

Test: Self-Report Emotional Intelligence Test, SREIT

Link: Report+Form · Report only · Form

FORM ▲

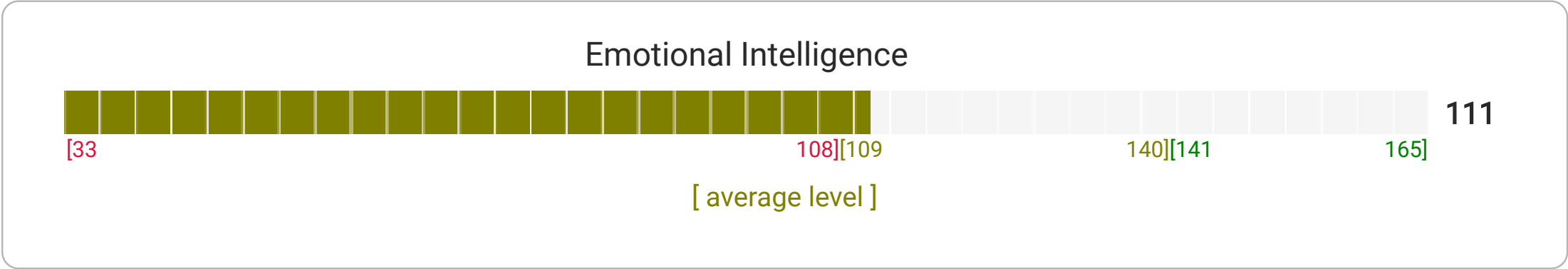
- 1 – Strongly disagree
- 2 – Disagree
- 3 – Neither disagree nor agree
- 4 – Agree
- 5 – Strongly agree

Nº		1	2	3	4	5
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	{reverse} I find it hard to understand the nonverbal 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 some 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.		✓			
14	I seek out activities that make me happy.			✓		
15	I am aware of the nonverbal 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 nonverbal messages other people send.				✓	
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.		✓			
27	When I feel a change in emotions, I tend to come up with new ideas.		✓			
28	{reverse} 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.			✓		

TEST SCORES



CALCULATIONS ▲

Scale	M	SD <small>M</small>	Average	~
Emotional Intelligence	124.78	15.5	109–140	+



REPORT

According to the Schutte paper (1998), these are population scores in the USA:

Average score of men – 124.78±15.5

Average score of women – 130.94±15.09

Average score of therapists – 134.92±20.25

Average score of female prisoners – 120.08±17.71

REFERENCES

- N. S. Schutte, J. M. Malouff et al. Development and validation of a measure of emotional intelligence // Personality and Individual Differences, 1998. 25(2)