FOREST-SIGMA\*36

Personality test,

396 items, 5 choices per item (1 very little to 5 very much) ,all answers are mandatory.

The 396 items are displayed, on a smartphone, a tablet or a laptop, a P.C, one at a time. There is no time limit. The session may be interrupted any time.

The test is administered through a server which provides the

content of each item and retains the corresponding answer

(1 to 5).

Once the last item is administered, the server will compute

the respondant’s output profile .

TEST FOREST-SIGMA\*36

12 SCALES; 36 SUBSCALES; 11 ITEMS PER SUBSCALE; TOTAL : 396 ITEMS (see appendix A)

DATA BASE STRUCTURE: 36 SUBSCALES IN SEQUENCE :

1 TO 11 ITEMS – 12 TO 22 – 23 T0 33 – ETC…

…, -- TO 396

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ADMINISTRATION : SEQUENCE First item of the 12 subscales

1 12 23 ETC…

2 13 24 35 ETC…

ETC…

11 22 33…

FOR EACH OF 36 SUBSCALES COMPUTE

SUM OF 11 RAW SCORES

(Minimum=11X1=11, Maximum=11X5=55)

SORT THE 36 SUBSCALES FROM HIGHEST TO LOWEST

DIVIDE THE 36 SUBSCALES INTO 5 CATEGORIES:

FIRST 5, NEXT 8, NEXT 10, NEXT 8, LAST 5

PRINT THE RESPONDENT’S PROFILE,

THE FIRST FIVE SUBSCALES AND THEIR NAMES (SEE APPENDIX b)

THE NEXT 8 SUBSCALES AND THEIR NAMES

THE 10 MIDDLE SUBSCALES AND THEIR NAMES

THE NEXT 8 SUBSCALES AND THEIR NAMES

THE LOWEST 5 SUBSCALES AND THEIR NAMES

FOREST-SIGMA \* NEEDS TEST

CONTENT

APPENDIX A

Each item is preceded by the phrase: “To what extent do I like to…?” There is no time limit.

|  |  |
| --- | --- |
| 1 | Examine my inner world |
| 2 | Understand my emotions |
| 3 | Explore my inner self |
| 4 | Identify my motivations |
| 5 | Know myself thoroughly |
| 6 | Observe my reactions |
| 7 | Know who I really am |
| 8 | Discover my strengths |
| 9 | Scan my unconscious |
| 10 | Analyze my feelings |
| 11 | Interpret my behaviour |
| 12 | Notice subtle gestures |
| 13 | Read people’s minds |
| 14 | Decode body language |
| 15 | Guess intimate secrets |
| 16 | Interpret a long silence |
| 17 | Sense things unsaid |
| 18 | Have a keen intuition |
| 19 | Analyze facial features |
| 20 | Capture an innuendo |
| 21 | Grasp people’s motives |
| 22 | Detect people’s moods |
| 23 | Wonder about afterlife |
| 24 | Gaze at the Universe |
| 25 | Ponder the meaning of life |
| 26 | Be one with nature |
| 27 | Pray in absolute silence |
| 28 | Meditate every day |
| 29 | Enrich my spiritual life |
| 30 | Practice meditation |
| 31 | Cultivate my innerness |
| 32 | Connect with the cosmos |
| 33 | Deepen my faith |
| 34 | Play to be winner |
| 35 | Break a new record |
| 36 | Win a competition |
| 37 | Win first place |
| 38 | Reach the very top |
| 39 | Strive for success |
| 40 | Have ambition |
| 41 | Always outdo myself |
| 42 | Succeed at all costs |
| 43 | Always aim higher |
| 44 | Seek excellence |
| 45 | Become very popular |
| 46 | Show pride in myself |
| 47 | Be worthy of admiration |
| 48 | Stand out socially |
| 49 | Deserve great praise |
| 50 | Be greatly appreciated |
| 51 | Make a good impression |
| 52 | Receive compliments |
| 53 | Gain great prestige |
| 54 | Strongly aspire to fame |
| 55 | Enhance my reputation |
| 56 | Exercise leadership |
| 57 | Have great power |
| 58 | Give clear orders |
| 59 | Maintain command |
| 60 | Give instructions |
| 61 | Exert strong influence |
| 62 | Have leadership skills |
| 63 | Be obeyed promptly |
| 64 | Be quite authoritarian |
| 65 | Give sound advice |
| 66 | Supervise subordinates |
| 67 | Have easy speech |
| 68 | Chat with strangers |
| 69 | Start a conversation |
| 70 | Converse with others |
| 71 | Speak very often |
| 72 | Talk for a long time |
| 73 | Have long discussions |
| 74 | Communicate orally |
| 75 | Talk about everything |
| 76 | Engage in a dialogue |
| 77 | Chat around the fire |
| 78 | Join an association |
| 79 | Be a member of a club |
| 80 | Form a united group |
| 81 | Mingle with a crowd |
| 82 | Develop camaraderie |
| 83 | Seek out company |
| 84 | Establish friendships |
| 85 | Meet many people |
| 86 | Belong to a group |
| 87 | Be really sociable |
| 88 | Socialize with others |
| 89 | Work with a partner |
| 90 | Offer my collaboration |
| 91 | Share a common goal |
| 92 | Cooperate with others |
| 93 | Integrate into society |
| 94 | Act by mutual consent |
| 95 | Express my solidarity |
| 96 | Foster mutual help |
| 97 | Cowork in a team |
| 98 | Share an objective |
| 99 | Interact with others |
| 100 | Count only on myself |
| 101 | Work without support |
| 102 | Manage without help |
| 103 | Protect my autonomy |
| 104 | Be self-supporting |
| 105 | Do without others |
| 106 | Make it by myself |
| 107 | Make my own decisions |
| 108 | Owe nothing to anyone |
| 109 | Maintain self-sufficiency |
| 110 | Stand on my own feet |
| 111 | Enjoy total freedom |
| 112 | Always do as I please |
| 113 | Have freedom at heart |
| 114 | Have freedom of action |
| 115 | Feel free as a bird |
| 116 | Live my life as I fancy |
| 117 | Be free from duties |
| 118 | Do anything I feel like |
| 119 | Have free rein |
| 120 | Enjoy my liberty |
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| 134 | Have a fabulous time |
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| 138 | Enjoy exciting leisure |
| 139 | Seek distractions |
| 140 | Enjoy a great feast |
| 141 | Take a long vacatiion |
| 142 | Truly be fun-loving |
| 143 | Party without limit |
| 144 | Find sexual fulfillment |
| 145 | Enjoy erotic pleasure |
| 146 | Express my sexuality |
| 147 | Feel a fiery passion |
| 148 | Flourish sexually |
| 149 | Dream of hot love |
| 150 | Satisfy my libido |
| 151 | Flirt and seduce |
| 152 | Give sensual kisses |
| 153 | Savour eroticism |
| 154 | Fantasize sensually |
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| 160 | Laugh out loud |
| 161 | Always clown around |
| 162 | Practise self-derision |
| 163 | Make practical jokes |
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| 170 | Put things in order |
| 171 | Feel like tidying up |
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| 173 | Clean up a mess |
| 174 | Organize a drawer |
| 175 | Classify objects |
| 176 | Put away utensils |
| 177 | Always plan my day |
| 178 | Prepare a work plan |
| 179 | Stick to an agenda |
| 180 | Organize my activities |
| 181 | Schedule an activity |
| 182 | Foresee everything |
| 183 | Develop a strategy |
| 184 | Work methodically |
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| 187 | Prepare a schedule |
| 188 | Be a perfectionist |
| 189 | Be very meticulous |
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| 192 | Work with great care |
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| 194 | Verify and reverify |
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| 196 | Notice any defect |
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| 261 | Avoid any mishap |
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| 263 | Look for safeness |
| 264 | Always avoid danger |
| 265 | Volunteer my services |
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| 267 | Have a heart of gold |
| 268 | Lend a hand often |
| 269 | Help the needy |
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| 271 | Give some of my time |
| 272 | Be sensitive to misery |
| 273 | Show my generosity |
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| 275 | Sacrifice willingly |
| 276 | Avoid painful quarrels |
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| 278 | Get along with others |
| 279 | Seek sweet harmony |
| 280 | Make peace willingly |
| 281 | Live in total peace |
| 282 | Show great tolerance |
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| 284 | Adopt compromises |
| 285 | Live without conflict |
| 286 | Endure in silence |
| 287 | Show great respect |
| 288 | Let people speak |
| 289 | Listen very carefully |
| 290 | Greet everybody |
| 291 | Be tactful in society |
| 292 | Be extremely polite |
| 293 | Show consideration |
| 294 | Be aware of others |
| 295 | Be very respectful |
| 296 | Admire old people |
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| 298 | Reply to insults |
| 299 | Retort if provoked |
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| 323 | Get angry if necessary |
| 324 | Voice my annoyance |
| 325 | Be vocally aggressive |
| 326 | Lose my temper |
| 327 | Fly into a rage |
| 328 | Throw a tantrum |
| 329 | Chafe for no reason |
| 330 | Be furious sometimes |
| 331 | Face the worst dangers |
| 332 | Be a real daredevil |
| 333 | Face daring challenges |
| 334 | Really risk a lot |
| 335 | Take wild risks |
| 336 | Be foolishly reckless |
| 337 | Be afraid of nothing |
| 338 | Often play with fire |
| 339 | Display recklessness |
| 340 | Flirt with danger |
| 341 | Brave a threat |
| 342 | Embark on adventure |
| 343 | Leap into the unknown |
| 344 | Visit exotic countries |
| 345 | Become a globetrotter |
| 346 | Travel over the world |
| 347 | Take a very long trip |
| 348 | Explore new horizons |
| 349 | Be very adventurous |
| 350 | Often go abroad |
| 351 | Go off to explore |
| 352 | Venture far away |
| 353 | Modify my projects |
| 354 | Avoid boring routines |
| 355 | Break the monotony |
| 356 | Diversify my activities |
| 357 | Change my mind often |
| 358 | Look for sheer variety |
| 359 | Welcome change |
| 360 | Get out for a change |
| 361 | Give up a dull routine |
| 362 | Try different activities |
| 363 | Change my activities |
| 364 | Display intense joy |
| 365 | Be very enthusiastic |
| 366 | Express my joviality |
| 367 | Be overtly cheerful |
| 368 | Express my jubilation |
| 369 | Be in a joyful mood |
| 370 | Release exuberance |
| 371 | Have a cheerful heart |
| 372 | Have outbursts of joy |
| 373 | Look overjoyed |
| 374 | Feel enjoyment |
| 375 | Have sparkling vitality |
| 376 | Be quite full of energy |
| 377 | Express my liveliness |
| 378 | Be the lively type |
| 379 | Burst with dynamism |
| 380 | Sparkle with life |
| 381 | Radiate my inner fire |
| 382 | Display great vigor |
| 383 | Explode with energy |
| 384 | Be remarkably alert |
| 385 | Live with intensity |
| 386 | Show my love of life |
| 387 | Display optimism |
| 388 | Radiate happiness |
| 389 | Be born for happiness |
| 390 | Be in a good mood |
| 391 | Always trust in life |
| 392 | Bask in serenity |
| 393 | Have positive views |
| 394 | Be extremely happy |
| 395 | Live optimistically |
| 396 | Have a fulfilled life |
| APPENDIX B   |  |  | | --- | --- | | 1 | SELF-ANALYSIS | | 2 | INTUITION | | 3 | MEDITATION | | 4 | AMBITION | | 5 | PRIDE | | 6 | LEADERSHIP | | 7 | CONVERSATION | | 8 | AFFILIATION | | 9 | SOLIDARITY | | 10 | AUTONOMY | | 11 | FREEDOM | | 12 | SOLITUDE | | 13 | AMUSEMENT | | 14 | EROTICISM | | 15 | PLAYFULNESS | | 16 | ORDERLINESS | | 17 | PLANNING | | 18 | PRECISION | | 19 | INNOVATION | | 20 | ABSTRACTION | | 21 | REFLECTION | | 22 | CONFORMITY | | 23 | TRADITION | | 24 | SECURITY | | 25 | DEVOTION | | 26 | HARMONY | | 27 | RESPECT | | 28 | RESPONSE | | 29 | REVENGE | | 30 | ANGER | | 31 | TEMERITY | | 32 | ADVENTURE | | 33 | VARIETY | | 34 | JOVIALITY | | 35 | VIVACITY | | 36 | OPTIMISM | | Examine my inner world |
| 16 | Interpret a long silence |
| 17 | Sense things unsaid |
| 18 | Have a keen intuition |
| 19 | Analyze facial features |
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| 359 | Welcome change |
| 360 | Get out for a change |
| 361 | Give up a dull routine |
| 362 | Try different activities |
| 363 | Change my activities |
| 364 | Display intense joy |
| 365 | Be very enthusiastic |
| 366 | Express my joviality |
| 367 | Be overtly cheerful |
| 368 | Express my jubilation |
| 369 | Be in a joyful mood |
| 370 | Release exuberance |
| 371 | Have a cheerful heart |
| 372 | Have outbursts of joy |
| 373 | Look overjoyed |
| 374 | Feel enjoyment |
| 375 | Have sparkling vitality |
| 376 | Be quite full of energy |
| 377 | Express my liveliness |
| 378 | Be the lively type |
| 379 | Burst with dynamism |
| 380 | Sparkle with life |
| 381 | Radiate my inner fire |
| 382 | Display great vigor |
| 383 | Explode with energy |
| 384 | Be remarkably alert |
| 385 | Live with intensity |
| 386 | Show my love of life |
| 387 | Display optimism |
| 388 | Radiate happiness |
| 389 | Be born for happiness |
| 390 | Be in a good mood |
| 391 | Always trust in life |
| 392 | Bask in serenity |
| 393 | Have positive views |
| 394 | Be extremely happy |
| 395 | Live optimistically |
| 396 | Have a fulfilled life |
|  | 36 DIMENSIONS( x11 ITEMS EACH) |
|  |  |
|  |  |
| 1 | SELF-ANALYSIS |
| 2 | INTUITION |
| 3 | MEDITATION |
| 4 | AMBITION |
| 5 | PRIDE |
| 6 | LEADERSHIP |
| 7 | CONVERSATION |
| 8 | AFFILIATION |
| 9 | SOLIDARITY |
| 10 | AUTONOMY |
| 11 | FREEDOM |
| 12 | SOLITUDE |
| 13 | AMUSEMENT |
| 14 | EROTICISM |
| 15 | PLAYFULNESS |
| 16 | ORDERLINESS |
| 17 | PLANNING |
| 18 | PRECISION |
| 19 | INNOVATION |
| 20 | ABSTRACTION |
| 21 | REFLECTION |
| 22 | CONFORMITY |
| 23 | TRADITION |
| 24 | SECURITY |
| 25 | DEVOTION |
| 26 | HARMONY |
| 27 | RESPECT |
| 28 | RESPONSE |
| 29 | REVENGE |
| 30 | ANGER |
| 31 | TEMERITY |
| 32 | ADVENTURE |
| 33 | VARIETY |
| 34 | JOVIALITY |
| 35 | VIVACITY |
| 36 | OPTIMISM |