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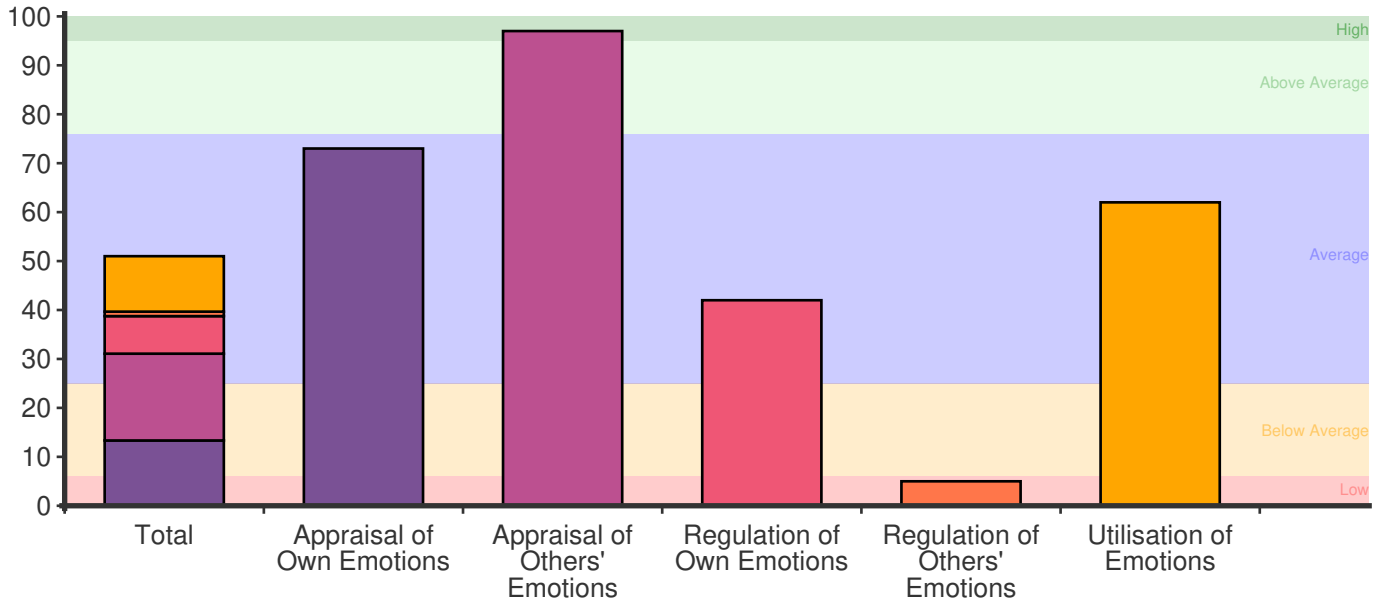
Brief Emotional Intelligence Scale (BEIS-10)

Client Name	Generic Client	*Date administered*	22 Jan 2025
Date of birth (age)	17 Feb 1975 (49)	*Time taken*	9s
Assessor	Dr David Hegarty		

Results

	Raw Score	Community Percentile	Descriptor
Total	38	51	Average
Appraisal of Own Emotions	8	73	Average
Appraisal of Others' Emotions	10	97	High
Regulation of Own Emotions	7	42	Average
Regulation of Others' Emotions	5	5	Low
Utilisation of Emotions	8	62	Average

BEIS-10 Total and Subscale Community Percentiles



Interpretation

The client's total score on the BEIS-10 was 38, which is in the average range. Examination of specific domains reveals variability in emotional intelligence skills.

Subscale Analysis:
Appraisal of Others' Emotions: Results suggest the client has well-developed ability to perceive and interpret others' emotional states through both verbal and non-verbal cues, scoring in the high range in this domain. This may assist them in navigating social interactions effectively.

Regulation of Others' Emotions: The client reports significant challenges in responding to others'

Client Name	Generic Client

Interpretation (cont.)

emotional needs, scoring in the low range in this domain. They may benefit from developing skills in providing emotional support and managing interpersonal emotional dynamics.

Scoring and Interpretation Information

For comprehensive information on the BEIS-10, see here.

BEIS-10 scores consist of a total raw score (range from 10 to 50) and five sub-scale scores, with higher scores indicating greater self-perceived emotional intelligence capabilities. These scores are converted into percentiles based on a large combined normative sample (N = 2,770) drawn from multiple studies across different populations and countries.

Sub-scales are presented for the BEIS-10:
- Appraisal of Own Emotions (items 1, 2; range 2-10): Assesses an individual's capacity to identify and understand their own emotional states. This includes awareness of mood changes, recognition of physiological responses to emotions, and the ability to label emotional experiences accurately.
- Appraisal of Others' Emotions (items 3, 4; range 2-10): Measures one's ability to accurately perceive and interpret others' emotional states through both verbal and non-verbal cues. This includes recognition of facial expressions, tone of voice, and body language.
- Regulation of Own Emotions (items 5, 6; range 2-10): Evaluates an individual's ability to manage and modify their emotional responses. This includes skills in emotional self-control, ability to calm oneself when upset, and capacity to maintain emotional balance.
- Regulation of Others' Emotions (items 7, 8; range 2-10): Assesses capability to influence and manage others' emotional states. This includes helping others feel better when down, providing emotional support, and facilitating positive emotional states in others.
- Utilisation of Emotions (items 9, 10; range 2-10): Measures how effectively individuals harness emotions to enhance thinking, problem-solving, and creativity. This includes using emotions to guide decision-making and leveraging emotional states for improved performance.

A percentile score interpretation framework provides qualitative descriptors ranging from Low to High emotional intelligence:
- Low: 5th percentile and below
- Below Average: 6th to 24th percentile
- Average: 25th to 75th percentile
- Above Average: 76th to 94th percentile
- High: 95th percentile and above

On first administration, a stacked bar graph is presented showing the percentiles for the total score and subscales with the descriptors in the background of the plot. If the scale is administered on multiple occasions, a graph is produced to track emotional intelligence development over time for both the total and the subscale percentiles.

Client Responses

Client Name | Generic Client

		Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly Agree
1	I know why my emotions change	1	2	**3**	4	5
2	I easily recognise my emotions as I experience them	1	2	3	4	**5**
3	I can tell how people are feeling by listening to the tone of their voice	1	2	3	4	**5**
4	By looking at their facial expressions, I recognise the emotions people are experiencing	1	2	3	4	**5**
5	I seek out activities that make me happy	1	2	3	**4**	5
6	I have control over my emotions	1	2	**3**	4	5
7	I arrange events others enjoy	1	**2**	3	4	5
8	I help other people feel better when they are down	1	2	**3**	4	5
9	When I am in a positive mood, I am able to come up with new ideas	1	2	3	**4**	5
10	I use good moods to help myself keep trying in the face of obstacles	1	2	3	**4**	5