

## TEIQUE-SF Scoring key

### Scoring method

The test items are scored on a 7-point Likert scale, with responses ranging from 1 (completely disagree) to 7 (completely agree). Reverse scoring is applied to item no. 2, 4, 5, 7, 8, 10, 12, 13, 14, 16, 18, 22, 25, 26 and 28. In the process of reverse scoring, response categories will be reversed as follows:

1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1

Scoring also involves segregating items into four traits (factors) linked to an individual's Emotional Intelligence domain (Petrides & Furnham, 2001).

- **Well-being:** 3, 5(R), 9, 12(R), 18(R), 20, 24, 27
- **Self-control:** 4(R), 7(R), 15, 19, 22(R), 30
- **Sociability:** 6, 10(R), 11, 14(R), 21, 25(R), 26(R)
- **Emotionality:** 1,2(R), 8(R), 13(R), 16(R), 17, 23, 28(R)

Now add each factor's score horizontally and match it with the category of interpretation given below.

### Interpretation

Based on the scoring of each facet (well-being, self-control, sociability, emotionality) of EI, the test taker's emotional intelligence score is categorized as follows:

- 6-10 : Low Emotional Intelligence
- 11-52: Moderate Emotional Intelligence
- 53-56: High Emotional Intelligence

### Interpreting factor scores (for students to interpret their scores and write the evaluation accordingly)

- **Well-being:** High scores on this factor reflect a generalized sense of well-being, extending from past achievements to future expectations. Overall, individuals with high scores feel positive, happy, and fulfilled. In contrast, individuals with low scores tend to have low self-regard and to be disappointed about their life as it is at present. Your well-being score largely depends on your scores on the other three factors of the TEIQue.
- **Self-control:** High scorers have a healthy degree of control over their urges and desires. In addition to fending off impulses, they are good at regulating external pressures and stress. They are neither repressed nor overly expressive. In contrast, low scorers are prone

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to impulsive behaviour and seem to be incapable of managing stress. Low self-control is associated with inflexibility.

- **Emotionality:** Individuals with high scores on this factor believe they have a wide range of emotion-related skills. They can perceive and express emotions and use these abilities to develop and sustain close relationships with important others. Individuals with low scores on this factor find it difficult to recognize their internal emotional states and to express their feelings to others, which often leads to less rewarding personal relationships.
- **Sociability:** The sociability factor differs from the emotionality factor above in that it emphasizes social relationships and social influence. The focus is on the individual as an agent in different social contexts rather than on personal relationships with family and close friends. Individuals with high scores on the sociability factor are better at social interaction. They believe they have good listening skills and can communicate clearly and confidently with people from very diverse backgrounds. Those with low scores believe they are unable to affect others' emotions and are less likely to be good negotiators or networkers. They are unsure what to do or say in social situations and, as a result, they often appear shy and reserved.