

How Curious are You? (The Curiosity and Exploration Inventory, CEI)

Instructions

Are you a naturally curious individual? Do you actively seek out new understandings, and opportunities to grow as a person? This short 7-item measure assesses the extent to which you are curious, through two key dimensions – exploration and absorption. Simply state the extent to which you agree or disagree to each of the statements below.

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1. I would describe myself as someone who actively seeks as much information as I can in a new situation.							
2. When I am participating in an activity, I tend to get so involved that I lose track of time.							
3. I frequently find myself looking for new opportunities to grow as a person (e.g. information, people, resources).							
4. I am <i>not</i> the type of person who probes deeply into new situations or things.							
5. When I am actively interested in something, it takes a great deal to interrupt me.							
6. My friends would describe me as someone who is “extremely intense” when in the middle of doing something.							
7. Everywhere I go, I am out looking for new things or experiences.							

Scoring

Strongly disagree = 1, Disagree = 2, Somewhat Disagree = 3, Neither Agree nor Disagree = 4, Somewhat Agree = 5, Agree = 6, Strongly Agree = 7

Total curiosity score = Average items 1-7

Total exploration score = Average items 1, 3, 4 and 7

Total absorption score = Average items 2, 5 and 6

Reverse Scoring

Item 4 is reverse-scored

Interpretation

The average score for curiosity ranges from 32.70 to 34.18. The average score for exploration ranges from 18.74 to 19.97. The average absorption score ranges from 13.16 to 15.44. Score lower, or higher than these generally indicate lower and higher levels of baseline curiosity, respectively.

Reference

Kashdan, T. B., Rose, P., & Fincham, F. D. (2004). Curiosity and exploration: Facilitating positive subjective experiences and personal growth opportunities. *Journal of Personality Assessment*, 82(3), 291-305.