Empathy Quotient - 40-item version (EQ-40)

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Client Name	Generic Client	*Date administered*	23 Aug 2024
Date of birth (age)	1 Jan 1984 (40)	*Time taken*	2 min 23s
Assessor	Dr Simon Baker		

Total Score

	Score	Descriptor	Percentile
EQ-40 Total (0-80)	33	Low	30

EQ-40 Total Score
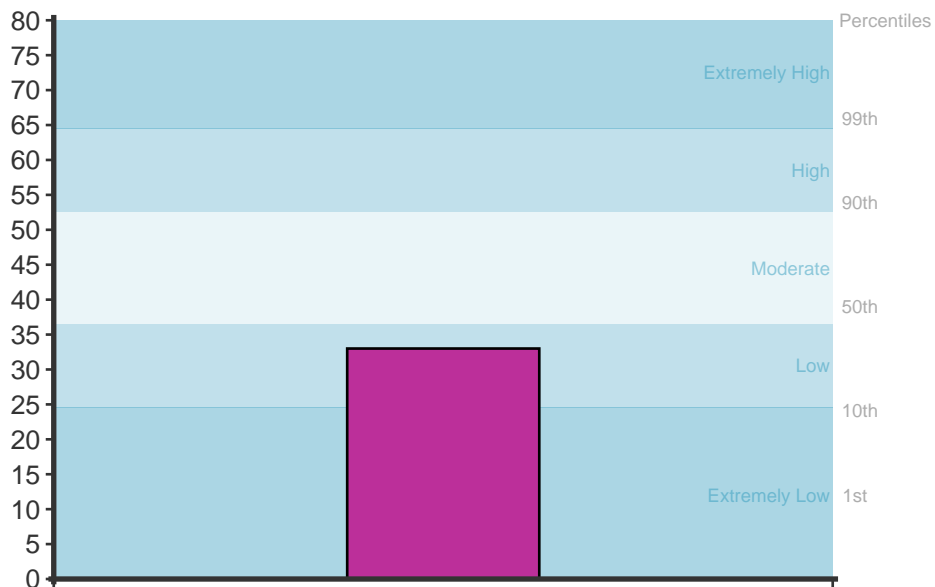
EQ-40 Total Score Compared to Normative Distributions
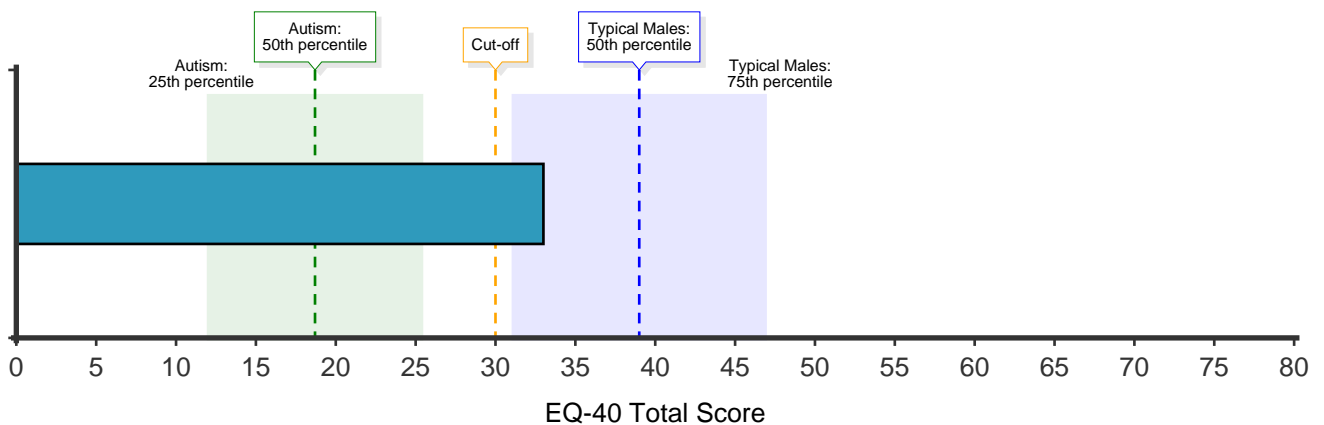
Client Name	Generic Client

Subscale Scores

	Score	Average (0-2)	Descriptor
EQ-28 Total (0-56)	26	0.9	-
Cognitive Empathy (0-22)	14	1.3	Moderate
Emotional Empathy (0-22)	5	0.5	Low
Social Skills (0-12)	7	1.2	Moderate

EQ-28 Subscale Average Scores
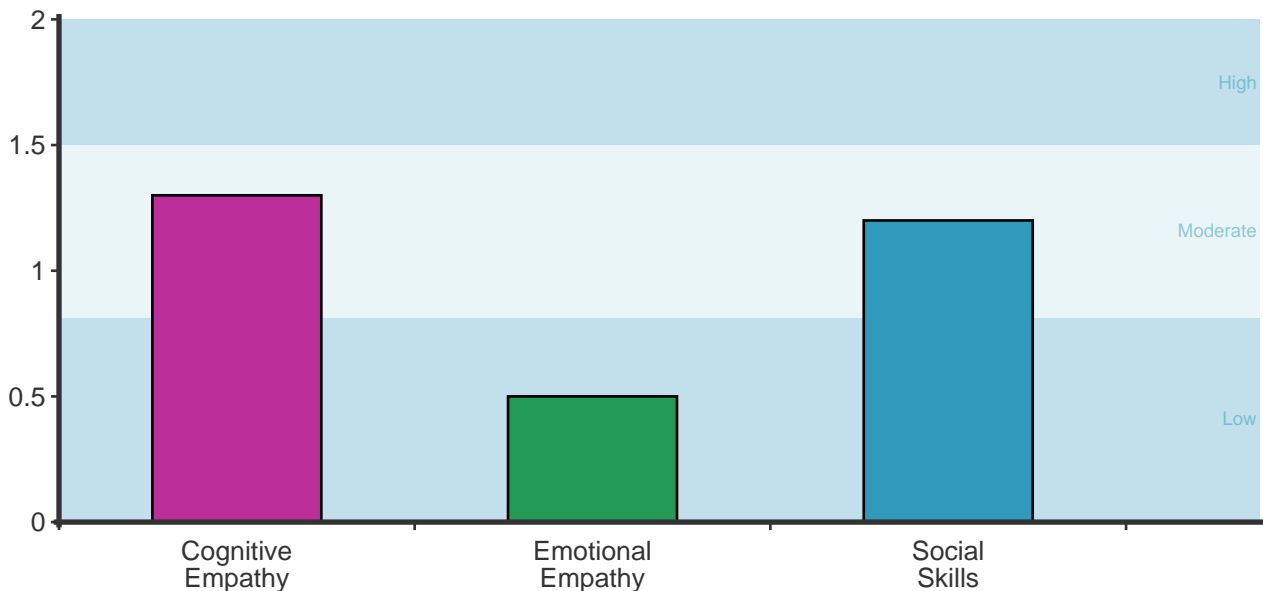
Interpretation

The client's responses on the Empathy Quotient (EQ-40) indicate empathy in the low range. The client's score is on the 30th percentile when compared to normative data for males. When compared to normative data for males with autism, the client scored in the 93rd percentile.

Individuals with low empathy demonstrate some foundational empathy skills, allowing them the ability to engage in emotional connections, however, they may include inconsistent comprehension or response to others' emotions. People with low empathy could face difficulty fully understanding the nuances of others' experiences and may have a tendency to miss social cues and nuances, which can impair building and maintaining interpersonal relationships. While the strength of having basic empathy skills provides a foundation, developing this capacity further requires conscious effort and practice.

The client's score on the Emotional Empathy subscale was low.

Emotional Empathy. The client's responses indicate considerable difficulties in sharing and resonating with the emotions of others. This indicates a limited capacity for empathising with others' experiences, potentially resulting in distant or strained relationships. They may find it challenging to offer emotional support or connect deeply with others. While they struggle with

Interpretation (cont.)

emotional empathy, they may prioritise logic and objectivity.

Scoring and Interpretation Information

For comprehensive information on the EQ-40, see here.

The EQ-40 yields a total score between 0 and 80, with higher scores indicating higher levels of empathy (Baren-Cohen & Wheelwright, 2004). The client's score is also converted to a percentile based on normative data for their gender, providing useful information about the client's level of empathy relative to individuals of the same gender. While the percentile is gender-specific, the overall descriptor is gender-neutral.

A graph comparing the client's total score to the normative distributions for gender matched non-clinical (neurotypical) and clinical (autism) samples is presented, with shaded areas around the means demarcating the two middle quartiles between the 25th and 75th percentile. This graph contextualises the client's score relative to the distribution of scores among neurotypical and autism samples.

Interpretation of EQ-40 scores should consider that females typically score significantly higher than males, making it important to refer to the client's gender-specific percentile. A consequence of these gender differences is that men are seven times more likely to be described as having "Extremely Low Empathy" compared to women (i.e., 5% of men and 0.7% of women are in the extremely low category).

A cut-off score of 30 is the threshold at which Baren-Cohen & Wheelwright (2004) suggest that the EQ-40 can be used to discriminate between neurotypical and autistic individuals. About 80% of adults with autism score at or below this cut-off, while only 12% of neurotypical adults do.

In addition to presenting scores for the EQ-40, scores for the shortened 28-item version of the Empathy Quotient (EQ-28) are presented. The EQ-28 results are presented as average scores, which represent the typical score for each item (between 0 and 2). The EQ-28 includes three subscales:

Scoring and Interpretation Information (cont.)

-Cognitive Empathy: items 1, 11, 14, 15, 22, 26, 29, 34, 35, 36, 38
The ability to understand another person's mental state and perspective. Cognitive empathy involves rationally appreciating someone else's point of view and intentions without necessarily sharing their emotional experience. Low scorers may have difficulties in perspective-taking and social understanding, which is a feature of Autism and certain personality disorders (Dinsdale & Crepi, 2013; Michaels et al., 2014; Wheelwright et al., 2006).

-Emotional Empathy: items 3, 12, 13, 16, 18, 19, 27, 28, 31, 33, 39
The ability to share and resonate with another person's emotions and the tendency to absorb other people's emotions. Low scorers on emotional empathy may have difficulties with emotional awareness and difficulties showing compassion and kindness.

-Social Skills: items 2, 4, 7, 8, 21, 37
The ability to communicate effectively, navigate social interactions, and engage appropriately with others. Low scorers on this scale may have difficulties with communication and social interactions. Difficulties with social skills are associated with autism and certain personality disorders (Pepper et al., 2019).

EQ-28 subscale scores are categorised as Low, Moderate, or High. Low scores are defined as average scores of 0.81 or lower, which corresponds to being lower than approximately the 15th percentile compared to a combined sample of males and females (Groen et al., 2015). Given the gender differences, men are disproportionately more likely to be described as having low empathy. Average scores of 1.5 or higher are categorised as High and correspond to approximately the 85th percentile.

Client Responses

		Strongly Disagree	Slightly Disagree	Slightly Agree	Strongly Agree
1	I can easily tell if someone else wants to enter a conversation.	0	0	1	2
2	I find it difficult to explain to others things that I understand easily when they don't understand it the first time.	2	1	0	0
3	I really enjoy caring for other people.	0	0	1	2
4	I find it hard to know what to do in a social situation.	2	1	0	0
5	People often tell me that I went too far in driving my point home in a discussion	2	1	0	0
6	It doesn't bother me too much if I am late meeting a friend.	2	1	0	0
7	Friendships and relationships are just too difficult, so I tend not to bother with them.	2	1	0	0
8	I often find it difficult to judge if something is rude or polite.	2	1	0	0

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Client Responses (cont.)

		Strongly Disagree	Slightly Disagree	Slightly Agree	Strongly Agree
9	In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking.	2	1	0	0
10	When I was a child, I enjoyed cutting up worms to see what would happen.	2	1	0	0
11	I can pick up quickly if someone says one thing but means another.	0	0	1	2
12	It is hard for me to see why some things upset people so much.	2	1	0	0
13	I find it easy to put myself in somebody else's shoes.	0	0	1	2
14	I am good at predicting how someone will feel.	0	0	1	2
15	I am quick to spot when someone in a group is feeling awkward or uncomfortable.	0	0	1	2
16	If I say something that someone else is offended by, I think that that's their problem, not mine.	2	1	0	0
17	If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it.	2	1	0	0
18	I can't always see why someone should have felt offended by a remark.	2	1	0	0
19	Seeing people cry doesn't really upset me.	2	1	0	0
20	I am very blunt, which some people take to be rudeness, even though this is unintentional.	2	1	0	0
21	I don't tend to find social situations confusing.	0	0	1	2
22	Other people tell me I am good at understanding how they are feeling and what they are thinking.	0	0	1	2
23	When I talk to people, I tend to talk about their experiences rather than my own.	0	0	1	2
24	It upsets me to see an animal in pain.	0	0	1	2
25	I am able to make decisions without being influenced by people's feelings.	2	1	0	0
26	I can easily tell if someone else is interested or bored with what I am saying.	0	0	1	2
27	I get upset if I see people suffering on news programmes.	0	0	1	2

Client Name	Generic Client

Client Responses (cont.)

		Strongly Disagree	Slightly Disagree	Slightly Agree	Strongly Agree
28	Friends usually talk to me about their problems as they say that I am very understanding.	0	0	1	2
29	I can sense if I am intruding, even if the other person doesn't tell me.	0	0	1	2
30	People sometimes tell me that I have gone too far with teasing.	2	1	0	0
31	Other people often say that I am insensitive, though I don't always see why.	2	1	0	0
32	If I see a stranger in a group, I think that it is up to them to make an effort to join in.	2	1	0	0
33	I usually stay emotionally detached when watching a film.	2	1	0	0
34	I can tune into how someone else feels rapidly and intuitively.	0	0	1	2
35	I can easily work out what another person might want to talk about.	0	0	1	2
36	I can tell if someone is masking their true emotion.	0	0	1	2
37	I don't consciously work out the rules of social situations.	0	0	1	2
38	I am good at predicting what someone will do.	0	0	1	2
39	I tend to get emotionally involved with a friend's problems.	0	0	1	2
40	I can usually appreciate the other person's viewpoint, even if I don't agree with it.	0	0	1	2