



The Schutte Self Report Emotional Intelligence Test (SSEIT)

Emotional intelligence, interpersonal relationships, soft skills

What is this?

The Schutte Self-Report Emotional Intelligence Test (SSEIT) is a method of measuring general Emotional Intelligence (EI). It was created in 1998 by Dr. Nicola Schutte and her colleagues¹ and is widely used. This instrument is also known as the Assessing Emotions Scale.

Why is this important?

Emotional intelligence (EI) is the ability to understand and to regulate emotions in oneself and in others.

High EI is associated with more optimism, greater impulse control, better mood, more empathic perspective taking, more closeness and warmth in relationships, more persistence under frustrating circumstances, and other similar outcomes.

In education, EI is increasingly regarded as plus in a teacher's qualifications, both as a self-management tool, a perception enhancement device and the basis for a more balanced rapport with young people and other adults.

What can I use it for?

This self-assessment tool will give you an overall rating of your Emotional Intelligence. Since EI can be improved with appropriate training – e.g. in empathy or in self-regulation of emotions – you may use it as a starting point to work on your EI and to check your progress.

This is a resource you should only use for your own personal and professional development. **It is not intended to be applied to your students.**

How can I use it?

The SSEIT includes a 33-item self-report using a 1 (strongly agree) to 5 (strongly disagree) scale for responses.

You can complete the scale yourself – see the following pages. Keep in mind that your responses may be biased by knowing that the scale measures EI.

Once you have completed it, add the scores of the 33 items to obtain your total score.

How to read the results

The mean score across many large samples is about 124, with a standard deviation of about 13. So scores below 111 or above 137 are unusually low or high. Men and women perform differently in this test, with women scoring significantly higher (mean=131) than men (mean=125).

¹ 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, 167–177.



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Instructions: Indicate the extent to which each item applies to you using the scale in the five columns to the right of each item.

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
1. I know when to speak about my personal problems to others	1	2	3	4	5
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them	1	2	3	4	5
3. I expect that I will do well on most things I try	1	2	3	4	5
4. Other people find it easy to confide in me	1	2	3	4	5
5. I find it hard to understand the non-verbal messages of other people*	5	4	3	2	1
6. Some of the major events of my life have led me to re-evaluate what is important and not important	1	2	3	4	5
7. When my mood changes, I see new possibilities	1	2	3	4	5
8. Emotions are one of the things that make my life worth living	1	2	3	4	5
9. I am aware of my emotions as I experience them	1	2	3	4	5
10. I expect good things to happen	1	2	3	4	5
11. I like to share my emotions with others	1	2	3	4	5
12. When I experience a positive emotion, I know how to make it last	1	2	3	4	5
13. I arrange events others enjoy	1	2	3	4	5
14. I seek out activities that make me happy	1	2	3	4	5
15. I am aware of the non-verbal messages I send to others	1	2	3	4	5
16. I present myself in a way that makes a good impression on others	1	2	3	4	5
17. When I am in a positive mood, solving problems is easy for me	1	2	3	4	5
18. By looking at their facial expressions, I recognize the emotions people are experiencing	1	2	3	4	5
19. I know why my emotions change	1	2	3	4	5
20. When I am in a positive mood, I am able to come up with new ideas	1	2	3	4	5
21. I have control over my emotions	1	2	3	4	5
22. I easily recognize my emotions as I experience them	1	2	3	4	5
23. I motivate myself by imagining a good outcome to tasks I take on	1	2	3	4	5
24. I compliment others when they have done something well	1	2	3	4	5
25. I am aware of the non-verbal messages other people send	1	2	3	4	5
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself	1	2	3	4	5
Subtotal p. 2					



	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
27. When I feel a change in emotions, I tend to come up with new ideas	1	2	3	4	5
28. When I am faced with a challenge, I give up because I believe I will fail*	5	4	3	2	1
29. I know what other people are feeling just by looking at them	1	2	3	4	5
30. I help other people feel better when they are down	1	2	3	4	5
31. I use good moods to help myself keep trying in the face of obstacles	1	2	3	4	5
32. I can tell how people are feeling by listening to the tone of their voice	1	2	3	4	5
33. It is difficult for me to understand why people feel the way they do*	5	4	3	2	1
Subtotal p. 3					
Total score					

Please note that items 5, 28, and 33 feature a reverse scale (it's not a mistake!), where "Strongly disagree" = 5 and "Strongly agree" = 1.