Empathy Pre/Post Assessment Test

1. “Emotional empathy” means which of the following:
   ○ a. To be able to feel the way the other person does (e.g. sad or angry)
   ○ b. To be able to recognize that someone is upset or hurt
   ○ c. To know what is the socially appropriate thing to do when someone is upset or hurt
   ○ d. “a” and “b” only
   ○ e. all of the above

2. “Cognitive empathy” means which of the following:
   ○ a. To be able to feel the way the other person does (e.g. sad or angry)
   ○ b. To be able to recognize that someone is upset or hurt
   ○ c. To know what is the socially appropriate thing to do when someone is upset or hurt
   ○ d. “a” and “b” only
   ○ e. all of the above

3. Empathy is important to not sexually re-offending because:
   ○ a. It helps you stop and think about the potential consequences of the behavior for the victim
   ○ b. It helps you stop and think about the potential legal consequences of the behavior
   ○ c. It helps you stop and think about your own needs
   ○ d. “a” and “b” only
   ○ e. all of the above

4. Which of the following can interfere with an adolescent’s ability to empathize with someone he has sexually victimized?
   ○ a. denial of the sexual offense
   ○ b. cognitive distortions
   ○ c. denial of the effects of traumatic (i.e. hurtful) events in his own life
   ○ d. “a” and “b” only
   ○ e. all of the above
5. Which of the following may influence how sexual abuse impacts (i.e. affects) a victim?
   a. The victim's age
   b. The victim's sex
   c. The nature of the relationship between the victim and the offender (i.e. sibling, friend, etc.)
   d. “a” and “b” only
   e. all of the above

6. The estimated incidence of childhood sexual victimization for males and females in the U.S. is:
   a. about the same for males and females
   b. higher for males than females
   c. higher for females than males

7. About what percentage of women meet diagnostic criteria for PTSD in the first few weeks after being raped:
   a. 90% or more
   b. 75%
   c. 50%
   d. 25%

8. Which of the following are common symptoms in children who have been sexually abused?
   a. anxiety and depression
   b. low self-esteem
   c. fear
   d. “a” and “b” only
   e. all of the above

9. In writing an “empathy letter”, it is generally best to:
   a. avoid discussing how the victim might feel because it is only likely to further upset him/her
   b. list every feeling you can think of, because that way you have “covered your bases” and can’t be criticized for leaving something out
   c. try and think about how that particular victim might feel given everything you did and know about him
10. In writing an empathy letter, which of the following should not be addressed:

- a. Your anger at the child for telling others about the abuse
- b. The bad things that have happened to you since being caught
- c. The fact that you are getting help for the problem
- d. “a” and “b” only
- e. All of the above