

The Cambridge Behaviour Scale

Please fill in this information and then read the instructions below.

ALL INFORMATION REMAINS STRICTLY CONFIDENTIAL

Name:.....Sex:.....

Date of birth:..... Today's date:.....

How to fill out the questionnaire

Below are a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree with it by circling your answer. There are no right or wrong answers, or trick questions.

IN ORDER FOR THE SCALE TO BE VALID, YOU MUST ANSWER EVERY QUESTION.

Examples

- E1. I would be very upset if I couldn't listen to music every day. strongly agree slightly agree slightly disagree strongly disagree
- E2. I prefer to speak to my friends on the phone rather than write letters to them. strongly agree slightly agree slightly disagree strongly disagree
- E3. I have no desire to travel to different parts of the world. strongly agree slightly agree slightly disagree strongly disagree
- E4. I prefer to read than to dance. strongly agree slightly agree slightly disagree strongly disagree

1. I can easily tell if someone else wants to enter a conversation.	strongly agree	slightly agree	slightly disagree	strongly disagree
2. I prefer animals to humans.	strongly agree	slightly agree	slightly disagree	strongly disagree
3. I try to keep up with the current trends and fashions.	strongly agree	slightly agree	slightly disagree	strongly disagree
4. I find it difficult to explain to others things that I understand easily, when they don't understand it first time.	strongly agree	slightly agree	slightly disagree	strongly disagree
5. I dream most nights.	strongly agree	slightly agree	slightly disagree	strongly disagree
6. I really enjoy caring for other people.	strongly agree	slightly agree	slightly disagree	strongly disagree
7. I try to solve my own problems rather than discussing them with others.	strongly agree	slightly agree	slightly disagree	strongly disagree
8. I find it hard to know what to do in a social situation.	strongly agree	slightly agree	slightly disagree	strongly disagree
9. I am at my best first thing in the morning.	strongly agree	slightly agree	slightly disagree	strongly disagree
10. People often tell me that I went too far in driving my point home in a discussion.	strongly agree	slightly agree	slightly disagree	strongly disagree
11. It doesn't bother me too much if I am late meeting a friend.	strongly agree	slightly agree	slightly disagree	strongly disagree
12. Friendships and relationships are just too difficult, so I tend not to bother with them.	strongly agree	slightly agree	slightly disagree	strongly disagree
13. I would never break a law, no matter how minor.	strongly agree	slightly agree	slightly disagree	strongly disagree
14. I often find it difficult to judge if something is rude or polite.	strongly agree	slightly agree	slightly disagree	strongly disagree
15. In a conversation, I tend to focus on my own	strongly agree	slightly agree	slightly disagree	strongly disagree

thoughts rather than on what my listener might be thinking.	agree	agree	disagree	disagree
16. I prefer practical jokes to verbal humour.	strongly agree	slightly agree	slightly disagree	strongly disagree
17. I live life for today rather than the future.	strongly agree	slightly agree	slightly disagree	strongly disagree
18. When I was a child, I enjoyed cutting up worms to see what would happen.	strongly agree	slightly agree	slightly disagree	strongly disagree
19. I can pick up quickly if someone says one thing but means another.	strongly agree	slightly agree	slightly disagree	strongly disagree
20. I tend to have very strong opinions about morality.	strongly agree	slightly agree	slightly disagree	strongly disagree
21. It is hard for me to see why some things upset people so much.	strongly agree	slightly agree	slightly disagree	strongly disagree
22. I find it easy to put myself in somebody else's shoes.	strongly agree	slightly agree	slightly disagree	strongly disagree
23. I think that good manners are the most important thing a parent can teach their child.	strongly agree	slightly agree	slightly disagree	strongly disagree
24. I like to do things on the spur of the moment.	strongly agree	slightly agree	slightly disagree	strongly disagree
25. I am good at predicting how someone will feel.	strongly agree	slightly agree	slightly disagree	strongly disagree
26. I am quick to spot when someone in a group is feeling awkward or uncomfortable.	strongly agree	slightly agree	slightly disagree	strongly disagree
27. If I say something that someone else is offended by, I think that that's their problem, not mine.	strongly agree	slightly agree	slightly disagree	strongly disagree
28. If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it.	strongly agree	slightly agree	slightly disagree	strongly disagree
29. I can't always see why someone should have felt offended by a remark.	strongly agree	slightly agree	slightly disagree	strongly disagree

30. People often tell me that I am very unpredictable.	strongly agree	slightly agree	slightly disagree	strongly disagree
31. I enjoy being the centre of attention at any social gathering.	strongly agree	slightly agree	slightly disagree	strongly disagree
32. Seeing people cry doesn't really upset me.	strongly agree	slightly agree	slightly disagree	strongly disagree
33. I enjoy having discussions about politics.	strongly agree	slightly agree	slightly disagree	strongly disagree
34. I am very blunt, which some people take to be rudeness, even though this is unintentional.	strongly agree	slightly agree	slightly disagree	strongly disagree
35. I don't tend to find social situations confusing.	strongly agree	slightly agree	slightly disagree	strongly disagree
36. Other people tell me I am good at understanding how they are feeling and what they are thinking.	strongly agree	slightly agree	slightly disagree	strongly disagree
37. When I talk to people, I tend to talk about their experiences rather than my own.	strongly agree	slightly agree	slightly disagree	strongly disagree
38. It upsets me to see an animal in pain.	strongly agree	slightly agree	slightly disagree	strongly disagree
39. I am able to make decisions without being influenced by people's feelings.	strongly agree	slightly agree	slightly disagree	strongly disagree
40. I can't relax until I have done everything I had planned to do that day.	strongly agree	slightly agree	slightly disagree	strongly disagree
41. I can easily tell if someone else is interested or bored with what I am saying.	strongly agree	slightly agree	slightly disagree	strongly disagree
42. I get upset if I see people suffering on news programmes.	strongly agree	slightly agree	slightly disagree	strongly disagree
43. Friends usually talk to me about their problems as they say that I am very understanding.	strongly agree	slightly agree	slightly disagree	strongly disagree

44. I can sense if I am intruding, even if the other person doesn't tell me.	strongly agree	slightly agree	slightly disagree	strongly disagree
45. I often start new hobbies but quickly become bored with them and move on to something else.	strongly agree	slightly agree	slightly disagree	strongly disagree
46. People sometimes tell me that I have gone too far with teasing.	strongly agree	slightly agree	slightly disagree	strongly disagree
47. I would be too nervous to go on a big rollercoaster.	strongly agree	slightly agree	slightly disagree	strongly disagree
48. Other people often say that I am insensitive, though I don't always see why.	strongly agree	slightly agree	slightly disagree	strongly disagree
49. If I see a stranger in a group, I think that it is up to them to make an effort to join in.	strongly agree	slightly agree	slightly disagree	strongly disagree
50. I usually stay emotionally detached when watching a film.	strongly agree	slightly agree	slightly disagree	strongly disagree
51. I like to be very organised in day to day life and often make lists of the chores I have to do.	strongly agree	slightly agree	slightly disagree	strongly disagree
52. I can tune into how someone else feels rapidly and intuitively.	strongly agree	slightly agree	slightly disagree	strongly disagree
53. I don't like to take risks.	strongly agree	slightly agree	slightly disagree	strongly disagree
54. I can easily work out what another person might want to talk about.	strongly agree	slightly agree	slightly disagree	strongly disagree
55. I can tell if someone is masking their true emotion.	strongly agree	slightly agree	slightly disagree	strongly disagree
56. Before making a decision I always weigh up the pros and cons.	strongly agree	slightly agree	slightly disagree	strongly disagree
57. I don't consciously work out the rules of social situations.	strongly agree	slightly agree	slightly disagree	strongly disagree
58. I am good at predicting what someone will do.	strongly agree	slightly agree	slightly disagree	strongly disagree

	agree	agree	disagree	disagree
59. I tend to get emotionally involved with a friend's problems.	strongly agree	slightly agree	slightly disagree	strongly disagree
60. I can usually appreciate the other person's viewpoint, even if I don't agree with it.	strongly agree	slightly agree	slightly disagree	strongly disagree

Thank you for filling this questionnaire in.

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The Sensory Perception Quotient for Adults (SPQ)

Below is a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree by selecting the appropriate option opposite each statement.

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	I would notice if someone added 5 grains of salt to my cup of water.				
2	I would be able to distinguish different people by their smell.				
3	I wouldn't notice if someone added a spoonful of sugar to my tea.				
4	I wouldn't be afraid of hurting myself when falling off my bike at high speed.				
5	I wouldn't be able to detect the motion of the blades of a rotating fan even when it is at minimum speed.				
6	The sound of a piano and a violin playing the same note seem very similar to me.				
7	I would be able to detect if a strawberry was ripe by smell alone.				
8	I would be able to distinguish milk chocolate and dark chocolate by their taste alone.				
9	I cannot tolerate hot showers (above 40°C / 105°F).				
10	I wouldn't need an anaesthetic to cope with a dental procedure, such as a cavity-filling.				
11	I would have to wait for 10 minutes for a hot drink to cool down before swallowing it, otherwise it would be too hot for me.				
12	I would be able to visually detect the change in brightness of a light each time a dimmer control is moved one notch.				
13	I wouldn't be able to detect large objects, such as parked cars, clearly on a dark night.				
14	I would notice if someone added 5 drops of lemon juice to my cup of water.				
15	I would be the last person to detect if something was burning.				
16	I wouldn't be able to feel the vibrations from loud music if I was sitting next to the loud speaker (e.g. at a concert).				
17	I wouldn't be able to feel a small volume change in music as a difference in vibration on my skin.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
18	I can't hear the TV when it is very quiet, even when other people can.				
19	I would be able to hear a leaf move if blown by the wind on a quiet street.				
20	I wouldn't be able to taste the difference between two pieces of dark chocolate.				
21	I would be able to taste the difference between two brands of salty potato chips/crisps.				
22	When people are talking the words seem to merge together.				
23	I can only look at bright colours for a brief period of time.				
24	I would lose my balance very easily if I was standing on one foot with my eyes closed.				
25	I wouldn't be able to smell a barbecue from 60 feet (20 metres) away.				
26	I can't spin round and round without falling over.				
27	I wouldn't notice a 10 degree difference in temperature of the weather.				
28	I can drink tea/coffee "straight", without needing to add milk or sugar.				
29	I can't hear the bass in music.				
30	I would be able to smell the difference between freshly cut grass and uncut grass.				
31	I wouldn't be able to feel the label at the back of my shirt even if I thought about it.				
32	I can hear electricity humming in the walls.				
33	I notice the flickering of a desktop computer even when it is working properly.				
34	I wouldn't be able to tell if milk is off simply by smelling it.				
35	I would be able to notice a tiny change (e.g. 1 degree) in the temperature of the weather.				
36	I would be able to feel a one millimetre cut in my skin.				
37	I would be able to see the individual blades in a rotating fan even if it was at maximum speed.				
38	I would be able to tell the weight difference between two different coin sizes on the palm of my hand, if my eyes were closed.				
39	I wouldn't get dizzy on a carousel/merry-go-round, even at high speed.				
40	I can't see written words on a page that other people can see.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
41	I would be able to distinguish between two oranges purely by their taste.				
42	I couldn't distinguish a familiar person and a stranger by their smell.				
43	I couldn't detect if bread is stale purely by its smell.				
44	I can't tell if my clothes are clean or dirty by smell alone.				
45	I would be able to detect the sound of a vacuum cleaner from any room in a two-storey building.				
46	I wouldn't notice the difference between even and uneven ground when driving over it sitting in the back seat of a car.				
47	I would be able to drink a cup of boiling water straight after it had been poured from the kettle.				
48	I couldn't tell two types of green apples apart purely from their colour.				
49	I would be able to distinguish between an old and a new book by their smell.				
50	I would be able to read a street sign from a distance of 100 feet (30 metres).				
51	I can't tell if cars passing me on the street are going at different speeds.				
52	I would be able to notice if someone added 5 grains of sugar to my glass of water.				
53	I would have difficulty seeing a single leaf clearly even on a tree that is close up.				
54	I wouldn't taste if someone added a whole teaspoon of salt to my glass of water.				
55	I would be able to feel the elastic holding up my socks if I stop and thought about it.				
56	I can't taste the difference between ripe and non-ripe fruit.				
57	I would be able to stand on one foot for fifteen seconds without wobbling.				
58	I would be able to taste the difference between apparently identical pieces of candy.				
59	I notice the weight and pressure of a hat on my head.				
60	I would feel if a single hair touched the back of my hand.				
61	If I was walking along, I would be able to feel a passing truck's vibrations even if my eyes were closed.				
62	I would be able to smell the smallest gas leak from anywhere in the house.				
63	I wouldn't notice if someone changed their perfume, by smell alone.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
64	I would be able to tell when an elevator/lift started moving.				
65	I can hear dog whistles very easily in the park.				
66	I wouldn't taste the difference between different types of lettuce leaves.				
67	I couldn't taste if there were two slices of lemon in my glass of water if I was drinking it with my eyes closed.				
68	I can't go out in bright sunlight without sunglasses.				
69	I would be able to read small print, such as a serial number on the back of a DVD, at 10 feet (3 metres) away.				
70	I get motion sickness easily (e.g., car sickness or sea sickness).				
71	I would be able to feel a change in the temperature of a cup of coffee after it had sat for 1 minute.				
72	I can't hear very low frequency sounds, such as low voices.				
73	I would be the first to hear if there was a fly in the room.				
74	If I look at a pile of blue sweaters in a shop that are meant to be identical, I would be able to see differences between them.				
75	I wouldn't detect a new smell in my house instantly before anyone else.				
76	I have perfect pitch: e.g. I could repeat a musical tone without any cue.				
77	I would be able to bite into a lemon without any problems.				
78	I wouldn't need to wear a coat in the winter, even when it is zero degrees outside.				
79	I wouldn't be able to match the colour of a sweater in the shop with the colour of my trousers at home.				
80	I wouldn't hear every single note when listening to music.				
81	I would be able to smell the difference between most men and women.				
82	I choose to wear muted colours.				
83	I listen to music at minimum loudness.				
84	I would be able to hear each note in a chord even if there were 10 notes.				
85	I close curtains to avoid bright lights.				
86	I wouldn't be able to hear differences in sound if the same instrument played the same note at different times.				

		Strongly Agree	Agree	Disagree	Strongly Disagree
87	I would be able to distinguish two brands of coffee by their smell, even with my eyes closed.				
88	I can see dust particles in the air in most environments.				
89	I wouldn't be able to taste the difference between two brands of tomato sauce if they had different concentrations of salt.				
90	I would be able to smell the smallest amount of burning from anywhere in the house.				
91	If my mobile phone was vibrating in my pocket I would be quick to sense it.				
92	I find it difficult to see individual stars on a clear night.				