

The Sensory Perception Quotient for Adults (SPQ)

Below is a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree by selecting the appropriate option opposite each statement.

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	I would notice if someone added 5 grains of salt to my cup of water.				
2	I would be able to distinguish different people by their smell.				
3	I wouldn't notice if someone added a spoonful of sugar to my tea.				
4	I wouldn't be afraid of hurting myself when falling off my bike at high speed.				
5	I wouldn't be able to detect the motion of the blades of a rotating fan even when it is at minimum speed.				
6	The sound of a piano and a violin playing the same note seem very similar to me.				
7	I would be able to detect if a strawberry was ripe by smell alone.				
8	I would be able to distinguish milk chocolate and dark chocolate by their taste alone.				
9	I cannot tolerate hot showers (above 40°C / 105°F).				
10	I wouldn't need an anaesthetic to cope with a dental procedure, such as a cavity-filling.				
11	I would have to wait for 10 minutes for a hot drink to cool down before swallowing it, otherwise it would be too hot for me.				
12	I would be able to visually detect the change in brightness of a light each time a dimmer control is moved one notch.				
13	I wouldn't be able to detect large objects, such as parked cars, clearly on a dark night.				
14	I would notice if someone added 5 drops of lemon juice to my cup of water.				
15	I would be the last person to detect if something was burning.				
16	I wouldn't be able to feel the vibrations from loud music if I was sitting next to the loud speaker (e.g. at a concert).				
17	I wouldn't be able to feel a small volume change in music as a difference in vibration on my skin.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
18	I can't hear the TV when it is very quiet, even when other people can.				
19	I would be able to hear a leaf move if blown by the wind on a quiet street.				
20	I wouldn't be able to taste the difference between two pieces of dark chocolate.				
21	I would be able to taste the difference between two brands of salty potato chips/crisps.				
22	When people are talking the words seem to merge together.				
23	I can only look at bright colours for a brief period of time.				
24	I would lose my balance very easily if I was standing on one foot with my eyes closed.				
25	I wouldn't be able to smell a barbecue from 60 feet (20 metres) away.				
26	I can't spin round and round without falling over.				
27	I wouldn't notice a 10 degree difference in temperature of the weather.				
28	I can drink tea/coffee "straight", without needing to add milk or sugar.				
29	I can't hear the bass in music.				
30	I would be able to smell the difference between freshly cut grass and uncut grass.				
31	I wouldn't be able to feel the label at the back of my shirt even if I thought about it.				
32	I can hear electricity humming in the walls.				
33	I notice the flickering of a desktop computer even when it is working properly.				
34	I wouldn't be able to tell if milk is off simply by smelling it.				
35	I would be able to notice a tiny change (e.g. 1 degree) in the temperature of the weather.				
36	I would be able to feel a one millimetre cut in my skin.				
37	I would be able to see the individual blades in a rotating fan even if it was at maximum speed.				
38	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.				
39	I wouldn't get dizzy on a carousel/merry-go-round, even at high speed.				
40	I can't see written words on a page that other people can see.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
41	I would be able to distinguish between two oranges purely by their taste.				
42	I couldn't distinguish a familiar person and a stranger by their smell.				
43	I couldn't detect if bread is stale purely by its smell.				
44	I can't tell if my clothes are clean or dirty by smell alone.				
45	I would be able to detect the sound of a vacuum cleaner from any room in a two-storey building.				
46	I wouldn't notice the difference between even and uneven ground when driving over it sitting in the back seat of a car.				
47	I would be able to drink a cup of boiling water straight after it had been poured from the kettle.				
48	I couldn't tell two types of green apples apart purely from their colour.				
49	I would be able to distinguish between an old and a new book by their smell.				
50	I would be able to read a street sign from a distance of 100 feet (30 metres).				
51	I can't tell if cars passing me on the street are going at different speeds.				
52	I would be able to notice if someone added 5 grains of sugar to my glass of water.				
53	I would have difficulty seeing a single leaf clearly even on a tree that is close up.				
54	I wouldn't taste if someone added a whole teaspoon of salt to my glass of water.				
55	I would be able to feel the elastic holding up my socks if I stop and thought about it.				
56	I can't taste the difference between ripe and non-ripe fruit.				
57	I would be able to stand on one foot for fifteen seconds without wobbling.				
58	I would be able to taste the difference between apparently identical pieces of candy.				
59	I notice the weight and pressure of a hat on my head.				
60	I would feel if a single hair touched the back of my hand.				
61	If I was walking along, I would be able to feel a passing truck's vibrations even if my eyes were closed.				
62	I would be able to smell the smallest gas leak from anywhere in the house.				
63	I wouldn't notice if someone changed their perfume, by smell alone.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
64	I would be able to tell when an elevator/lift started moving.				
65	I can hear dog whistles very easily in the park.				
66	I wouldn't taste the difference between different types of lettuce leaves.				
67	I couldn't taste if there were two slices of lemon in my glass of water if I was drinking it with my eyes closed.				
68	I can't go out in bright sunlight without sunglasses.				
69	I would be able to read small print, such as a serial number on the back of a DVD, at 10 feet (3 metres) away.				
70	I get motion sickness easily (e.g., car sickness or sea sickness).				
71	I would be able to feel a change in the temperature of a cup of coffee after it had sat for 1 minute.				
72	I can't hear very low frequency sounds, such as low voices.				
73	I would be the first to hear if there was a fly in the room.				
74	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.				
75	I wouldn't detect a new smell in my house instantly before anyone else.				
76	I have perfect pitch: e.g. I could repeat a musical tone without any cue.				
77	I would be able to bite into a lemon without any problems.				
78	I wouldn't need to wear a coat in the winter, even when it is zero degrees outside.				
79	I wouldn't be able to match the colour of a sweater in the shop with the colour of my trousers at home.				
80	I wouldn't hear every single note when listening to music.				
81	I would be able to smell the difference between most men and women.				
82	I choose to wear muted colours.				
83	I listen to music at minimum loudness.				
84	I would be able to hear each note in a chord even if there were 10 notes.				
85	I close curtains to avoid bright lights.				
86	I wouldn't be able to hear differences in sound if the same instrument played the same note at different times.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
87	I would be able to distinguish two brands of coffee by their smell, even with my eyes closed.				
88	I can see dust particles in the air in most environments.				
89	I wouldn't be able to taste the difference between two brands of tomato sauce if they had different concentrations of salt.				
90	I would be able to smell the smallest amount of burning from anywhere in the house.				
91	If my mobile phone was vibrating in my pocket I would be quick to sense it.				
92	I find it difficult to see individual stars on a clear night.				