

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.