The Cambridge Behaviour Scale

Please fill in this information and then read the instructions below.

ALL INFORMATION REMAINS STRICTLY CONFIDENTIAL

Name:...........................................................................…Sex:.........................

Date of birth:...................... Today’s date:..............................

How to fill out the questionnaire

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

IN ORDER FOR THE SCALE TO BE VALID, YOU MUST ANSWER EVERY QUESTION.

Examples

E1. I would be very upset if I couldn’t listen to music every day. strongly agree slightly agree slightly disagree strongly disagree

E2. I prefer to speak to my friends on the phone rather than write letters to them. strongly agree slightly agree slightly disagree strongly disagree

E3. I have no desire to travel to different parts of the world. strongly agree slightly agree slightly disagree strongly disagree

E4. I prefer to read than to dance. strongly agree slightly agree slightly disagree strongly disagree
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<td>1. I can easily tell if someone else wants to enter a conversation.</td>
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<td>2. I prefer animals to humans.</td>
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<td>3. I try to keep up with the current trends and fashions.</td>
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<td>4. I find it difficult to explain to others things that I understand easily, when they don't understand it first time.</td>
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<td>5. I dream most nights.</td>
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<td>6. I really enjoy caring for other people.</td>
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<td>7. I try to solve my own problems rather than discussing them with others.</td>
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<td>8. I find it hard to know what to do in a social situation.</td>
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<td>9. I am at my best first thing in the morning.</td>
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<td>10. People often tell me that I went too far in driving my point home in a discussion.</td>
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<td>11. It doesn't bother me too much if I am late meeting a friend.</td>
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<td>12. Friendships and relationships are just too difficult, so I tend not to bother with them.</td>
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<td>13. I would never break a law, no matter how minor.</td>
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<td>14. I often find it difficult to judge if something is rude or polite.</td>
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<td>15. In a conversation, I tend to focus on my own</td>
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thoughts rather than on what my listener might be thinking.

16. I prefer practical jokes to verbal humour.  
   Agree Agree Disagree Disagree

17. I live life for today rather than the future.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

18. When I was a child, I enjoyed cutting up worms to see what would happen.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

19. I can pick up quickly if someone says one thing but means another.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

20. I tend to have very strong opinions about morality.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

21. It is hard for me to see why some things upset people so much.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

22. I find it easy to put myself in somebody else's shoes.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

23. I think that good manners are the most important thing a parent can teach their child.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

24. I like to do things on the spur of the moment.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

25. I am good at predicting how someone will feel.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

26. I am quick to spot when someone in a group is feeling awkward or uncomfortable.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

27. If I say something that someone else is offended by, I think that that's their problem, not mine.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

28. If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree

29. I can't always see why someone should have felt offended by a remark.  
   Strongly Agree Slightly Agree Slightly Disagree Strongly Disagree
30. People often tell me that I am very unpredictable.

31. I enjoy being the centre of attention at any social gathering.

32. Seeing people cry doesn't really upset me.

33. I enjoy having discussions about politics.

34. I am very blunt, which some people take to be rudeness, even though this is unintentional.

35. I don’t tend to find social situations confusing.

36. Other people tell me I am good at understanding how they are feeling and what they are thinking.

37. When I talk to people, I tend to talk about their experiences rather than my own.

38. It upsets me to see an animal in pain.

39. I am able to make decisions without being influenced by people's feelings.

40. I can't relax until I have done everything I had planned to do that day.

41. I can easily tell if someone else is interested or bored with what I am saying.

42. I get upset if I see people suffering on news programmes.

43. Friends usually talk to me about their problems as they say that I am very understanding.
44. I can sense if I am intruding, even if the other person doesn't tell me.  

45. I often start new hobbies but quickly become bored with them and move on to something else.  

46. People sometimes tell me that I have gone too far with teasing.  

47. I would be too nervous to go on a big rollercoaster.  

48. Other people often say that I am insensitive, though I don’t always see why.  

49. If I see a stranger in a group, I think that it is up to them to make an effort to join in.  

50. I usually stay emotionally detached when watching a film.  

51. I like to be very organised in day to day life and often make lists of the chores I have to do.  

52. I can tune into how someone else feels rapidly and intuitively.  

53. I don't like to take risks.  

54. I can easily work out what another person might want to talk about.  

55. I can tell if someone is masking their true emotion.  

56. Before making a decision I always weigh up the pros and cons.  

57. I don't consciously work out the rules of social situations.  

58. I am good at predicting what someone will do.
59. I tend to get emotionally involved with a friend's problems.

60. I can usually appreciate the other person's viewpoint, even if I don't agree with it.

Thank you for filling this questionnaire in.

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