

Empathy Quiz



Empathy is the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. Research suggests that empathic people tend to be more [generous](#) and concerned with others' welfare, and they also tend to have [happier relationships](#) and greater [personal well-being](#). Empathy can also improve [leadership ability](#) and facilitate [effective communication](#).

But research also suggests that people differ in the extent to which they experience empathy. So how empathic are you?

The following quiz will help you find out. It draws from three scientifically validated scales that researchers have created to measure empathy: the [Toronto Empathy Questionnaire](#), developed by Nathan Spreng and his colleagues; the [Interpersonal Reactivity Index](#), developed by Mark Davis; and the [Emotion Specific Empathy Questionnaire](#), developed by Sally Olderbak and her colleagues.

The quiz contains a total of 28 questions. Please answer them as honestly as possible--there are no right or wrong answers. The first 22 will be used to measure your level of empathy; the last six will be used by our research team to understand how empathy relates to factors like gender, birth order, and political orientation.

When you're done, you'll receive your empathy score, along with feedback interpreting this score and tips for strengthening your empathy skills.

Take The Quiz

1. I easily feel sad when the people around me feel sad.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

2. Before criticizing somebody, I try to imagine how I would feel if I were in his/her place.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

3. It is difficult for me to understand what makes my friends happy.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

4. It upsets me to see someone being treated disrespectfully.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

5. When someone else is feeling excited, I tend to get excited too.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

6. I have tender, concerned feelings for people less fortunate than me.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

7. I sometimes find it difficult to see things from the other person's point of view.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

8.I find that I am “in tune” with other people’s moods.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

9.If I’m sure I’m right about something, I don’t waste much time listening to other people’s arguments.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

10.If someone tells me about an event that made him/her happy, I can easily understand why that event made him/her happy.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

11.I try to look at everybody’s side of a disagreement before I make a decision.

1. Strongly Disagree
2. Disagree
3. Neutral

- 4. Agree
- 5. Strongly Agree

12. I become irritated when someone cries.

- 1. Strongly Disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly Agree

13. I can easily think about events that will make my friends happy.

- 1. Strongly Disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly Agree

14. I sometimes try to understand my friends better by imagining how things look from their perspective.

- 1. Strongly Disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly Agree

15. I get a strong urge to help when I see someone who is upset.

- 1. Strongly Disagree
- 2. Disagree

3. Neutral
4. Agree
5. Strongly Agree

16.I believe that there are two sides to every question and try to look at them both.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

17.When I see that my friend is sad about something, I easily feel sad as well.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

18.I have a hard time predicting what situations will make other people happy.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

19. When I'm upset at someone, I usually try to put myself in his/her shoes for a while.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

20. When I see someone being taken advantage of, I feel protective towards him/her.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

21. I remain unaffected when someone close to me is happy.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

22. I enjoy making other people feel better.

1. Strongly Disagree
2. Disagree
3. Neutral

- 4. Agree
- 5. Strongly Agree

23.In terms of your gender identity, do you see yourself as:

- 1. Female/Woman
- 2. Male/Man
- 3. Gender non-binary
- 4. I prefer to self-identify
- 5.

24.What is your age?

- 1. Under 18
- 2. 18 - 29
- 3. 30 - 39
- 4. 40 - 49
- 5. 50 - 59
- 6. 60 - 69
- 7. 70 or Over

25.Please indicate your birth order in relation to your siblings (if any).

- 1. I am the oldest child (first born)
- 2. I am a middle child
- 3. I am the youngest child (last born)
- 4. I am an only child (no siblings)
- 5. Other

26. Please select your ethnic background (if you identify with more than one ethnicity, select the one you identify with the most, or select multiethnic).


1. African, African-American
2. Asian, Asian-American
3. European, European-American (Caucasian)
4. Latino, Latino-American, Chicano
5. Native American
6. Middle Eastern
7. Multiethnic
8. Other
9.

27. How would you describe your political views?

1. Very Liberal
2. Liberal
3. Moderate
4. Conservative
5. Very Conservative

28. Please provide your best estimate of your annual household income (before taxes).

1. Less than \$25,000
2. \$25,000 - \$49,999
3. \$50,000 - \$74,999
4. \$75,000 - \$99,999
5. \$100,000 - \$149,999

6.  \$150,000 or higher

Adapted from:

Spreng, R. N., McKinnon, M. C., Mar, R. A., & Levine, B. (2009). "The Toronto Empathy Questionnaire." *Journal of Personality Assessment*, 91(1), 62-71.

Davis, M. H. (1980). "A multidimensional approach to individual differences in empathy." *JSAS Catalog of Selected Documents in Psychology*, 10, 85.

Olderbak, S., Sassenrath, C., Keller, J., & Wilhelm, O. (2014). "An emotion-differentiated perspective on empathy with the emotion specific empathy questionnaire." *Frontiers in Psychology*, 5, 1-14.

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