

Empathy Quotient

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The Empathy Quotient (EQ) is a 60-item questionnaire (there is also a shorter, 40-item version) designed to measure empathy in adults. The test was developed by Simon Baron-Cohen at [ARC](#) (the Autism Research Centre) at the University of Cambridge.

Clinically, the empathy measurements provided by the EQ are used by mental health professionals in assessing the level of social impairment in certain disorders like Autism. However, since levels of empathy vary significantly between individuals, even between those without any mental health disorders, it is also suitable for use as a casual measure of temperamental empathy by and for the general population.

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

| | Strongly Agree | Slightly Agree | Slightly Disagree | Strongly Disagree |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 1. I can easily tell if someone else wants to enter a conversation. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I prefer animals to humans. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I try to keep up with the current trends and fashions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 4. I find it difficult to explain to others things that I understand easily, when they don't understand it the first time. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 5. I dream most nights. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I really enjoy caring for other people. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I try to solve my own problems rather than discussing them with others. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I find it hard to know what to do in a social situation. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 9. I am at my best first thing in the morning. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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| | Strongly Agree | Slightly Agree | Slightly Disagree | Strongly Disagree |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 10. People often tell me that I went too far in driving my point home in a discussion. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. It doesn't bother me too much if I am late meeting a friend. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 12. Friendships and relationships are just too difficult, so I tend not to bother with them. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. I would never break a law, no matter how minor. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 14. I often find it difficult to judge if something is rude or polite. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 15. In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. I prefer practical jokes to verbal humor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 17. I live life for today rather than the future. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 18. When I was a child, I enjoyed cutting up worms to see what would happen. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 19. I can pick up quickly if someone says one thing but means another. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. I tend to have very strong opinions about morality. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. It is hard for me to see why some things upset people so much. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 22. I find it easy to put myself in somebody else's shoes. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I think that good manners are the most important thing a parent can teach their child. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 24. I like to do things on the spur of the moment. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 25. I am good at predicting how someone will feel. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. I am quick to spot when someone in a group is feeling awkward or uncomfortable. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. If I say something that someone else is offended by, I think that that's their problem, not mine. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 28. If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |

Score my Answers

| | Strongly Agree | Slightly Agree | Slightly Disagree | Strongly Disagree |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 29. I can't always see why someone should have felt offended by a remark. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30. People often tell me that I am very unpredictable. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 31. I enjoy being the center of attention at any social gathering. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 32. Seeing people cry doesn't really upset me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 33. I enjoy having discussions about politics. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 34. I am very blunt, which some people take to be rudeness, even though this is unintentional. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 35. I don't find social situations confusing. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36. Other people tell me I am good at understanding how they are feeling and what they are thinking. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 37. When I talk to people, I tend to talk about their experiences rather than my own. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 38. It upsets me to see an animal in pain. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 39. I am able to make decisions without being influenced by people's feelings. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 40. I can't relax until I have done everything I had planned to do that day. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 41. I can easily tell if someone else is interested or bored with what I am saying. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 42. I get upset if I see people suffering on news programs. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 43. Friends usually talk to me about their problems as they say that I am very understanding. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 44. I can sense if I am intruding, even if the other person doesn't tell me. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 45. I often start new hobbies, but quickly become bored with them and move on to something else. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 46. People sometimes tell me that I have gone too far with teasing. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 47. I would be too nervous to go on a big rollercoaster. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Score my Answers

| | Strongly Agree | Slightly Agree | Slightly Disagree | Strongly Disagree |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 48. Other people often say that I am insensitive, though I don't always see why. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 49. If I see a stranger in a group, I think that it is up to them to make an effort to join in. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 50. I usually stay emotionally detached when watching a film. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 51. I like to be very organized in day-to-day life and often makes lists of the chores I have to do. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 52. I can tune into how someone else feels rapidly and intuitively. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 53. I don't like to take risks. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 54. I can easily work out what another person might want to talk about. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 55. I can tell if someone is masking their true emotion. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 56. Before making a decision, I always weigh up the pros and cons. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 57. I don't consciously work out the rules of social situations. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 58. I am good at predicting what someone will do. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 59. I tend to get emotionally involved with a friend's problems. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 60. I can usually appreciate the other person's viewpoint, even if I don't agree with it. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Sources

1. S Baron-Cohen, S Wheelwright. *The Empathy Quotient: An Investigation Of Adults With Asperger Syndrome Or High Functioning Autism, And Normal Sex Differences*. 34(2): *J AUTISM DEV DISORD* 163-75. 2004.
2. VL Ruggieri. *[Empathy, Social Cognition And Autism Spectrum Disorders]*. 56 Suppl 1: *REV NEUROL* S13-21. 2013.
3. E Sucksmith, C Allison, S Baron-Cohen, B Chakrabarti, RA Hoekstra. *Empathy And Emotion Recognition In People With Autism, First-degree Relatives, And Controls*. 51(1): *NEUROPSYCHOLOGIA* 98-105. 2013.

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Your score was **44** out of a possible 80.

Scores above 30 are generally not indicative of an Autism Spectrum disorder.

Higher scores indicate greater levels of empathy.

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