

Schutte Self-Report Emotional Intelligence Test (SSEIT)

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 colleagues 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.

For additional information on these services, [click here](#).

References

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

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