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Practical Application 2.6 Sense of Humor Questionnaire-6 (SHQ-6)

Sense of Humor Questionnaire-6 (SHQ-6), by Sven Svebak, 1996

1) Do you easily recognize, as a sign of humor, an allusion or a slight change of emphasis?

- very easily (4)
- quite easily (3)
- hardly enough (2)
- very hard (1)

2) Would it be easy for you to find something comical, witty or humorous in most situations?

- very easily (4)
- quite easily (3)
- hardly enough (2)
- very hard (1)

3) People who try to be funny are very irresponsible and should not be taken into account.

- for nothing (4)
- to a certain extent (3)
- in large part (2)
- it is true (1)

4) People who make humor irritate me because they clearly want others to laugh

- it is not true (4)
- in part true (3)
- quite true (2)
- yes indeed (1)

5) Would you say that you have a lot of fun reasons during a normal day?

- very much (4)
- enough (3)



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- a little (2)
- for nothing (1)

6) It's my impression that those who try to be funny do it to hide their lack of self-confidence

- It is not true (4)
- a little true (3)
- quite true (2)
- yes indeed (1)

Scoring SHQ-6

- 0-6 very low humor
- 7-12 low humor
- 13-18 high humor
- 19-24 very high humor



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