

Z-Score Equivalents Table

Conversion of Z-Scores to Standard Scores (Mean = 100; Standard Deviation = 15)

Z-Score (M=0; SD=1)	Standard Score (SS) (M=100; SD=15)		Z-Score (M=0; SD=1)	Standard Score (SS) (M=100; SD=15)
4.0	160		-0.6	91
3.9	158		-0.7	89
3.8	157		-0.8	88
3.7	155		--0.9	86
3.6	154		-1.0	85
3.5	152		-1.1	83
3.4	151		-1.2	82
3.3	149		-1.3	80
3.2	148		-1.4	79
3.1	146		-1.5	77
3.0	145		-1.6	76
2.9	143		-1.7	74
2.8	142		-1.8	73
2.7	140		-1.9	71
2.6	139		-2.0	70
2.5	137		-2.1	68
2.4	136		-2.2	67
2.3	134		-2.3	65
2.2	133		-2.4	64
2.1	131		-2.5	62
2.0	130		-2.6	61
1.9	128		-2.7	59
1.8	127		-2.8	58
1.7	125		-2.9	56
1.6	124		-3.0	55
1.5	122		-3.1	53
1.4	121		-3.2	52
1.3	119		-3.3	50
1.2	118		-3.4	49
1.1	116		-3.5	47
1.0	115		-3.6	46
0.9	113		-3.7	44
0.8	112		-3.8	43
0.7	110		-3.9	41
0.6	109		-4.0	40
0.5	107			
0.4	106			
0.3	104			
0.2	103			
0.1	101			
0.0	100			
-0.1	98			
-0.2	97			
-0.3	95			
-0.4	94			
-0.5	92			

Directions:

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