



Tel: 020 8468 1026

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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

Below is a list of statements. Please read each statement carefully and rate how strongly you agree or disagree with it by placing a tick in the relevant box.

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



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		strongly agree	slightly agree	slightly disagree	strongly disagree
16	I prefer practical jokes to verbal humour.				
17	I live life for today rather than the future.				
18	When I was a child, I enjoyed cutting up worms to see what would happen.				
19	I can pick up quickly if someone says one thing but means another.				
20	I tend to have very strong opinions about morality				
21	It is hard for me to see why some things upset people so much.				
22	I find it easy to put myself in somebody else's shoes.				
23	I think that good manners are the most important thing a parent can teach their child.				
24	I like to do things on the spur of the moment.				
25	I am good at predicting how someone will feel.				
26	I am quick to spot when someone in a group is feeling awkward or uncomfortable.				
27	If I say something that someone else is offended by, I think that that's their problem, not mine.				
28	If anyone asked me if I like their haircut, I would reply truthfully, even if I didn't like it.				
29	I can't always see why someone should have felt offended by a remark.				
30	People often tell me that I am very unpredictable.				
31	I enjoy being the centre of attention at any social gathering.				
32	Seeing people cry doesn't really upset me.				
33	I enjoy having discussions about politics.				



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		strongly agree	slightly agree	slightly disagree	strongly disagree
34	I am very blunt, which some people take to be rudeness, even though this is unintentional.				
35	I don't tend to find social situations confusing				
36	Other people tell me I am good at understanding how they are feeling and what they are thinking.				
37	When I talk to people, I tend to talk about their experiences rather than my own.				
38	It upsets me to see animals in pain.				
39	I am able to make decisions without being influenced by people's feelings.				
40	I can't relax until I have done everything I had planned to do that day.				
41	I can easily tell if someone else is interested or bored with what I am saying.				
42	I get upset if I see people suffering on news programmes.				
43	Friends usually talk to me about their problems as they say I am very understanding.				
44	I can sense if I am intruding, even if the other person doesn't tell me.				
45	I often start new hobbies but quickly become bored with them and move on to something else.				
46	People sometimes tell me that I have gone too far with teasing.				
47	I would be too nervous to go on a big rollercoaster.				
48	Other people often say that I am insensitive, though I don't always see why.				



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		strongly agree	slightly agree	slightly disagree	strongly disagree
49	If I see a stranger in a group, I think that it is up to them to make an effort to join in.				
50	I usually stay emotionally detached when watching a film.				
51	I like to be very organised in day to day life and often make lists of the chores I have to do.				
52	I can tune into how someone else feels rapidly and intuitively.				
53	I don't like to take risks.				
54	I can easily work out what another person might want to talk about.				
55	I can tell if someone is masking their true emotion.				
56	Before making a decisions I always weigh up the pros and cons.				
57	I don't consciously work out the rules of social situations.				
58	I am good at predicting what someone will do.				
59	I tend to get emotionally involved with a friend's problems.				
60	I can usually appreciate the other person's viewpoint, even if I don't agree with it.				