Highly Sensitive Person Scale - Revised (HSP-R)

Instructions: Please answer each question below by circling the number between 1 = “Not at all” to 7 “Extremely” that describes you best as a person overall. If a question can’t be answered, please just leave it out and move on.

	Not at alll			Moderately			Extremely
1. Do you notice when things have been moved around?	1	2	3	4	5	6	7
2. Are you easily affected by feedback (both negative and positive)?	1	2	3	4	5	6	7
3. Are you easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by?	1	2	3	4	5	6	7
4. Do you easily recognise what others are feeling?	1	2	3	4	5	6	7
5. Do you notice and enjoy delicate or fine scents, tastes, sounds, works of art?	1	2	3	4	5	6	7
6. Are you easily affected by the mood of people around you?	1	2	3	4	5	6	7
7. Do you tend to reflect on things deeply?	1	2	3	4	5	6	7
8. Are you good at anticipating how someone may feel about a situation?	1	2	3	4	5	6	7
9. Are you bothered by intense stimuli, like loud noises or chaotic scenes?	1	2	3	4	5	6	7
10. Do you generally react strongly to your experiences, whether you show it or not?	1	2	3	4	5	6	7
11. Do other people tell you that you are good at understanding what they are feeling or thinking?	1	2	3	4	5	6	7
12. Do you tend to get deeply immersed in music?	1	2	3	4	5	6	7
13. Do you find yourself thinking about philosophical questions?	1	2	3	4	5	6	7
14. Do you seem to notice changes in the weather more than others do?	1	2	3	4	5	6	7
15. Do you become unpleasantly aroused when a lot is going on around you?	1	2	3	4	5	6	7
16. Are you deeply moved by the arts or music?	1	2	3	4	5	6	7
17. Do you tend to notice subtle signs of changing seasons (winter/ spring etc.)?	1	2	3	4	5	6	7
18. Do you like deep conversations?	1	2	3	4	5	6	7

Instructions to Calculate the Results

Total Sensitivity Score	
Add up all responses:	
Calculate the average score (sum of all responses divided by number of questions answered)	____ ____/ ____ =_ ____

Interpretation: An average score of greater than 5 indicates a tendency towards high sensitivity. However, individual scores may vary depending on gender, age, cultural background and other characteristics. Importantly, the score does not represent a precise indication or diagnosis but shows the likely position along a continuum of sensitivity.

Subscales

Research suggests that there are six different core aspects of sensitivity that are measured with six subscales in the HSP-R. The subscale scores below provide an understanding of how each of these core aspects of sensitivity contribute to an individual's sensitivity.

Aspect of Sensitivity	**Questions** (enter responses)			**Total Subscale Score** (add up responses)	**Average Subscale Score** (total divided by number answered)
Overstimulation	3	9	15		
Score					
Sensitivity to Positive Experiences	5	12	16		
Score					
Social Sensitivity	4	8	11		
Score					
Depth of Processing	7	13	18		
Score					
Emotional Reactivity	2	6	10		
Score					
Sensitivity to Details	1	14	17		
Score					

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2. **Provide a link to our websites with more information on the scale:** https://sensitivityresearch.com/ and https://hsperson.com/

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