QUESTIONNAIRE (HSP Scale)

INSTRUCTIONS: This questionnaire is completely anonymous and confidential. Answer each question according to the way you personally feel, using the following scale:

1 Not at Al	2 1	3	4 Moderately	5	6	7 Extremely
1.	Are you easily overv	whelmed by s	trong sensory input	?		
2.	Do you seem to be aware of subtleties in your environment?					
3.	Do other people's moods affect you?					
4.	Do you tend to be more sensitive to pain?					
5. pl	Do you find yourself ace where you can ha					arkened room or any
6.	Are you particularly sensitive to the effects of caffeine?					
7.	Are you easily overv?	whelmed by the	hings like bright lig	thts, strong s	mells, coarse fa	brics, or sirens close
8.	Do you have a rich,	complex inne	er life?			
9.	Are you made uncomfortable by loud noises?					
10.	Are you deeply moved by the arts or music?					
11.	Does your nervous system sometimes feel so frazzled that you just have to go off by yourself?					
12.	Are you consciention	ıs?				
13.	Do you startle easily?					
14.	Do you get rattled when you have a lot to do in a short amount of time?					
15. do	When people are uncomfortable in a physical environment do you tend to know what needs to be one to make it more comfortable (like changing the lighting or the seating)?					
16.	Are you annoyed wh	en people try	to get you to do to	o many thing	gs at once?	
17.	Do you try hard to avoid making mistakes or forgetting things?					
18.	Do you make a point	to avoid vio	lent movies and TV	shows?		
19.	Do you become unpl	easantly arou	ised when a lot is g	oing on arou	nd you?	
20.	Does being very hun	gry create a s	strong reaction in yo	ou, disruptin	g your concentr	ration or mood?
21.	Do changes in your l	ife shake you	ı up?			
22.	Do you notice and en	njoy delicate	or fine scents, taste	s, sounds, w	orks of art?	
23.	Do you find it unplea	asant to have	a lot going on at or	nce?		
24.	Do you make it a hig	gh priority to	arrange your life to	avoid upset	ting or overwhe	elming situations?
25.	Are you bothered by	intense stimi	uli, like loud noises	or chaotic s	cenes?	
26. th	When you must com at you do much worse			rming a task,	do you become	e so nervous or shaky
27	When you were a ch	ild, did naren	ts or teachers seem	to see you a	s sensitive or sl	1v ⁹