

How Empathetic are You? (The Toronto Empathy Questionnaire, TEQ)

Instructions

This measure of empathy assesses empathy as primarily an emotional (rather than a cognitive) process. Below is a list of statements. Please read each of the statement carefully and rate how frequently you feel or act in the manner described. Circle your answer on the response form. There are no right or wrong answers or trick questions. Please answer each question as honestly as you can.

	Never	Rarely	Sometimes	Often	Always
1. When someone else is feeling excited, I tend to get excited too.					
2. Other people's misfortunes do not disturb me a great deal.					
3. It upsets me to see someone being treated disrespectfully.					
4. I remain unaffected when someone close to me is happy					
5. I enjoy making other people feel better					
6. I have tender, concerned feelings for people less fortunate than me					
7. When a friend starts to talk about his/her problems, I try to steer the conversation towards something else					
8. I can tell when others are sad even when they do not say anything					
9. I find that I am "in tune" with other people's moods					
10. I do not feel sympathy for people who cause their own serious illnesses					
11. I become irritated when someone cries					
12. I am not really interested in how other people feel					
13. I get a strong urge to help when I see someone who is upset					
14. When I see someone being treated unfairly, I do not feel very much pity for them					
15. I find it silly for people to cry out of happiness					
16. When I see someone being taken advantage of, I feel kind of protective towards him/her					

Scoring

Never = 0, Rarely = 1, Sometimes = 2, Often = 3, Always = 4

Total score = Total items 1 to 16

Reverse Scoring

Items 2, 4, 7, 10, 11, 12, 14 and 15 are reverse-scored.

Interpretation

Higher scores indicate high levels of self-reported empathy. Males' general score for this measure ranges from 43.46 to 44.45, while females tend to score within the range of 44.62 to 48.93. Gender differences, as measured by this questionnaire are reported as being moderate.

Reference

Spreng, R. N., McKinnon, M. C., Mar, R. A., & Levine, B. (2009). The Toronto Empathy Questionnaire: Scale development and initial validation of a factor-analytic solution to multiple empathy measures. *Journal of Personality Assessment, 91*(1), 62-71.