

Brief Emotional Intelligence Scale
Version Attached: Full Test

PsycTESTS Citation:

Davies, K. A., Lane, A. M., Devonport, T. J., & Scott, J. A. (2010). Brief Emotional Intelligence Scale [Database record]. Retrieved from PsycTESTS. doi: <http://dx.doi.org/10.1037/t06713-000>

Instrument Type:
Rating Scale

Test Format:

Items on the Brief Emotional Intelligence Scale are rated on a 5-point Likert scale anchored by 1 = "strongly agree" to 5 = "strongly disagree."

Source:

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**Brief Emotional Intelligence Scale
BEIS-10**

Items

Appraisal of own emotions

I know why my emotions change

I easily recognize my emotions as I experience them

Appraisal of others' emotions

I can tell how people are feeling by listening to the tone of their voice

By looking at their facial expressions, I recognize the emotions people are experiencing

Regulation of own emotions

I seek out activities that make me happy

I have control over my emotions

Regulation of others' emotions

I arrange events others enjoy

I help other people feel better when they are down

Utilization of emotions

When I am in a positive mood, I am able to come up with new ideas

I use good moods to help myself keep trying in the face of obstacles