

The Sensory Perception Questionnaire (SPQ)

Name: _____ Sex: _____

Date of birth: _____ Email address: _____

Please try to answer the following items by ticking the appropriate box. Please try to answer as honestly as possible.

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	I can recognize different people by the way they smell.				
2	I would be able to tell if a strawberry was ripe just by smelling it.				
3	I would notice right away that it got brighter if a dimmer control switch moved up one notch.				
4	I would notice right away if someone added 5 drops of lemon juice to my cup of water.				
5	I would be able to hear the sound of a leaf blown by the wind on a quiet street.				
6	I would be able to taste the difference between two brands of salty potato chips/crisps.				
7	I would <i>not</i> be able to feel the label at the back of my shirt even if I thought about it.				
8	I can hear electricity humming in the walls.				
9	I notice the flickering of a desktop computer even when it is working properly.				
10	I would be able to notice a small change (e.g. 1 degree) in the temperature of the weather.				
11	I would be able to feel a small (e.g. one millimetre) paper cut in my skin.				
12	I would be able to tell the weight difference between two different coin sizes on the palm of my hand with my eyes closed.				
13	I could <i>not</i> distinguish a familiar person and a stranger by their smell.				
14	I could <i>not</i> tell if bread was stale purely by its smell.				
15	I would be able to hear the sound of a vacuum cleaner from any room in a two-storey building.				
16	I would be able to feel the elastic holding up my socks if I stop and thought about it.				
17	I would be able to taste the difference between apparently identical pieces of candy.				
18	I notice the weight and pressure of a hat on my head.				
19	I would feel if a single hair touched the back of my hand.				

20	If I was walking along, I would be able to feel a passing truck's vibrations even if my eyes were closed.				
21	I would be able to smell the smallest gas leak from anywhere in the house.				
22	I <i>wouldn't</i> notice if someone changed their perfume, by smell alone.				
23	I can't go out in bright sunlight without sunglasses.				
24	I would be able to feel a change in the temperature of a cup of coffee after it had sat for 1 minute.				
25	I would be the first to hear if there was a fly in the room.				
26	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.				
27	I would be able to smell the difference between most men and women.				
28	I would be able to hear each note in a chord even if there were 10 notes.				
29	I close curtains to avoid bright lights.				
30	I would be able to distinguish two brands of coffee by their smell, even with my eyes closed.				
31	I can see dust particles in the air in most environments.				
32	I <i>wouldn't</i> be able to taste the difference between two brands of tomato sauce if they had different concentrations of salt.				
33	I would be able to smell the smallest amount of burning from anywhere in the house.				
34	If my mobile phone was vibrating in my pocket I would be quick to sense it.				
35	I would detect a new smell in my house instantly before anyone else.				

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