

Schutte Self-Report Emotional Intelligence Test (SSEIT)

by **James Lani**

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The **Schutte Self-Report Emotional Intelligence Test (SSEIT)** is a method of measuring general Emotional Intelligence (EI), using four sub-scales: emotion perception, utilizing emotions, managing self-relevant emotions, and managing others' emotions. The SSEIT is structured off of the EI model by Salovey and Mayer (1990). The SSEIT model is closely associated with the EQ-I model of Emotional Intelligence.

The SSEIT includes a 33-item self-report using a 1 (strongly agree) to 5 (strongly disagree) scale for responses. Each sub-test score is graded and then added together to give the total score for the participant.

Author

Dr. Nicola Schutte, 1998

Reliability and Validity

Schutte and her colleges report a reliability rating of 0.90 for their emotional intelligence scale. The EI score, overall, is fairly reliable for adults and adolescents; however, the utilizing emotions sub-scale has shown poor reliability (Ciarrochi, Chan & Bajgar, 2001). Also, they report a mediocre correlation of the SSRI with such areas as self-estimated EI, the Big Five EI scale (0.51), and life satisfaction (Petrides and Furnham, 2000). SSRI correlation with well-being criteria showed the worst outcome with less than 0.20.

Obtaining the SSEIT

[Contact Dr. Nicola Schutte](#)

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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References

[Consortium for Research on Emotional Intelligence in Organizations](#)

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