

HSP Test Practice Test Questions and Answers

1. What does HSP commonly stand for in professional assessment contexts?

- A) High School Preparation
- B) Highly Sensitive Person
- C) Health Safety Protocol
- D) Human Services Professional

2. Which characteristic is most commonly associated with HSP traits?

- A) Lack of empathy
- B) High sensitivity to environmental stimuli
- C) Preference for chaotic environments
- D) Resistance to deep thinking

3. In workplace settings, how can organizations best support HSP employees?

- A) Assign them to the loudest, busiest areas
- B) Provide quiet spaces and minimize overwhelming stimuli
- C) Ignore their needs completely
- D) Give them only routine, unchallenging tasks

4. What percentage of the population is estimated to have HSP traits?

- A) 5-10%
- B) 15-20%
- C) 25-30%
- D) Over 50%

Answers: 1-B 2-B 3-B 4-B

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