## **HSP** QUESTIONNAIRE

#### **INSTRUCTIONS:**

This questionnaire is completely anonymous and confidential since you are the only one who will have access. Answer each question according to the way you personally feel, using the following scale:

1	2	3	4	5	6	7
Not	at All		Moderately			Extremely
	_1. Are you easily ove	erwhelmed by	strong sensory in	put?		
	2. Do you seem to be	e aware of sub	otleties in your en	vironment?		
	3. Do other people's	moods affect	you?			
	4. Do you tend to be	more sensitiv	e to pain?			
any p	_5. Do you find yours lace where you can ha	_	_		oed or into a dar	kened room o
	6. Are you particular	ly sensitive to	the effects of caf	feine?		
clos	7. Are you easily ove se by?	erwhelmed by	things like bright	lights, strong sm	ells, coarse fabr	ics, or sirens
	8. Do you have a rich	n, complex inn	er life?			
	9. Are you made und	comfortable by	/ loud noises?			
	_10. Are you deeply m	oved by the ar	ts or music?			
	_11. Does your nervou	s system some	etimes feel so fraz	zled that you jus	st have to go off	by yourself?
	_12. Are you conscient	ious?				
	_13. Do you startle eas	ily?				
	_14. Do you get rattled	l when you hav	ve a lot to do in a	short amount of	time?	
be o	_15. When people are done to make it more o		• •	•		what needs to
	_16. Are you annoyed	when people t	ry to get you to d	o too many thing	gs at once?	
	_17. Do you try hard to	avoid making	mistakes or forg	etting things?		
	_18. Do you make a po	int to avoid vi	olent movies and	TV shows?		
	19. Do you become ui	npleasantly are	oused when a lot	is going on arou	nd vou?	

20. Does being very hungry create a strong reaction in you, disrupting your concentration or mood?
21. Do changes in your life shake you up?
22. Do you notice and enjoy delicate or fine scents, tastes, sounds, works of art?
23. Do you find it unpleasant to have a lot going on at once?
24. Do you make it a high priority to arrange your life to avoid upsetting or overwhelming situations?
25. Are you bothered by intense stimuli, like loud noises or chaotic scenes?
26. When you must compete or be observed while performing a task, do you become so nervous or shaky that you do much worse than you would otherwise?
27. When you were a child, did parents or teachers seem to see you as sensitive or shy?

HSP Scale © 1997 E. Aron (For additional information see Aron & Aron, JPSP, 1997 or email <a href="mailto:aron@ic.sunysb.edu">aron@ic.sunysb.edu</a>)

## Instructions

# Scoring your HSP Questionnaire

#### (1) HSP Score

Add up all of your answers and divide by 27. This will give you your average score. See scale below.

HSP Overall Score \_\_\_\_\_\_/27 = \_\_\_\_\_\_

Low 3.69 or less, Med 3.7 – 4.65, High 4.66

#### (2) Negative Affect Subscale

Add up the following 6 items and divide by 6.

#### (3) Neural Sensitivity

Add up the following 5 items and divide by 5.

#### (4) Propensity to Overwhelm

Add up the following 4 items and divide by 4.

#### (5) Careful Processing

Add up the following 3 items and divide by 3.

#### (6) Aesthetic Sensitivity

Add up the following 2 items and divide by 2.

Enter all of the 6 scores on the description sheet.

# Description HSP & Subscales

Folks with HSP have a sensory processing sensitivity in which their nervous system reacts more acutely to sound, light, touch, taste and smell among other things. When well-adjusted they are gifted with deep subtle awareness, have access to knowing on multiple levels, deep aesthetic appreciations, and can be present with

others while carrying high levels of resonant energy. When an HSP individual is not mindfully regulating this sensitivity, they can become quickly fatigued or overwhelmed in highly stimulating environments, which correlates with needing an unusual amount of solitude or retreat to recover. This unregulated form of HSP can also manifest in various anxiety diagnoses.

### **Enter your results**

(1) HSP Overall Score \_\_\_\_\_/27 =

Range: Low 3.7 and below. **Medium** 3.71-4.65 **High** 4.66 and above. People scoring in the middle or high categories would benefit from the meditative and self-regulating exercises noted in Habib, (2022).

The Five Subfactors of HSP

(May, 2020, et al.)

(2) Negative Affect \_\_\_\_\_

Negative Affect is an UL cognitive reaction to sensory input. An example of a question loading on this factor is 'Do you find it unpleasant to have a lot going on at once" and "Do changes in your life shake you up?" Less is better on this factor which involves a dynamic influence involving the UR and LL. A score of **4.5 and above** is estimated to be likely significant.

(3) Neural Sensitivity \_\_\_\_\_

Neuro Sensitivity is how your body and nervous system reacts to stimulation. Integralists learn how to have UR awareness and learn many calming practices. Questions loading on this factor include "Do you startle easily", Do other people's moods effect you", "Do you find yourself needing to withdraw...for relief from stimulation?" A score of **3.5 and above** is likely significant. Although, it is hypothesized that if the score is very low, then there is less sensory awareness generated by the body. There is likely some unknown optimal range for this factor.

#### (4) Propensity to Overwhelm \_\_\_\_\_

Propensity to Overwhelm can be an all-quadrant over-reaction to stimulation. Questions loading on this factor include "Are you bothered by intense stimuli, like loud noises or chaotic scenes?" Less is better with this factor. A score of **3.5 or above** is likely significant.

(5) Carefu	l Processing	
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Careful Processing is an UL factor that can involve obsession and at high levels, excessive fears of making a mistake. This can create inhibition and drain resources. An example of a question loading on this factor is, "Do you try hard to avoid making mistakes or forgetting things?" A score at **4.0 and above** is likely significant. Although, it is hypothesized that very low scores correlate with disorganization and carelessness. There is likely some unknown optimal range for this factor.

#### More Information on HSP

Aron, Elaine (2013) The Highly Sensitive Person: How to Thrive When the World

Overwhelms You

Habib, Thomas (2022) Sensory Processing Sensitivity & Well-Being within the

Integral Community. Is there a vantage sensitivity?

https://independent.academia.edu/HabibTom

May, A., Norris, S., Richter, L., & Pitman, M. ((2020) *A psychometric evaluation of the highly sensitive person scale in ethnically and culturally heterogeneous South African samples*. Current Psychology.