

SPQ-10

Sensory Perception Quotient (SPQ)

Instructions: Below is a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree with it. There are no right or wrong answers, or trick questions.

		strongly agree	slightly agree	slightly disagree	strongly disagree
1.	I would be able to distinguish different people by their smell.				
2.	I would be able to taste the difference between two brands of salty potato chips/crisps.				
3.	I can hear electricity humming in the walls.				
4.	I would be able to notice a tiny change (for example, 1 degree) in the temperature of the weather.				
5.	I would be able to taste the difference between apparently identical pieces of candy.				
6.	I would be able to tell the weight difference between two different coin sizes on the palm of my hand, if my eyes were closed.				
7.	I would be able to smell the smallest gas leak from anywhere in the house.				
8.	I would be the first to hear if there was a fly in the room.				
9.	If I look at a pile of blue sweaters in a shop that are meant to be identical, I would be able to see differences between them.				
10.	I can see dust particles in the air in most environments.				

SCORING: Score 3 points for “strongly agree”, 2 points for “slightly agree”, 1 point for “slightly disagree” and 0 points for “strongly disagree”, for all 10 items.

Key reference: Greenberg, DM et al. Testing the Empathizing-Systemizing theory of sex differences and the Extreme Male Brain theory of autism in half a million people. PNAS; 12 Nov 2018; DOI: 10.1073/pnas.1811032115

