This questionnaire explores how easily you recognise and experience the emotions of others. Please score the following statements using the scale provided. Circle one answer for each statement.

		Almost never	Sometimes	About half the time	Most of the time	Almost always
1	Just by seeing or hearing someone, I know if they are feeling sad.	1	2	3	4	5
2	When I see or hear someone who is sad, it makes me feel sad too.	1	2	3	4	5
3	Just by seeing or hearing someone, I know if they are feeling happy.	1	2	3	4	5
4	When I see or hear someone who is happy, it makes me feel happy too.	1	2	3	4	5
5	Just by seeing or hearing someone, I know if they are feeling angry.	1	2	3	4	5
6	When I see or hear someone who is angry, it makes me feel angry too.	1	2	3	4	5
7	Just by seeing or hearing someone, I know if they are feeling amused.	1	2	3	4	5
8	When I see or hear someone who is amused, it makes me feel amused too.	1	2	3	4	5
9	Just by seeing or hearing someone, I know if they are feeling scared.	1	2	3	4	5
10	When I see or hear someone who is scared, it makes me feel scared too.	1	2	3	4	5
11	Just by seeing or hearing someone, I know if they are feeling calm.	1	2	3	4	5
12	When I see or hear someone who is calm, it makes me feel calm too.	1	2	3	4	5
13	Just by seeing or hearing someone, I know if they are feeling disgusted.	1	2	3	4	5
14	When I see or hear someone who is disgusted, it makes me feel disgusted too.	1	2	3	4	5
15	Just by seeing or hearing someone, I know if they are feeling enthusiastic.	1	2	3	4	5
16	When I see or hear someone who is enthusiastic, it makes me feel enthusiastic too.	1	2	3	4	5
17	Just by seeing or hearing someone, I know if they are feeling embarrassed.	1	2	3	4	5
18	When I see or hear someone who is embarrassed, it makes me feel embarrassed too.	1	2	3	4	5
19	Just by seeing or hearing someone, I know if they are feeling proud.	1	2	3	4	5
20	When I see or hear someone who is proud, it makes me feel proud too.	1	2	3	4	5

Perth Empathy Scale (PES) Scoring Instructions

Empathy is a multidimensional construct comprised of two components: cognitive empathy and affective empathy. Cognitive empathy refers to the ability to infer and recognise the emotions of others, while affective empathy refers to the ability to experience others' emotions vicariously. In other words, people with high levels of empathy can easily recognise the emotions of others and experience that emotion.

The PES (Brett et al., 2022) is a 20-item self-report measure of empathy. It is designed to assess both the cognitive and affective components of empathy and across negative and positive emotions. Four subscale scores and three composite scores can be derived from the measure, with higher scores indicating higher levels of empathy. A total score (overall empathy ability) can be used by adding up all the items. For more information about the development and psychometric properties of the PES, see Brett et al., (in 2022).

The table below describes each of the PES subscale and composite scores and how to calculate them.

Subscale/composite scores	How to calculate	Content measured
Subscale scores		
Negative-Cognitive empathy (NCE)	Sum items 1, 5, 9, 13, 17	Ability to recognise others' *negative* emotions.
Positive-Cognitive empathy (PCE)	Sum items 3, 7, 11, 15, 19	Ability to recognise others' *positive* emotions.
Negative-Affective empathy (NAE)	Sum items 2, 6, 10, 14, 18	Ability to share others' *negative* emotions.
Positive-Affective empathy (PAE)	Sum items 4, 8, 12, 16, 20	Ability to share others' *positive* emotions.
Composite scores		
General-Cognitive empathy (CE)	Sum NCE and PCE subscales	Ability to recognise others' emotions (negative and positive).
General-Affective empathy (AE)	Sum NAE and PAE subscales	Ability to share others' emotions (negative and positive).
Empathy (total scale score)	Sum all items	Overall empathy; ability to recognise and share others' emotions (negative and positive).

PES Descriptive Statistics

Some descriptive statistics and Cronbach's alpha reliability coefficients from an Australian adult general community and university sample (*N* = 638; Brett et al., in press) are provided in the table below.

Subscale/ Composite	Total Sample (*N*=638)				Females (*N*=451)			Males (*N*=187)	
	M	*SD*	Cronbach's alpha		*M*	*SD*		*M*	*SD*
Subscales									
N-CE	19.1	3.83	.87		19.2	3.76		18.6	3.98
P-CE	19.1	3.55	.85		19.2	3.59		18.9	3.45
N-AE	12.0	3.67	.73		12.4	3.71		11.1	3.39
P-AE	15.9	3.98	.77		16.1	3.94		15.4	4.04
Composites									
G-CE	38.2	7.09	.92		38.4	7.06		37.6	7.14
G-AE	27.9	6.48	.80		28.5	6.55		26.6	6.12
Empathy (total)	66.1	11.2	.88		66.9	11.3		64.1	10.9

Score Interpretations

To interpret PES scores we recommend that a respondent's score be compared to scores from an appropriate normative sample. Empathy is a dimensional (rather than categorical) construct that is normally distributed in the general population, so empathy scores are best thought of as existing on a continuum. Everyone has some level of empathy, whether that be a low, average, or high level. The number of standard deviations (SDs) a respondent's score is from the mean of an appropriate normative sample indicates the degree of empathy. We interpret PES scores in the following way, keeping in mind that higher scores indicate a higher level of empathy:

- Scores **1SD or more above** the mean = "high level of empathy"
- Scores **less than 1SD** from the mean = "average level of empathy"
- Scores **1SD or more below** the mean = "low level of empathy"

References

Brett, J. D., Becerra, R., Maybery, M. T., & Preece, D. A. (2022). The Psychometric Assessment of Empathy: Development and Validation of the Perth Empathy Scale. *Assessment.* https://doi.org/10.1177/10731911221086987.