

The Sensory Perception Quotient for Adults (SPQ) – Scoring Key

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	I would notice if someone added 5 grains of salt to my cup of water.	0	0	1	1
2	I would be able to distinguish different people by their smell.	1	1	0	0
3	I wouldn't notice if someone added a spoonful of sugar to my tea.	0	0	1	1
4	I wouldn't be afraid of hurting myself when falling off my bike at high speed.	1	1	0	0
5	I wouldn't be able to detect the motion of the blades of a rotating fan even when it is at minimum speed.	1	1	0	0
6	The sound of a piano and a violin playing the same note seem very similar to me.	1	1	0	0
7	I would be able to detect if a strawberry was ripe by smell alone.	1	1	0	0
8	I would be able to distinguish milk chocolate and dark chocolate by their taste alone.	0	0	1	1
9	I cannot tolerate hot showers (above 40°C / 105°F).	1	1	0	0
10	I wouldn't need an anaesthetic to cope with a dental procedure, such as a cavity-filling.	0	0	1	1
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.	0	0	1	1
12	I would be able to visually detect the change in brightness of a light each time a dimmer control is moved one notch.	1	1	0	0
13	I wouldn't be able to detect large objects, such as parked cars, clearly on a dark night.	1	1	0	0
14	I would notice if someone added 5 drops of lemon juice to my cup of water.	0	0	1	1
15	I would be the last person to detect if something was burning.	0	0	1	1
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).	1	1	0	0
17	I wouldn't be able to feel a small volume change in music as a difference in vibration on my skin.	0	0	1	1
18	I can't hear the TV when it is very quiet, even when other people can.	1	1	0	0
19	I would be able to hear a leaf move if blown by the wind on a quiet street.	1	1	0	0

		Strongly Agree	Agree	Disagree	Strongly Disagree
20	I wouldn't be able to taste the difference between two pieces of dark chocolate.	1	1	0	0
21	I would be able to taste the difference between two brands of salty potato chips/crisps.	1	1	0	0
22	When people are talking the words seem to merge together.	1	1	0	0
23	I can only look at bright colours for a brief period of time.	1	1	0	0
24	I would lose my balance very easily if I was standing on one foot with my eyes closed.	0	0	1	1
25	I wouldn't be able to smell a barbecue from 60 feet (20 metres) away.	0	0	1	1
26	I can't spin round and round without falling over.	1	1	0	0
27	I wouldn't notice a 10 degree difference in temperature of the weather.	0	0	1	1
28	I can drink tea/coffee "straight", without needing to add milk or sugar.	0	0	1	1
29	I can't hear the bass in music.	0	0	1	1
30	I would be able to smell the difference between freshly cut grass and uncut grass.	0	0	1	1
31	I wouldn't be able to feel the label at the back of my shirt even if I thought about it.	0	0	1	1
32	I can hear electricity humming in the walls.	0	0	1	1
33	I notice the flickering of a desktop computer even when it is working properly.	1	1	0	0
34	I wouldn't be able to tell if milk is off simply by smelling it.	0	0	1	1
35	I would be able to notice a tiny change (e.g. 1 degree) in the temperature of the weather.	1	1	0	0
36	I would be able to feel a one millimetre cut in my skin.	0	0	1	1
37	I would be able to see the individual blades in a rotating fan even if it was at maximum speed.	0	0	1	1
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.	0	0	1	1
39	I wouldn't get dizzy on a carousel/merry-go-round, even at high speed.	1	1	0	0
40	I can't see written words on a page that other people can see.	0	0	1	1
41	I would be able to distinguish between two oranges purely by their taste.	1	1	0	0
42	I couldn't distinguish a familiar person and a stranger by their smell.	1	1	0	0
43	I couldn't detect if bread is stale purely by its smell.	1	1	0	0

		Strongly Agree	Agree	Disagree	Strongly Disagree
44	I can't tell if my clothes are clean or dirty by smell alone.	0	0	1	1
45	I would be able to detect the sound of a vacuum cleaner from any room in a two-storey building.	1	1	0	0
46	I wouldn't notice the difference between even and uneven ground when driving over it sitting in the back seat of a car.	1	1	0	0
47	I would be able to drink a cup of boiling water straight after it had been poured from the kettle.	0	0	1	1
48	I couldn't tell two types of green apples apart purely from their colour.	0	0	1	1
49	I would be able to distinguish between an old and a new book by their smell.	0	0	1	1
50	I would be able to read a street sign from a distance of 100 feet (30 metres).	0	0	1	1
51	I can't tell if cars passing me on the street are going at different speeds.	1	1	0	0
52	I would be able to notice if someone added 5 grains of sugar to my glass of water.	1	1	0	0
53	I would have difficulty seeing a single leaf clearly even on a tree that is close up.	1	1	0	0
54	I wouldn't taste if someone added a whole teaspoon of salt to my glass of water.	0	0	1	1
55	I would be able to feel the elastic holding up my socks if I stop and thought about it.	1	1	0	0
56	I can't taste the difference between ripe and non-ripe fruit.	1	1	0	0
57	I would be able to stand on one foot for fifteen seconds without wobbling.	0	0	1	1
58	I would be able to taste the difference between apparently identical pieces of candy.	0	0	1	1
59	I notice the weight and pressure of a hat on my head.	0	0	1	1
60	I would feel if a single hair touched the back of my hand.	0	0	1	1
61	If I was walking along, I would be able to feel a passing truck's vibrations even if my eyes were closed.	1	1	0	0
62	I would be able to smell the smallest gas leak from anywhere in the house.	1	1	0	0
63	I wouldn't notice if someone changed their perfume, by smell alone.	1	1	0	0
64	I would be able to tell when an elevator/lift started moving.	0	0	1	1
65	I can hear dog whistles very easily in the park.	1	1	0	0
66	I wouldn't taste the difference between different types of lettuce leaves.	1	1	0	0

		Strongly Agree	Agree	Disagree	Strongly Disagree
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.	0	0	1	1
68	I can't go out in bright sunlight without sunglasses.	0	0	1	1
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.	0	0	1	1
70	I get motion sickness easily (e.g., car sickness or sea sickness).	0	0	1	1
71	I would be able to feel a change in the temperature of a cup of coffee after it had sat for 1 minute.	1	1	0	0
72	I can't hear very low frequency sounds, such as low voices.	1	1	0	0
73	I would be the first to hear if there was a fly in the room.	1	1	0	0
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.	0	0	1	1
75	I wouldn't detect a new smell in my house instantly before anyone else.	1	1	0	0
76	I have perfect pitch: e.g. I could repeat a musical tone without any cue.	1	1	0	0
77	I would be able to bite into a lemon without any problems.	0	0	1	1
78	I wouldn't need to wear a coat in the winter, even when it is zero degrees outside.	0	0	1	1
79	I wouldn't be able to match the colour of a sweater in the shop with the colour of my trousers at home.	0	0	1	1
80	I wouldn't hear every single note when listening to music.	0	0	1	1
81	I would be able to smell the difference between most men and women.	1	1	0	0
82	I choose to wear muted colours.	1	1	0	0
83	I listen to music at minimum loudness.	1	1	0	0
84	I would be able to hear each note in a chord even if there were 10 notes.	0	0	1	1
85	I close curtains to avoid bright lights.	1	1	0	0
86	I wouldn't be able to hear differences in sound if the same instrument played the same note at different times.	1	1	0	0
87	I would be able to distinguish two brands of coffee by their smell, even with my eyes closed.	0	0	1	1
88	I can see dust particles in the air in most environments.	0	0	1	1

		Strongly Agree	Agree	Disagree	Strongly Disagree
89	I wouldn't be able to taste the difference between two brands of tomato sauce if they had different concentrations of salt.	0	0	1	1
90	I would be able to smell the smallest amount of burning from anywhere in the house.	0	0	1	1
91	If my mobile phone was vibrating in my pocket I would be quick to sense it.	1	1	0	0
92	I find it difficult to see individual stars on a clear night.	1	1	0	0