

QCAE :

VO: Reniers, R. L., R. Corcoran, R. Drake, N. M. Shryane, and B. A. Völlm (2011):
“The QCAE: A questionnaire of cognitive and affective empathy,” *Journal of Personality Assessment*, 93(1), 84–95.

1. I sometimes find it difficult to see things from the ‘other guy’s’ point of view
2. I am usually objective when I watch a film or play, and I don’t often get completely caught up in it.
3. I try to look at everybody’s side of a disagreement before I make a decision.
4. I sometimes try to understand my friends better by imagining how things look from their perspective.
5. When I am upset at someone, I usually try to ‘put myself in his shoes’ for a while.
6. Before criticising somebody, I try to imagine how I would feel if I was in their place.
7. I often get emotionally involved with my friends’ problems.
8. I am inclined to get nervous when others around me seem to be nervous.
9. People I am with have a strong influence on my mood
10. It affects me very much when one of my friends seems upset.
11. I often get deeply involved with the feelings of a character in a film, play or novel.
12. I get very upset when I see someone cry.
13. I am happy when I am with a cheerful group and sad when the others are glum
14. It worries me when others are worrying and panicky.
15. I can easily tell if someone else wants to enter a conversation
16. I can pick up quickly if someone says one thing but means another.
17. It is hard for me to see why some things upset people so much.
18. I find it easy to put myself in somebody else's shoes.
19. I am good at predicting how someone will feel
20. I am quick to spot when someone in a group is feeling awkward or uncomfortable.
21. Other people tell me I am good at understanding how they are feeling and what they are thinking.
22. I can easily tell if someone else is interested or bored with what I am saying.
23. Friends talk to me about their problems as they say that I am very understanding.
24. I can sense if I am intruding, even if the other person does not tell me.
25. I can easily work out what another person might want to talk about.
26. I can tell if someone is masking their true emotion.
27. I am good at predicting what someone will do.
28. I can usually appreciate the other person's viewpoint, even if I do not agree with it.
29. I usually stay emotionally detached when watching a film.
30. I always try to consider the other fellow's feelings before I do something.
31. Before I do something I try to consider how my friends will react to it.