

EQ-10

Empathy Quotient (EQ)

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 am good at predicting how someone will feel.				
2.	Other people tell me I am good at understanding how they are feeling and what they are thinking.				
3.	It is hard for me to see why some things upset people so much.				
4.	I can easily work out what another person might want to talk about.				
5.	I can't always see why someone should have felt offended by a remark.				
6.	I can tune into how someone else feels rapidly and intuitively.				
7.	Other people often say that I am insensitive, though I don't always see why.				
8.	In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking.				
9.	Friends usually talk to me about their problems as they say that I am very understanding.				
10.	I find it hard to know what to do in a social situation.				

SCORING: Score 2 points for “strongly agree”, 1 point for “slightly agree”, and 0 points for “slightly disagree” and “strongly disagree” for items 1, 2, 4, 6, and 9. Score 2 points for “strongly disagree”, 1 point for “slightly disagree”, and 0 points for “slightly agree” and “strongly agree” for items 3, 5, 7, 8 and 10.

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



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