

# Schutte Emotional Intelligence Scale (SEIS)

This questionnaire is designed to measure your emotional intelligence. There are 33 statements below. Please rate each statement on how well it describes you by circling the appropriate number on the scale from 1 to 5, where:

**1 = Strongly disagree   2 = Disagree   3 = Neutral   4 = Agree   5 = Strongly agree**

Please answer as honestly as possible.

## Preparation tips for the patient

- Find a quiet, comfortable space to complete the assessment without distractions.
- Read each statement carefully and consider how it applies to you before selecting a response.
- Be honest in your responses to get the most accurate measure of your emotional intelligence.
- Take your time to reflect on each item; there is no need to rush.

	<b>1</b> Strongly disagree	<b>2</b> Disagree	<b>3</b> Neutral	<b>4</b> Agree	<b>5</b> Strongly agree
1. I know when to speak about my personal problems to others.					
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.					
3. I expect that I will do well on most things I try.					
4. Other people find it easy to confide in me.					
5. I find it hard to understand the non-verbal messages of other people.					
6. Some of the major events of my life have led me to re-evaluate what is important and not important.					
7. When my mood changes, I see new possibilities.					
8. Emotions are one of the things that make my life worth living.					
9. I am aware of my emotions as I experience them.					
10. I expect good things to happen.					
11. I like to share my emotions with others.					
12. When I experience a positive emotion, I know how to make it last.					
13. I arrange events others enjoy.					

	1 Strongly disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly agree
14. I seek out activities that make me happy.					
15. I am aware of the non-verbal messages I send to others.					
16. I present myself in a way that makes a good impression on others.					
17. When I am in a positive mood, solving problems is easy for me.					
18. By looking at their facial expressions, I recognize the emotions people are experiencing.					
19. I know why my emotions change.					
20. When I am in a positive mood, I am able to come up with new ideas.					
21. I have control over my emotions.					
22. I easily recognize my emotions as I experience them.					
23. I motivate myself by imagining a good outcome to tasks I take on.					
24. I compliment others when they have done something well.					
25. I am aware of the non-verbal messages other people send.					
26. When another person tells me about an important event in their life, I almost feel as though I have experienced this event myself.					
27. When I feel a change in emotions, I tend to come up with new ideas.					
28. When I am faced with a challenge, I give up because I believe I will fail.					
29. I know what other people are feeling just by looking at them.					
30. I help other people feel better when they are down.					
31. I use good moods to help myself keep trying in the face of obstacles.					
32. I can tell how people are feeling by listening to the tone of their voice.					
33. It is difficult for me to understand why people feel the way they do.					
<b>Total score:</b>					

## Scoring guide

1. **Sum the ratings:** Add up the ratings for all 33 items to get the total score.

2. **Interpret the total score:**

- Higher scores indicate higher emotional intelligence.
- Lower scores suggest areas for potential growth and development.

## Interpretation and next steps

1. **Analyze the results:** Identify strengths and areas for improvement in emotional intelligence.

2. **Develop interventions:** Create personalized strategies to enhance emotional skills based on the individual's score.

3. **Monitor progress:** Periodically use the SEIS to track changes and improvements over time.

4. **Educate clients:** Provide insights and resources to help clients understand and develop their emotional intelligence.

## Healthcare professional's details

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Date: \_\_\_\_\_

## References

Schutte, N. S., Malouff, J. M., Hall, L. E., Haggerty, D. J., Cooper, J. T., Golden, C. J., & Dornheim, L. (1998). Development and validation of a measure of emotional intelligence. *Personality and Individual Differences*, 25(2), 167-177. [https://doi.org/10.1016/S0191-8869\(98\)00001-4](https://doi.org/10.1016/S0191-8869(98)00001-4)

Veritas International Training Center. (n.d.). *The Schutte Self Report Emotional Intelligence Test (SSEIT)*. <https://www.veritas-itc.com/wp-content/uploads/2020/12/The-Schutte-Self-Report-Emotional-Intelligence-Test.pdf>