

Toronto Empathy Questionnaire

Name: _____ Birthdate: _____ Gender: _____ Date: _____

Instructions: Please read each statement carefully and rate how frequently you experience or act in the described manner. There are no right or wrong answers, so answer each question as honestly as possible.

Statement	Never 0	Rarely 1	Sometimes 2	Often 3	Always 4
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.					
Total score:					

Scoring and interpretation

Items 1, 3, 5, 6, 8, 9, 13, and 16 are phrased positively, while items 2, 4, 7, 10, 11, 12, 14, and 15 are phrased negatively. To calculate the total score, sum the points for all items, ensuring that the scores for the negatively worded ones are reversed. Higher scores reflect elevated levels of self-reported empathy.

Males' general score for this measure ranges from 43.46 to 44.45, while females tend to score between 44.62 and 48.93. Gender differences, as measured by this questionnaire, are reported as 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. <https://doi.org/10.1080/00223890802484381>