches are the most prominent. Little effort has been invested in peer-evaluation techniques or experimental assessments. Also, most instruments are for adults and few are applicable to children. Many instruments are trait-oriented and thus not well suited for measuring change (e.g., as needed in intervention studies).

(6) There has been little interest in multiple operationalizations of the same construct to determine convergent validity. There are exceptions: Ziv (1979), for example studied humor appreciation and creation together with behavioral measures. While one multitrait-multimethod matrix analysis of sense of humor has been carried out (Koppel & Sechrest 1970), it did not include standard instruments. Therefore, it is not known how much of the variance in current instruments is due to content and how much to method variance.

(7) Few of the scales were formally published (outside of journals). Questionnaire measures were typically listed in the appendix of the article but the items of cartoon tests most often are not listed. This might be due to space restrictions but also to copyright laws. However, scales need to be accessible to the research community.

Clearly, measurement issues will become important again once we have achieved progress in *what* we want to measure, as accumulation of research findings is con-

tingent on using instruments that are comparable. Until then, this list may serve as a quick reference for those who want to include humor measures in their studies.

## Tools used for diagnosing humor states and traits

### *I. Informal surveys, joke telling techniques, or diary method*

- Favorite-Joke technique  
Goldsmith, Lisa A.  
1979 Adaptive regression, humor, and suicide. *Journal of Consulting and Clinical Psychology* 47: 628-630.  
Zwerling, Israel  
1955 Favorite joke in diagnostic and therapeutic interviewing. *The Psychoanalytic Quarterly* 24: 104-114.  
*Traits to be measured:* Favorite joke.
- Humor Assessment (HUMA)  
Ruxton, Jean P.—Maureen P. Hester  
1987 Humor: Assessment and interventions. *Clinical Gerontologist* 7: 13-21.
- Humor diary  
Kambouropoulou, Polyxenie  
1926 Individual differences in the sense of humor. *American Journal of Psychology* 37: 268-278.  
*Traits to be measured:* Sense of humor.
- Humor Initiation Scale  
Bell, Nancy J.—Paul E. McGhee—Nelda S. Duffey  
1986 Interpersonal competence, social assertiveness and the development of humor. *British Journal of Developmental Psychology* 4: 51-55.  
*Traits to be measured:* Humor initiation.
- Laughter Questionnaire  
Rubinstein, Henri  
1983 *Psychosomatique du rire*. Paris: Laffont.
- [Untitled]  
Scott, Edward M.  
1989 Humor and the alcoholic patient: A beginning study. *Alcoholism Treatment Quarterly* 6: 29-39.
- [Untitled]  
Hall, George Stanley—Arthur Allin  
1897 The psychology of tickling, laughing, and the comic. *American Journal of Psychology* 9: 1-41.

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- [Untitled]  
Heymans, Gerardus—E. Wiersma  
1908 Beiträge zur speziellen Psychologie auf Grund einer Massenuntersuchung. *Zeitschrift für Psychologie* 49: 417-439.

II. Joke and cartoon tests

- 3 WD Humor Test  
Ruch, Willibald  
1983 *Humor-Test 3 WD (Form A, B, and K)*. Unpublished manuscript. University of Düsseldorf, Department of Psychology, Düsseldorf, Germany.  
1992 Assessment of appreciation of humor: Studies with the 3 WD humor test. In: Spielberger, Charles D.—James N. Butcher (eds.), *Advances in personality assessment, vol. 9*. Hillsdale, NJ: Lawrence Erlbaum Associates, 27-75.  
*Traits to be measured:* Funniness of incongruity-resolution humor (INC-RES<sub>f</sub>), funniness of nonsense humor (NON<sub>f</sub>), funniness of sexual humor (SEX<sub>f</sub>), total funniness of humor, aversiveness of incongruity-resolution humor (INC-RES<sub>a</sub>), aversiveness of nonsense humor (NON<sub>a</sub>), aversiveness of sexual humor (SEX<sub>a</sub>), total aversiveness of humor, structure preference, appreciation of sexual content.
- Antioch Humor Test  
Mindess, Harvey—Carolyn Miller—Joy Turek—Amanda Bender—Suzanne Corbin  
1985 *The Antioch Sense of Humor Test: Making sense of humor*. New York: Avon Books.  
*Traits to be measured:* Nonsense, philosophical, sexual, scatological, social satire, hostile, demeaning to men, demeaning to women, ethnic, sick, quantity and nature of humor production.
- Cartoon Measure of Perspective-Taking Humor (CMPHT)  
Lefcourt, Herbert M.—R. S. Shepherd  
1995 Organ donation, authoritarianism, and perspective-taking humor. *Journal of Research in Personality* 29: 121-138.  
*Traits to be measured:* Perspective-taking humor, humor appreciation (cartoon measure of funniness), humor comprehension (cartoon measure of perspective taking).
- Cartoon Punch line Production Test (CPPT)  
Köhler, Gabriele—Willibald Ruch  
1996 Sources of variance in current sense of humor inventories: How much substance, how much method variance? *Humor* 9: 363-397.  
*Traits to be measured:* Wit, quality and quantity of cartoon punch line production.

- Humor appreciation scale  
 Johnson, A. Michael  
 1992 Language ability and sex affect humor appreciation. *Perceptual and Motor Skills* 75: 571-581.  
*Traits to be measured:* General humor appreciation, nonsense vs. aggressive, not funny, irreverence vs. diseased disparagement, cute sex vs. racist, sick vs. silly, word play vs. role reversal, justice vs. puns.
- Humor Cognition Test (HCT) / Humor Perceptiveness Test (HPT)  
 Feingold, Alan  
 1983 Measuring humor ability: Revision and construct validation of the humor perceptiveness test. *Perceptual and Motor Skills* 56: 159-166.  
 Feingold, Alan—Ronald Mazzella  
 1993 Preliminary validation of a multidimensional model of wittiness. *Journal of Personality* 61: 439-456.  
*Traits to be measured:* Humor cognition/humor perceptiveness: humor motivation, humor cognition, humor communication.
- Humor Information Test Kit: Characters, Humorists, Titles, Humor Analogies Test  
 Feingold, Alan—Ronald Mazzella  
 1991 Psychometric intelligence and verbal humor ability. *Personality and Individual Differences* 12: 427-435.  
*Traits to be measured:* Humor information (memory).
- Humor Motivation Test (HMT)  
 Feingold, Alan—Ronald Mazzella  
 1993 Preliminary validation of a multidimensional model of wittiness. *Journal of Personality* 61: 439-456.  
*Trait to be measured:* Humor motivation.
- Humor Reasoning Test Kit: Cartoon Reasoning Test (CRT), Joke Reasoning Test (JRT); Make-A-Joke-Test (MAJT)  
 Feingold, Alan—Ronald Mazzella  
 1991 Psychometric intelligence and verbal humor ability. *Personality and Individual Differences* 12: 427-435.  
*Trait to be measured:* Humor reasoning.
- Humor Response Scale (HRS)  
 Lewis, Michael J.—Johan M. Nieuwoudt  
 1995 The use of a cartoon rating scale as a measure for the humor construct. *Journal of Psychology* 129: 133-144.  
*Trait to be measured:* Appreciation of cartoon humor.
- Humor Test  
 Eysenck, Hans-Jürgen—Glenn D. Wilson  
 1976 *Know your own personality*. London: Temple Smith.  
*Traits to be measured:* Nonsense humor, satire, sexual humor, aggressive humor.

- IPAT Humor Test of Personality  
Cattell, Raymond B.—D. L. Tollefson  
1966 *The IPAT Humor Test of Personality*. Champaign, IL: Institute for Personality and Ability Testing.  
*Traits to be measured:* Introversion vs. extroversion, dry wit vs. good-natured play, compensation vs. tough self-composure, flirtatious playfulness vs. gruesomeness, urbane pleasantness vs. hostile derogation, high anxiety (with defiance) vs. low anxiety (resigned adjustment), theatricalism vs. cold realism, neat, light-hearted wit vs. ponderous humor, damaging retort vs. unexpected, "off-beat" humor, cheerful independence vs. mistreatment humor, anxious concern vs. evasion of responsibility, rebound against feminine aggression vs. scorn of ineffectual male, dullness vs. general intelligence.
- Joke Comprehension Test  
Feingold, Alan—Ronald Mazzella  
1991 Psychometric intelligence and verbal humor ability. *Personality and Individual Differences* 12: 427-435.  
*Traits to be measured:* Joke comprehension.
- Mirth Response Test (MRT)  
Redlich, Frederic C.—Jacob Levine—Theodore P. Sohler  
1951 A mirth response test: Preliminary report on a psychodiagnostic technique utilizing dynamics of humor. *American Journal of Orthopsychiatry* 21: 717-734.  
*Traits to be measured:* Humor response in sorting (like, dislike cartoons or indifference), free expression (mirth spectrum), inquiry.
- O'Connell's Story Test  
O'Connell, Walter E.  
1964 Resignation, humor, and wit. *Psychoanalytic Review* 51: 49-56.  
*Traits to be measured:* Resignation, humor, wit.
- Sense of Humor Test  
Almack, J. C.  
1928 *Sense of Humor Test (Form 1)*. Cincinnati, OH: Gregory.  
*Traits to be measured:* Sense of humor.
- Sense of Humor Test  
Roback, A. A.  
1943 *Sense of Humor Test (Form 1)*. Cambridge, MA: Sci-Art Publishers.  
*Traits to be measured:* Sense of humor.
- Wit and Humor Appreciation Test (WHAT)  
O'Connell, Walter E.  
1960 The adaptive functions of wit and humor. *Journal of Abnormal and Social Psychology* 61: 263-270.  
*Traits to be measured:* Hostile wit, nonsense wit, humor.

### III. Questionnaires, self-report scales

- Coping Humor Scale (CHS)  
Martin, Rod A.—Herbert M. Lefcourt  
1983 Sense of humor as a moderator of the relation between stressors and moods. *Journal of Personality and Social Psychology* 45: 1313-1324.  
*Trait to be measured:* Sense of humor in coping.
- Humor creativity and appreciation questionnaire  
Ziv, Avner  
1979 *L'humour en education: Approche psychologique*. Paris: Edition Sociales Françaises.  
*Traits to be measured:* Sense of humor, humor creativity, humor appreciation.
- Humorous Behavior Q-Sort Deck (HBQD)  
Craik, Kenneth H.—Martin D. Lampert—Arvaley J. Nelson  
1996 Sense of humor and styles of everyday humorous conduct. *Humor* 9: 273-302.  
*Traits (humor styles) to be measured:* Socially warm vs. cold humorous style, reflective vs. boorish humorous style, competent vs. inept humorous style, earthy vs. repressed humorous style, benign vs. mean-spirited humorous style.
- Humor Use in Multiple Ongoing Relationships (HUMOR)  
Manke, Beth—Judy Dunn—Robert Plomin  
1997 The nature and nurture of humor. [Manuscript in preparation.]  
*Trait to be measured:* Frequency with which person uses various humor behaviors.
- Multidimensional Sense of Humor Scale (MSHS)  
Thorson, James A.—F. C. Powell  
1993 Development and validation of a multidimensional sense of humor scale. *Journal of Clinical Psychology* 49: 13-23.  
1993 Sense of humor and dimensions of personality. *Journal of Clinical Psychology* 49: 799-809.  
*Traits to be measured:* Sense of humor (humor creativity, coping, and appreciation).
- Self-report questionnaire  
Bizi, Smadar—Giora Keinan—Benjamin Beit-Hallahmi  
1988 Humor and coping with stress: A test under real-life conditions. *Personality and Individual Differences* 9: 951-956.  
*Traits to be measured:* General humor by self-report; self-directed and productive humor, other-directed and productive humor, reactions to self-directed humor from others, reactions to other-directed humor..
- Sense of Humor Scale  
Herzog, Thomas R.—Beverly A. Bush  
1994 The prediction of preference for sick humor. *Humor* 7: 323-340.  
*Traits to be measured:* Sense of humor.

- Sense of Humor Scale (SHS)  
McGhee, Paul. E.  
1994 *How to develop your sense of humor*. Dubuque, IA: Kendel/Hunt.  
1996 *The laughter remedy. Health, healing and the amuse system*. Dubuque, IA: Kendel/Hunt.  
*Traits to be measured:* Enjoyment of humor, seriousness and negative mood, playfulness and positive mood, laughter, verbal humor, finding humor in everyday life, laughing at yourself, humor under stress, sense of humor.
- Sense of Humor Scale (SHQ)  
Svebak, Sven  
1974 Revised questionnaire on the sense of humor. *Scandinavian Journal of Psychology* 15: 328-331.  
*Traits to be measured:* Sense of humor, metamessage sensitivity (SHQ M), personal liking of humor (SHQ L), emotional expressiveness (SHQ E).
- Sense of Humor Scale (SHQ-6)  
Svebak, Sven  
1996 The development of the sense of humor questionnaire: From SHQ to SHQ-6. *Humor* 9: 341-361.  
*Traits to be measured:* Sense of humor
- Situational Humor Response Questionnaire (SHRQ)  
Martin, Rod A.—Herbert M. Lefcourt  
1984 Situational humor response questionnaire: Quantitative measure of sense of humor. *Journal of Personality and Social Psychology* 47: 145-155.  
*Trait to be measured:* Sense of humor (defined as the tendency to smile and laugh in a wide variety of situations).
- State-Trait-Cheerfulness-Inventory – trait part (STCI-T)  
Ruch, Willibald—Gabriele Köhler—Christoph van Thriel  
1996 Assessing the "humorous temperament": Construction of the facet and standard trait forms of the State-Trait-Cheerfulness-Inventory — STCI. *Humor* 9: 303-339.  
*Traits to be measured:* Trait cheerfulness (T-CH), trait seriousness (T-SE), trait bad mood (T-BM).
- The Uses of Humor Index (UHI)  
Graham, Elizabeth E.—M. J. Papa—G. P. Brooks  
1992 Functions of humor in conversation: Conceptualization and measurement. *Western Journal of Communication* 56: 161-183.  
*Traits to be measured:* Use/functions of humor in conversation: Positive use of humor, negative use of humor, expressive use of humor.
- Vitulli's Humor Rating Scale (VHRS)  
Vitulli, William F.—K. E. Tyler  
1988 Sex-related attitudes toward humor among high-school and college students. *Psychological Reports* 63: 616-618.

*Traits to be measured:* Male oriented humor (M), female-oriented humor (F), differentiation of gender humor (D), general humor appreciation (G).

#### IV. Peer-reports

- Company-wide peer rating questionnaire  
Bizi, Smadar—Giora Keinan—Benjamin Beit-Hallahmi  
1988 Humor and coping with stress: A test under real-life conditions.  
*Personality and Individual Differences* 9: 951-956.  
*Traits to be measured:* General humor by peer-rating
- Crew peer rating questionnaire  
Bizi, Smadar—Giora Keinan—Benjamin Beit-Hallahmi  
1988 Humor and coping with stress: A test under real-life conditions.  
*Personality and Individual Differences* 9: 951-956.  
*Traits to be measured:* reactive humor, productive humor.  
*Types to be classified:* Self-directed in humor, other-directed in humor.
- Humor Categories Report  
Babad, Elisha Y.  
1974 A multi-method approach to the assessment of humor: A critical look at humor tests. *Journal of Personality* 42: 618-631.  
*Traits to be measured:* Appreciator, producer, reproducer, nonhumorous.
- State-Trait-Cheerfulness-Inventory – Peer trait version (STCI-T<peer>)  
Ruch, Willibald—Gabriele Köhler—Christoph van Thriel  
1996 Assessing the "humorous temperament": Construction of the facet and standard trait forms of the State-Trait-Cheerfulness-Inventory — STCI.  
*Humor* 9: 303-339.  
*Traits to be measured:* Trait cheerfulness (T-CH), trait seriousness (T-SE), trait bad mood (T-BM).
- Test of the Sociometry of Humor  
Ziv, Avner  
1984 Personality and sense of humor. New York: Springer.  
*Traits to be measured:* Sense of humor, humor creativity, humor appreciation.
- [Untitled]  
Koppel, Mark A.—Lee Sechrest  
1970 A multitrait-multimethod matrix analysis of sense of humor. *Educational and Psychological Measurement* 30: 77-85.  
*Traits to be measured:* Humor appreciation, humor creation.

V. State measures

- State-Trait-Cheerfulness-Inventory – state part (STCI-S)  
Ruch, Willibald—Gabriele Köhler—Christoph van Thriel  
1997 To be in good or bad humor: Construction of the state form of the State-Trait-Cheerfulness-Inventory — STCI. *Personality and Individual Differences* 22: 477-491.  
*States to be measured:* State cheerfulness (S-CH), state seriousness (S-SE), state bad mood (S-BM), (instructions for different time spans: now, last week, last month).

VI. Children humor tests

- Children's humor test  
King, Priscilla V.—James E. King  
1973 A children's humor test. *Psychological Reports* 33: 632.  
*Traits to be measured:* Choice of nonsensical vs hostile-aggressive humor.
- Children's Mirth Response Test (CMRT)  
Zigler, Edward—Jacob Levine—L. Gould  
1966 Cognitive processes in the development of children's appreciation of humor. *Child Development* 37: 507-518.  
*Traits to be measured:* Facial mirth, funny-not funny score, comprehension score.
- Children's Nonverbal Humor Test  
Allen, LaRue—Edward Zigler  
1986 Humor in children: A nonverbal humor test. *Journal of Applied Developmental Psychology* 7: 267-276.  
*Traits to be measured:* Humor comprehension.
- Raley Cartoon Test  
Raley, Sister Agnes Lucille  
1942 *Response of girls to the humor of cartoons*. Unpublished Doctor's dissertation, Fordham University.  
*Traits to be measured:* Sense of humor.
- [Untitled]  
Bird, G. E.  
1925 Objective humor test for children. *Psychological Bulletin* 22: 137-138.  
*Traits to be measured:* Sense of humor.

## VII. Humor scales in general instruments

- Children's Playfulness Scale (CPS)
  - Barnett, Lynn A.
  - 1990 Playfulness: Definition, design, and measurement. *Play and Culture* 3: 319-336.
  - Traits to be measured:* Sense of humor.
- COPE
  - Carver, Charles S.—Michael-F. Scheier—Jagdish-K. Weintraub
  - 1989 Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology* 56: 267-283.
  - Traits to be measured:* Humor (as a coping device).
- Harter's self-perception profile
  - Neemann, J.—Susan Harter
  - 1986 *Manual for the self-perception profile for college students*. University of Denver, Department of Psychology.
  - Messer, B.—Susan Harter
  - 1986 *Manual for the adult self-perception profile*. University of Denver, Department of Psychology.
  - Traits to be measured:* Humor competence, humor importance.
- Marital Interaction Coding System (MICS)
  - Heyman, Richard E.—J. Mark Eddy—Robert L. Weiss—Dina Vivian
  - 1995 Factor analysis of the Marital Interaction Coding System (MICS). *Journal of Family Psychology* 9: 209-215.
  - Traits to be measured:* Humor.
- Objective-Analytic (OA) Personality Factor Batteries
  - Cattell, Raymond B.—F. W. Wartburton
  - 1967 *Objective personality and motivation tests*. Urbana, IL: University of Illinois Press.
  - Hundleby, J.—Kurt Pawlik—Raymond B. Cattell
  - 1965 *Personality factors in objective test devices*. San Diego: Knapp.
  - Traits to be measured:* Criticalness on humor (T40), jokes: amount of laughter (T141), practical jokes (T182), humor test (T379), proof reading: impairment through reading of jokes (T356); joke ratings (T385); cartoon evaluation (T393).
- Objective-Analytic Test Battery (OATB)
  - Cattell, Raymond B.—J. M. Schuerger
  - 1978 *Personality theory in action*. Champaign, IL: IPAT.
  - Traits to be measured:* Preference for outright rather than subtle humor (subtest UI24.1 of factor "anxiety to achieve"), liking of practical jokes (UI24.5).

VIII. Miscellaneous and unclassified

- Healy-Fernald Picture Completion Test  
Walker, M. A.—M. F. Washburn  
1925 Healy-Fernald Picture Completion Test as a test of the perception of the comic. *American Journal of Psychology* 30: 304-307.  
*Traits to be measured:* Perception of the comic.
- Humor comprehension measure  
Rouff, L. Lynne  
1975 Creativity and sense of humor. *Psychological Reports* 37: 1022.  
*Traits to be measured:* Comprehension of humor.
- Kalias Humour Test  
Verma, Lokesh K.  
1981 Humour differences among creative and non-creative high school students from various academic streams. *Indian Psychological Review* 20: 1-6.  
*Traits to be measured:* Sense of humor.
- Test of Humorous Phrases (THP)  
Boldyreva, V. S.  
1984 Convergent validity of the Thematic Apperception Test (TAT) and the Test of Humorous Phrases (THP). *Vestnik Moskovskogo Universiteta Seriya 14 Psikhologiya* 14: 74-75.  
*Traits to be measured:* unknown.
- Wit Selection Measure  
Clabby, John F.  
1980 The wit: A personality analysis. *Journal of Personality Assessment* 44: 307-310.  
*Traits to be measured:* Wit.
- Wittiness Questionnaire  
Turner, Robert G.  
1990 Self-monitoring and humor production. *Journal of Personality* 1990 48: 163-172.  
*Traits to be measured:* Wittiness.
- [Untitled]  
Khoury, Robert M.  
1978 The demythologization of humor. *Psychology* 15: 48-50.  
*Traits to be measured:* Enjoyment of disparate five types of jokes.