

Please indicate which hand you use for each of the following activities by putting a + in the appropriate column, or ++ if you use would never use the other hand for that activity. If in any case you are really indifferent, put + in both columns. Some of the activities require both hands. In these cases the part of the task, or object, for which hand preference is wanted is indicated in parentheses.

Task	Left	Right
Writing		++
Drawing		++
Throwing		+
Scissors		++
Toothbrush		++
Knife (without fork)		++
Spoon		++
Broom (upper hand)		++
Striking match (hand that holds the match)		++
Opening box (hand that holds the lid)	+	+
Total	1	18

$$Right - Left = 17 \quad Right + Left = 19 \quad \frac{Right - Left}{Right + Left} = 17/19 = 0.895$$

Create a Left and a Right score by counting the total number of + signs in each column. Your handedness score is (Right – Left)/(Right + Left): thus, a pure right-hander will have a score of score (20 – 0)/(20 + 0) = 1, and a pure left-hander will score (0 – 20)/(0 + 20) = -1.

<http://www.andersgade.dk/Readings/Oldfield1971.pdf>