

01 Affective empathy
- It implies a sensation derived from other people’s feelings or thoughts.

02 Cognitive empathy
- It requires understanding other people’s feelings and thoughts.

03 The study
- Cognitive and Affective Empathy Test (TECA for its Spanish initials). It is a self-report designed for adults with a basic school training. It has 4 scales:
  - Perspective adoption, referring to the intellectual or imaginative capacity to put oneself in someone else’s shoes.
  - Emotional understanding, which has to do with the ability to recognize and understand other people’s emotional states, intentions, and interpretations.
  - Empathic stress, or the capacity to share other people’s negative emotions.
  - Empathic joy, which refers to the ability to share other people’s positive emotions.

04 General results
- Best results: Cognitive dimension 58.21 - Affective dimension 53.25
- Perspective adoption - Emotional understanding - Empathic stress - Empathic joy
- Medium level
- Low level

04.1 gender
- Women obtained better scores than men in the TECA.

04.2 age
- Better score as age increases; empathy grows with age.

04.3 studies
- Better scores in: Music - Propensity-aptitude - Pre-technology and Natural Sciences - Empathic stress

05 Suggestions
- Teachers’ initial training curricula require improving both cognitive and affective empathy, especially the latter. This will allow future teachers to strengthen their own emotional skills with the aim of developing their students’ empathy and emotional regulation capacity, thus avoiding their repression.