

T-Score Equivalents Table

Conversion of T-Scores to Standard Scores (Mean = 50; Standard Deviation = 10)

T-Score (M=50; SD=10)	Standard Score (SS) (M=100; SD = 15)	T-Score (M=50; SD=10)	Standard Score (SS) (M= 100; SD= 15)
90	160	50	100
89	158	49	98
88	157	48	97
87	155	47	95
86	154	46	94
85	152	45	92
84	151	44	91
83	149	43	89
82	148	42	88
81	146	41	86
80	145	40	85
79	143	39	83
78	142	38	82
77	140	37	80
76	139	36	79
75	137	35	77
74	136	34	76
73	134	33	74
72	133	32	73
71	131	31	71
70	130	30	70
69	128	29	68
68	127	28	67
67	125	27	65
66	124	26	64
65	122	25	62
64	121	24	61
63	119	23	59
62	118	22	58
61	116	21	56
60	115	20	55
59	113	19	53
58	112	18	52
57	110	17	50
56	109	16	49
55	107	15	47
54	106	14	46
53	104	13	44
52	103	12	43
51	101	11	41
		10	40

Directions:

Locate the T-Score you want to convert in the left column. Read across to the right column to find the corresponding Standard Score.