

## The Empathy Quotient (EQ) (60 item version)

For full details, please see:

S. Baron-Cohen and S. Wheelwright, (2004). The Empathy Quotient (EQ). An investigation of adults with Asperger Syndrome or High Functioning Autism, and normal sex differences. *Journal of Autism and Developmental Disorders* 34:163-175

**Responses that score 1 or 2 points are marked. Other responses score 0. For total score, sum all items.**

		strongly agree	slightly agree	slightly disagree	strongly disagree
1	I can easily tell if someone else wants to enter a conversation.	2	1	0	0
2	I prefer animals to humans.	0	0	0	0
3	I try to keep up with the current trends and fashions.	0	0	0	0
4	I find it difficult to explain to others things that I understand easily, when they don't understand it first time.	0	0	1	2
5	I dream most nights.	0	0	0	0
6	I really enjoy caring for other people.	2	1	0	0
7	I try to solve my own problems rather than discussing them with others.	0	0	0	0
8	I find it hard to know what to do in a social situation.	0	0	1	2
9	I am at my best first thing in the morning.	0	0	0	0
10	People often tell me that I went too far in driving my point home in a discussion.	0	0	1	2
11	It doesn't bother me too much if I am late meeting a friend.	0	0	1	2
12	Friendships and relationships are just too difficult, so I tend not to bother with them.	0	0	1	2
13	I would never break a law, no matter how minor.	0	0	0	0

		<b>strongly agree</b>	<b>slightly agree</b>	<b>slightly disagree</b>	<b>strongly disagree</b>
14	I often find it difficult to judge if something is rude or polite.	0	0	1	2
15	In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking.	0	0	1	2
16	I prefer practical jokes to verbal humour.	0	0	0	0
17	I live life for today rather than the future.	0	0	0	0
18	When I was a child, I enjoyed cutting up worms to see what would happen.	0	0	1	2
19	I can pick up quickly if someone says one thing but means another.	2	1	0	0
20	I tend to have very strong opinions about morality	0	0	0	0
21	It is hard for me to see why some things upset people so much.	0	0	1	2
22	I find it easy to put myself in somebody else's shoes.	2	1	0	0
23	I think that good manners are the most important thing a parent can teach their child.	0	0	0	0
24	I like to do things on the spur of the moment.	0	0	0	0
25	I am good at predicting how someone will feel.	2	1	0	0
26	I am quick to spot when someone in a group is feeling awkward or uncomfortable.	2	1	0	0
27	If I say something that someone else is offended by, I think that that's their problem, not mine.	0	0	1	2

		<b>strongly agree</b>	<b>slightly agree</b>	<b>slightly disagree</b>	<b>strongly disagree</b>
28	If anyone asked me if I like their haircut, I would reply truthfully, even if I didn't like it.	0	0	1	2
29	I can't always see why someone should have felt offended by a remark.	0	0	1	2
30	People often tell me that I am very unpredictable.	0	0	0	0
31	I enjoy being the centre of attention at any social gathering.	0	0	0	0
32	Seeing people cry doesn't really upset me.	0	0	1	2
33	I enjoy having discussions about politics.	0	0	0	0
34	I am very blunt, which some people take to be rudeness, even though this is unintentional.	0	0	1	2
35	I don't tend to find social situations confusing	2	1	0	0
36	Other people tell me I am good at understanding how they are feeling and what they are thinking.	2	1	0	0
37	When I talk to people, I tend to talk about their experiences rather than my own.	2	1	0	0
38	It upsets me to see animals in pain.	2	1	0	0
39	I am able to make decisions without being influenced by people's feelings.	0	0	1	2
40	I can't relax until I have done everything I had planned to do that day.	0	0	0	0
41	I can easily tell if someone else is interested or bored with what I am saying.	2	1	0	0

		<b>strongly agree</b>	<b>slightly agree</b>	<b>slightly disagree</b>	<b>strongly disagree</b>
42	I get upset if I see people suffering on news programmes.	2	1	0	0
43	Friends usually talk to me about their problems as they say I am very understanding.	2	1	0	0
44	I can sense if I am intruding, even if the other person doesn't tell me.	2	1	0	0
45	I often start new hobbies but quickly become bored with them and move on to something else.	0	0	0	0
46	People sometimes tell me that I have gone too far with teasing.	0	0	1	2
47	I would be too nervous to go on a big rollercoaster.	0	0	0	0
48	Other people often say that I am insensitive, though I don't always see why.	0	0	1	2
49	If I see a stranger in a group, I think that it is up to them to make an effort to join in.	0	0	1	2
50	I usually stay emotionally detached when watching a film.	0	0	1	2
51	I like to be very organised in day to day life and often make lists of the chores I have to do.	0	0	0	0
52	I can tune into how someone else feels rapidly and intuitively.	2	1	0	0
53	I don't like to take risks.	0	0	0	0
54	I can easily work out what another person might want to talk about.	2	1	0	0
55	I can tell if someone is masking their true emotion.	2	1	0	0

		<b>strongly agree</b>	<b>slightly agree</b>	<b>slightly disagree</b>	<b>strongly disagree</b>
56	Before making a decisions I always weigh up the pros and cons.	0	0	0	0
57	I don't consciously work out the rules of social situations.	2	1	0	0
58	I am good at predicting what someone will do.	2	1	0	0
59	I tend to get emotionally involved with a friend's problems.	2	1	0	0
60	I can usually appreciate the other person's viewpoint, even if I don't agree with it.	2	1	0	0