

Highly Sensitive Person Scale

Name: _____

The Highly Sensitive Person Scale (HSPS) consists of 27 items that respondents rate on a 7-point Likert scale ranging from 1 (Not at all) to 7 (Extremely). This scale assesses emotional and behavioral reactions to various stimuli.

1. Are you easily overwhelmed by strong sensory input?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

2. Do you seem to be aware of subtleties in your environment?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

3. Do other people's moods affect you?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

4. Do you tend to be more sensitive to pain?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

5. Do you find yourself needing to withdraw during busy days, into bed or into a darkened room or any place where you can have some privacy and relief from stimulation?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

6. Are you particularly sensitive to the effects of caffeine?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

7. Are you easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

8. Do you have a rich, complex inner life?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

9. Are you made uncomfortable by loud noises?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

10. Are you deeply moved by the arts or music?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

11. Does your nervous system sometimes feel so frazzled that you just have to go off by yourself?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

12. Are you conscientious?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

13. Do you startle easily?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

14. Do you get rattled when you have a lot to do in a short amount of time?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

15. When people are uncomfortable in a physical environment, do you tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating)?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

16. Are you annoyed when people try to get you to do too many things at once?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

17. Do you try hard to avoid making mistakes or forgetting things?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

18. Do you make a point to avoid violent movies and TV shows?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

19. Do you become unpleasantly aroused when a lot is going on around you?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

20. Does being very hungry create a strong reaction in you, disrupting your concentration or mood?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

21. Do changes in your life shake you up?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

22. Do you notice and enjoy delicate or fine scents, tastes, sounds, works of art?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

23. Do you find it unpleasant to have a lot going on at once?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

24. Do you make it a high priority to arrange your life to avoid upsetting or overwhelming situations?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

25. Are you bothered by intense stimuli, like loud noises or chaotic scenes?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

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?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

27. When you were a child, did parents or teachers seem to see you as sensitive or shy?

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7

Total score: _____

Scoring and interpretationScores will range from 27 to 189. A higher total score on the HSPS indicates a higher level of sensitivity. Scores can be used to assess a patient's sensitivity across different situations and stimuli, with higher scores suggesting greater emotional and sensory reactivity.

Additional notes