Highly Sensitive Person Scale - Revised (HSP-R)

Instructions: Please answer each question below by circling the number between 1 = “Not at all” to 7 “Extremely” that describes you best as a person overall. If a question can’t be answered, please just leave it out and move on.

	Not at alll		Moderately			Extremely
1. Do you notice when things have been moved around?	1	2	3	4	5	6	7
2. Are you easily affected by feedback (both negative and positive)?	1	2	3	4	5	6	7
3. Are you easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by?	1	2	3	4	5	6	7
4. Do you easily recognise what others are feeling?	1	2	3	4	5	6	7
5. Do you notice and enjoy delicate or fine scents, tastes, sounds, works of art?	1	2	3	4	5	6	7
6. Are you easily affected by the mood of people around you?	1	2	3	4	5	6	7
7. Do you tend to reflect on things deeply?	1	2	3	4	5	6	7
8. Are you good at anticipating how someone may feel about a situation?	1	2	3	4	5	6	7
9. Are you bothered by intense stimuli, like loud noises or chaotic scenes?	1	2	3	4	5	6	7
10. Do you generally react strongly to your experiences, whether you show it or not?	1	2	3	4	5	6	7
11. Do other people tell you that you are good at understanding what they are feeling or thinking?	1	2	3	4	5	6	7
12. Do you tend to get deeply immersed in music?	1	2	3	4	5	6	7
13. Do you find yourself thinking about philosophical questions?	1	2	3	4	5	6	7
14. Do you seem to notice changes in the weather more than others do?	1	2	3	4	5	6	7
15. Do you become unpleasantly aroused when a lot is going on around you?	1	2	3	4	5	6	7
16. Are you deeply moved by the arts or music?	1	2	3	4	5	6	7
17. Do you tend to notice subtle signs of changing seasons (winter/ spring etc.)?	1	2	3	4	5	6	7
18. Do you like deep conversations?	1	2	3	4	5	6	7

Instructions to Calculate the Results

Total Sensitivity Score	
Add up all responses:	
Calculate the average score (sum of all responses divided by number of questions answered)	_____/____=_____

Interpretation: An average score of greater than 5 indicates a tendency towards high sensitivity. However, individual scores may vary depending on gender, age, cultural background and other characteristics. Importantly, the score does not represent a precise indication or diagnosis but shows the likely position along a continuum of sensitivity.

Subscales

Research suggests that there are six different core aspects of sensitivity that are measured with six subscales in the HSP-R. The subscale scores below provide an understanding of how each of these core aspects of sensitivity contribute to an individual's sensitivity.

Aspect of Sensitivity	**Questions** (enter responses)			**Total Subscale Score** (add up responses)	**Average Subscale Score** (total divided by number answered)
Overstimulation	3	9	15		
Score					
Sensitivity to Positive Experiences	5	12	16		
Score					
Social Sensitivity	4	8	11		
Score					
Depth of Processing	7	13	18		
Score					
Emotional Reactivity	2	6	10		
Score					
Sensitivity to Details	1	14	17		
Score					

© Pluess, M., Aron, E., Kähkönen, J. E., Lionetti, F., Huang, Y., Tillmann, T., Greven, C., & Aron, A. (2024). This questionnaire is protected by copyright laws. Unauthorized modifications are strictly prohibited. Permission is granted to reproduce this questionnaire for personal, clinical, educational, and research purposes, provided the following conditions are met:

1. **Cite the full reference:** Pluess, M., Aron, E., Kähkönen, J. E., Lionetti, F., Huang, Y., Tillmann, T., Greven, C., & Aron, A. (2024). *Evolution of the Concept of Sensitivity and its Measurement: The Highly Sensitive Person Scale-Revised.* PsyArXiv. https://osf.io/preprints/psyarxiv/w7bqu. *(Note: This is a preprint version and has not yet undergone peer review. Please check online after mid-2025 for the citation of the published article.)*
2. **Provide a link to our websites with more information on the scale:** https://sensitivityresearch.com/ and https://hsperson.com/

For any uses beyond the permissions outlined above, please contact the first author at m.pluess@surrey.ac.uk.