

# Empathy quotient

## Instructions

Select your gender (this is required) and (if you like) enter your name.

Read each of the following 60 statements very carefully and state how strongly you agree or disagree with it. When you've answered all the questions, press the 'Get score' button at the bottom to see your results.

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**Your score: 37**

**0 - 32 = low (most people with Asperger Syndrome or high-functioning autism score about 20)**

**33 - 52 = average (most women score about 47 and most men score about 42)**

**53 - 63 is above average**

**64 - 80 is very high**

**80 is maximum**

☒ Female

☐ Male

Name (optional):

[Clear answers](#)

	Definitely agree	Slightly agree	Slightly disagree	Definitely 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 type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3. I try to keep up with the current trends and fashions.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I find it difficult to explain to others things that I understand easily, when they don't understand it first time.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I dream most nights.	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 type="radio"/>	<input type="radio"/>	<input checked="" 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 checked="" type="radio"/>	<input type="radio"/>
9. I am at my best first thing in the morning.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10. People often tell me that I went too far in driving my point home in a discussion.	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 checked="" type="radio"/>	<input type="radio"/>
12. Friendships and relationships are just too difficult, so I tend not to bother with them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
13. I would never break a law, no matter how minor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
14. I often find it difficult to judge if something is rude or polite.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 humour.	<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 checked="" type="radio"/>	<input 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 type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
20. I tend to have very strong opinions about morality.	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 type="radio"/>	<input checked="" type="radio"/>
22. I find it easy to put myself in somebody else's shoes.	<input type="radio"/>	<input checked="" 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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I like to do things on the spur of the moment.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
25. I am good at predicting how someone will feel.	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 type="radio"/>	<input checked="" 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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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 checked="" type="radio"/>	<input type="radio"/>
31. I enjoy being the centre of attention at any social gathering.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input 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 tend to 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 type="radio"/>	<input checked="" 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 type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
40. I can't relax until I have done everything I had planned to do that day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
41. I can easily tell if someone else is interested or bored	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

with what I am saying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. I get upset if I see people suffering on news programmes.	<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 type="radio"/>	<input checked="" 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 type="radio"/>	<input checked="" 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 type="radio"/>	<input checked="" type="radio"/>
46. People sometimes tell me that I have gone too far with teasing.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
47. I would be too nervous to go on a big roller coaster.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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 make 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 in to how someone else feels rapidly and intuitively.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
53. I don't like to take risks.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. I can easily work out what another person might want to talk about.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
55. I can tell if someone is masking their true emotion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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 checked="" type="radio"/>	<input type="radio"/>	<input 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 checked="" type="radio"/>	<input 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"/>

[Get score](#)