

Highly Sensitive Person Scale (HSPS)

The HSPS is designed to identify people who experience high sensitivity to environmental stimuli, whether emotional or sensory. It is often used to understand the prevalence of high sensitivity and how it affects the individual's daily life.

Number of questions	23 questions
Estimated duration	5 minutes
Language	English
Original name	Highly Sensitive Person Scale
Target audience	Adults
Authors	Elaine N. Aron (1997)
Category	General

Preview of the 23 questions

I am aware of subtle nuances in my surroundings

Yes No

I am affected by other people's moods

Yes No

I am very sensitive to pain

Yes No

On hectic days, I need to withdraw, whether to bed, to a darkened room, or to any place where I can be left in peace and free from all stimulation

Yes No

I am especially sensitive to the effects of caffeine

Yes No

Scoring & interpretation

Responses are given on a binary scale with two options: “Yes” or “No.” An overall score is calculated based on the number of affirmative answers in order to determine the individual's level of high sensitivity.