

Emotional Quotient Inventory (EQ-i)

The Emotional Quotient Inventory (EQ-i) is a self-report questionnaire designed to measure perceived emotional and social competencies. It notably explores intrapersonal functioning, interpersonal relationships, adaptability, stress management and general mood. Used by psychologists in clinical, counseling, career guidance and personal functioning assessment settings, it provides a structured profile of the perceived emotional quotient. This tool does not, on its own, establish a psychopathological diagnosis, but it is a useful aid for understanding emotional resources, adaptive vulnerabilities and areas to work on in psychological support.

Number of questions	133 questions
Estimated duration	30 minutes
Language	English
Original name	Emotional Quotient Inventory
Target audience	Adults
Authors	Reuven Bar-On (1997)
Category	Emotion regulation

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Items are rated on a 5-point Likert-type scale according to the degree to which each statement describes the person. Responses are summed and then converted into standard scores using the test norms. Interpretation covers an overall emotional quotient score as well as several dimensions and subscales. High scores reflect emotional and social competencies perceived as more developed, while low scores suggest relative difficulties in the areas concerned. The analysis should be placed in its clinical context and, if possible, supplemented by an interview and other sources of information.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

 Elodie C. - CBT Psychologist