



PUBLISHED JAN. 16, 2019, AT 9:00 AM

Most Personality Quizzes Are Junk Science. Take One That Isn't.

Compare your results to those of your friends and family.

By Maggie Koerth and Julia Wolfe

What's your personality, and what can it tell you about your true self? Those questions have launched a thousand online personality quizzes. But you can do better than those specious — yet irresistible — quizzes. You can take a personality quiz backed by science.

Meet the Big Five, the way most psychologists measure and test personality. It's a system built on decades of research about how people describe one another and themselves. (You can read more about it in [this article](#) we published last year.) There are a couple of things that make it — and this quiz — different.

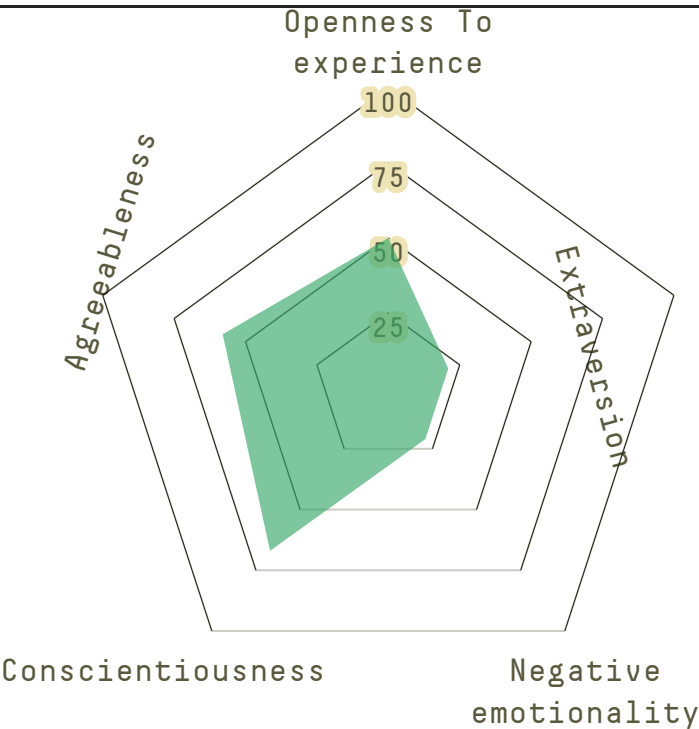
First, the Big Five doesn't put people into neat personality "types," because that's not how personalities really work. Instead, the quiz gives you a score on five different traits: extraversion, agreeableness, conscientiousness,

you're graded on a scale from 0 to 100, depending on how strongly you associate with that trait. So, for example, this quiz won't tell you whether you're an extravert or an introvert — instead, it tells you your propensity toward extraversion. Every trait is graded on a spectrum, with a few people far out on the extremes and a lot of people in the middle.

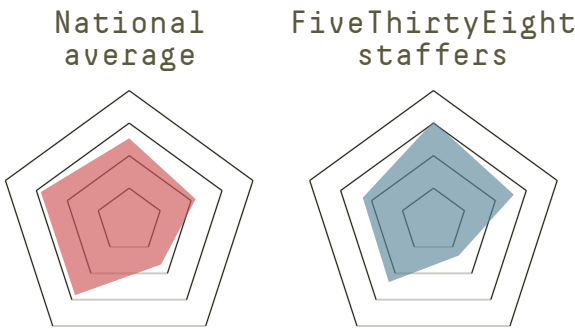
The other thing that makes the Big Five different is it lets you easily compare your score to others'. We're going to show you how your personality compares with that of the average American. And once you get your results, you can invite friends and relatives to compare your personality to theirs. (In the meantime, you'll be stuck comparing yourself to the average FiveThirtyEight staffer.)

So what are you waiting for? Find out who you really are — take the quiz for yourself!

YOUR BIG FIVE SCORES



How you compare



Openness to experience
50 out of 100

Agreeableness
58 out of 100

Conscientiousness
67 out of 100

Negative emotionality

Extraversion

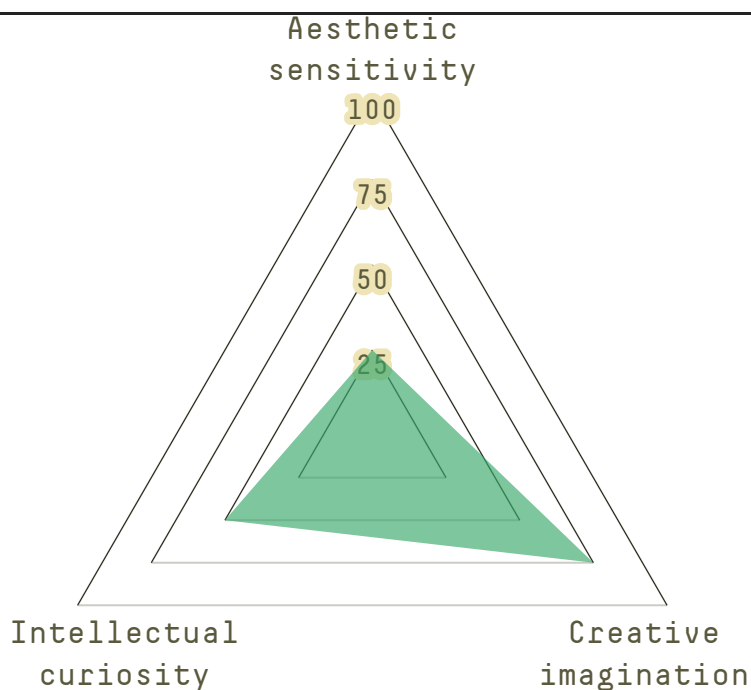
21 out of 100

But wait — there's more! Each of the Big Five traits has something different to tell you about your life, and all five break down into subtraits. For example, someone can be highly extraverted because they're really social or because they're super assertive. We're going to show you those subtraits too. Although scientists generally agree on the Big Five traits, the specific subtraits are still being debated. We're using [the ones that have been identified by Christopher Soto](#), a professor of psychology at Colby College in Maine. Soto and his colleague Oliver John developed a major Big Five test, the BFI-2. (You can read more about it on [the website for Soto's lab](#).) We've used questions from that quiz with their permission and consulted with Soto in the development of our quiz. Read on to see what each trait reveals about who you really are.

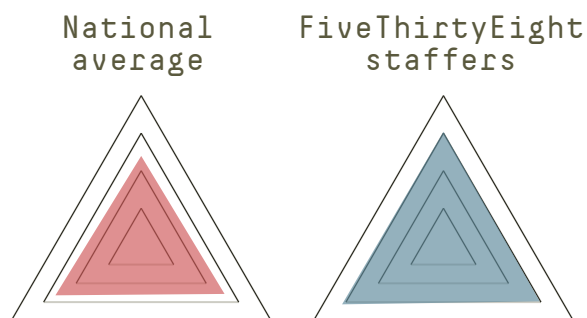
OPENNESS TO EXPERIENCE

50 out of 100

Moderate openness to experience: Openness is all about intellectual engagement and exploration. People on the high end are curious, experimental and probably artsy-fartsy. People on the low end lean toward rigidity — think the glowering dad or crusty old dean in every '80s teen movie. Those who score highly on this trait are at an increased risk of substance use. A low score can correlate with not really seeing what's so bad about fascism. All things considered, you're in a pretty good place right here in between.



How you compare



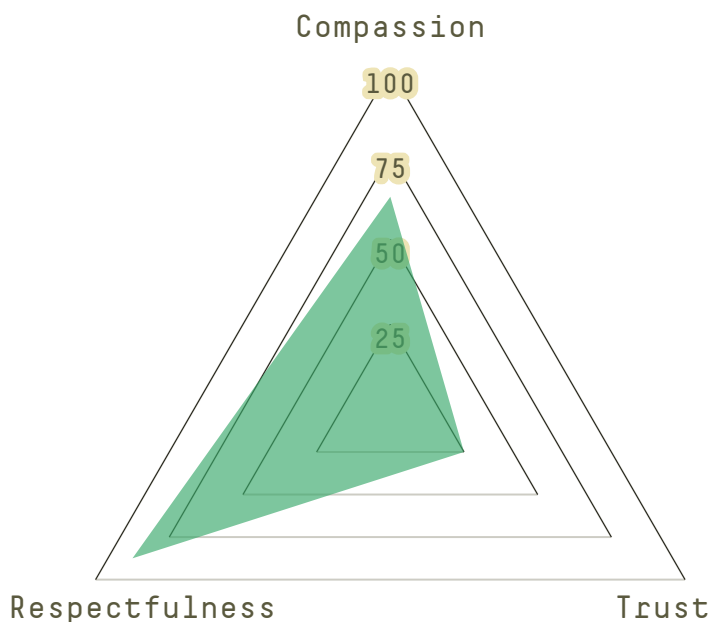
AGREEABLENESS

58 out of 100

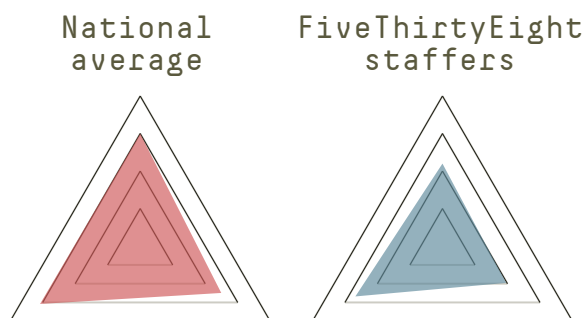
Moderate agreeableness: You have to be pretty dang un-agreeable to truly count as a low agreeableness person. A lot of the outcomes that correlate with low agreeableness, like being chronically bullied (or bullying) or having a criminal record, don't kick in until someone's score is down in the 10th percentile. So even though all the Big Five traits operate on a

to the extreme — the population of people who count as “moderately agreeable” is particularly large. (It’s just that some of you may have a little less tendency toward empathy, compassion and trust of your fellow human beings than others.) You’re no goody-goody, but you’re also not what the professionals might refer to as “a selfish jerk.”

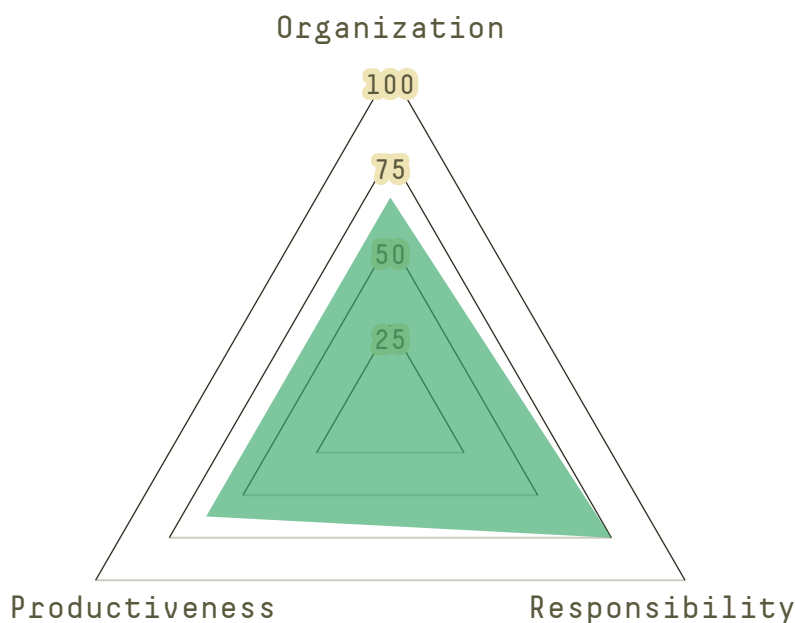
Your agreeableness subtraits



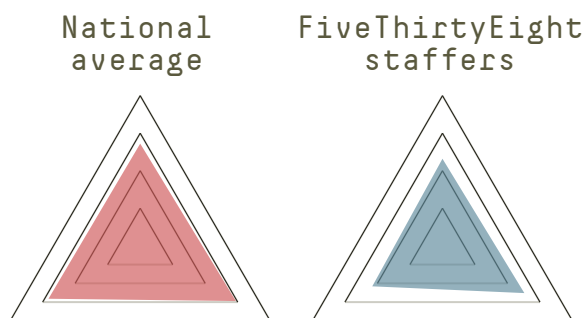
How you compare



High conscientiousness: You are one of the organized, the responsible, the possibly just-a-wee-bit boring. The highly conscientious can be thought of as the carriers of tradition. They're likely to be religious and join organized clubs like the Elks or the local bowling league. People like you work hard, and your boss probably loves your well-planned productivity. You're likely politically conservative. And your sense of commitment and attention to the little details make you great to date and stable in marriage. If all of that fails to sell you to a potential partner, try this: [Some research suggests](#) that the spouses of highly conscientious people can end up with better health than they otherwise would have. Frankly, "hey, baby, I'll increase your positive health outcomes" may well be the most "highly conscientious" pickup line imaginable.



How you compare



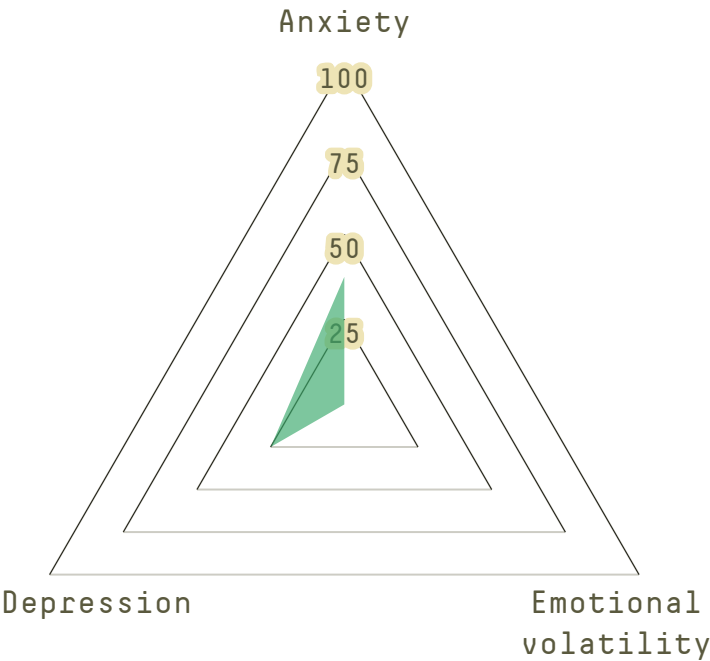
NEGATIVE EMOTIONALITY

21 out of 100

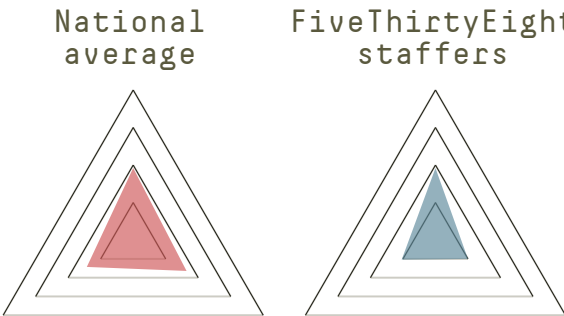
Low negative emotionality: People who score on the higher end of this trait are plagued by anxiety, sadness, anger and conflict. But not you. You whistle while you work, even if the rest of the office is glaring into their fourth cup of coffee. There's such a thing as being too cheerful, because sadness and anxiety are things that help us learn from our mistakes. But low

correlates with job satisfaction, commitment to the organization and a tendency to happily stay in one job for a long time without burning out. That doesn't necessarily mean you're doing a great job, mind you. (It's the highly conscientious people who consistently do well at work.) But, by god, you likely feel good about the job you do and financially secure in it.

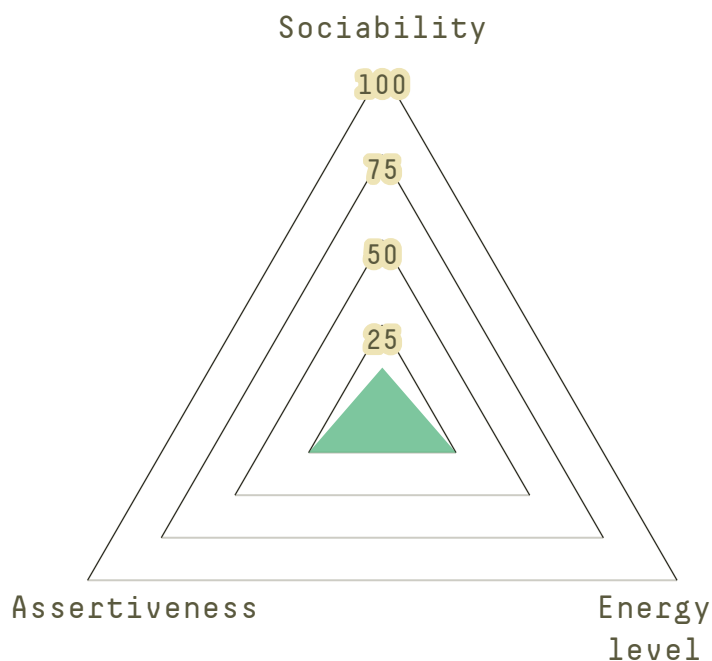
Your negative emotionality subtraits



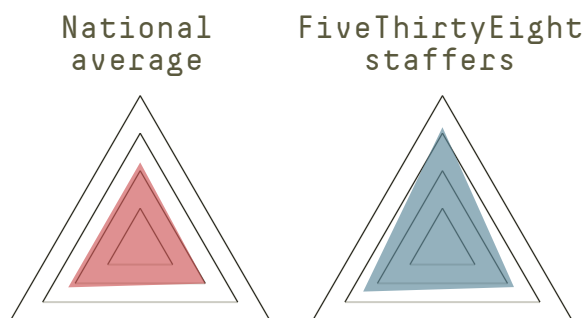
How you compare



Low extraversion: We live in a society that generally values and rewards extraversion, and that can make life tough for a more withdrawn person. Science tends to emphasize the downer aspects of your personality — you probably have difficulty making friends and finding people to date, for instance. You might also have a low opinion of your own looks. But being an introvert isn't all bad. Some scientists think low extraversion has protected humans from disease — [you can't pick up a bug from people if you avoid people](#). And [one study even found](#) a lower prevalence of extraversion in places where contagious diseases were historically common. One of the best bits of advice for the less extraverted is to find spaces where they get to live the way they want and where their personalities are valued. That's probably why being less extraverted is correlated with choosing, and excelling at, jobs that require working alone. And there is a higher prevalence of introverts [in the American West](#). Have you considered a career in ranching?



How you compare



SHARE WITH FAMILY AND FRIENDS

No matter how extraverted you are, this quiz is more fun when you can compare yourself with people you know! To start sharing your results, create a group below.

My annoying co-workers

Create group

Additional design and development by [Rachael Dottle](#)

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