



# John Example

Report Rotterdam Emotional Intelligence Scale

**Client**  
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**Consultant**  
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# Introduction

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The Rotterdam Emotional Intelligence Scale (REIS) is a questionnaire that maps emotional intelligence. Your Emotional Intelligence is shown in relation to yourself and others, distinguishing between recognition and regulation of emotions.

## Scientific background

Scientific models of Emotional Intelligence often distinguish between emotional recognition and emotional regulation. Emotional recognition refers to the ability to notice and correctly identify emotions. Emotional regulation refers to the ability to then deal with the emotion in a certain way in order to achieve a goal. Many instruments that measure Emotional Intelligence do not differentiate between recognising and regulating your own emotions and recognising and regulating those of others. However, the authors of the REIS argue that it is important to recognise this difference. There is evidence that recognising and dealing with your own emotions is not the same as recognising and dealing with those of others. You may be better at one than the other. This difference can then have an impact on various aspects of life. For example, research shows that recognising your own emotions is mainly important for your mental and physical well-being, while recognising other peoples' emotions ensures that your social interactions run smoothly. If you only look at a total score, you cannot differentiate between these aspects and their consequences.

## Report contents

This report has 2 parts: a graphic overview of the scores and a written explanation.

For the graphic overview, your scores for the various sections have been compared to a norm group. This results in a number between 1 and 10. You will find an explanation of what these sten scores mean at the end of the report.

## Disclaimer and copyright

In accordance with NIP guidelines, this report is valid for a maximum of two years as people may change over a period of time.

This automatically generated report describes an individual's personality traits as derived from the answers to the questionnaires. The answers are compared to those given by a large group of other people. The subjective nature of assessments based on questionnaires should be taken into account when interpreting the results. The test supplier can therefore not accept responsibility for the accuracy of the results and descriptions.

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# Your scores

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## Emotional intelligence



Sten scores

## Self-focused emotional intelligence

Self-focused emotion appraisal

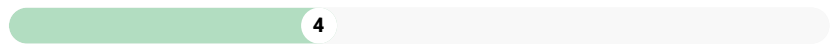


Self-focused emotion regulation

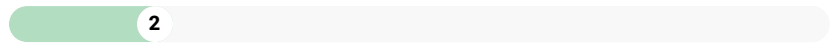


## Other-focused emotional intelligence

Other-focused emotion appraisal



Other-focused emotion regulation



## Explanation of your scores

You have average emotional intelligence. You are aware of the emotions that you are experiencing and can usually recognise and identify what you are feeling. You only find it difficult to describe how you are feeling in more complex situations, for example if you experience several different emotions at the same time. In everyday situations you can recognise and understand the emotions of those around you. You find this more difficult if the other person remains poker-faced, is experiencing more than one emotion or if the relationship between the emotion and the event is less straightforward. It takes effort to deal with other people's emotions. You are not sure how you can change other people's emotions and what you say and do may sometimes be inappropriate.

# Interpretation of the scores

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This report contains a number of figures which we would like to explain. The graphic representation of the personality traits is shown in sten scores.

Sten scores have the following meanings:

<b>Sten</b>	<b>Meaning</b>
1	Far below average
2	Well below average
3	Below average
4	Just below average
5	Average
6	Average
7	Just above average
8	Above average
9	Well above average
10	Far above average