

___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 aron@ic.sunysb.edu)

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.

14, 16, 20, 21, 23, 26
_____ /6 = _____

(3) Neural Sensitivity

Add up the following 5 items and divide by 5.

3, 4, 5, 11, 13 = _____/5 = .

(4) Propensity to Overwhelm

Add up the following 4 items and divide by 4.

7, 9, 19, 25
= _____/4 = _____

(5) Careful Processing

Add up the following 3 items and divide by 3.

12, 17, 24
= _____/3 = _____

(6) Aesthetic Sensitivity

Add up the following 2 items and divide by 2.

10, 22
= _____/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) Careful Processing _____

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*.