The Big Five Personality Test

from personality-testing.info

courtesy ipip.ori.org

Introduction

This is a personality test, it will help you understand why you act the way that you do and how your personality is structured. Please follow the instructions below, scoring and results are on the next page.

Instructions

In the table below, for each statement 1-50 mark how much you agree with on the scale 1-5, where 1=disagree, 2=slightly disagree, 3=neutral, 4=slightly agree and 5=agree, in the box to the left of it.

Test

Rating	I....	Rating	I.....
3	1. Am the life of the party.	3	26. Have little to say.
5	2. Feel little concern for others.	3	27. Have a soft heart.
4	3. Am always prepared.	2	28. Often forget to put things back in their proper place.
2	4. Get stressed out easily.	2	29. Get upset easily.
3	5. Have a rich vocabulary.	2	30. Do not have a good imagination.
3	6. Don't talk a lot.	4	31. Talk to a lot of different people at parties.
5	7. Am interested in people.	2	32. Am not really interested in others.
2	8. Leave my belongings around.	4	33. Like order.
3	9. Am relaxed most of the time.	3	34. Change my mood a lot.
3	10. Have difficulty understanding abstract ideas.	4	35. Am quick to understand things.
4	11. Feel comfortable around people.	3	36. Don't like to draw attention to myself.
1	12. Insult people.	4	37. Take time out for others.
4	13. Pay attention to details.	2	38. Shirk my duties.
2	14. Worry about things.	2	39. Have frequent mood swings.
4	15. Have a vivid imagination.	2	40. Use difficult words.

3	16. Keep in the background.	3	41. Don't mind being the center of attention.
4	17. Sympathize with others' feelings.	3	42. Feel others' emotions.
2	18. Make a mess of things.	5	43. Follow a schedule.
4	19. Seldom feel blue.	2	44. Get irritated easily.
3	20. Am not interested in abstract ideas.	3	45. Spend time reflecting on things.
4	21. Start conversations.	2	46. Am quiet around strangers.
3	22. Am not interested in other people's problems.	4	47. Make people feel at ease.
4	23. Get chores done right away.	4	48. Am exacting in my work.
2	24. Am easily disturbed.	2	49. Often feel blue.
4	25. Have excellent ideas.	4	50. Am full of ideas.

$E = 20 +_{(1)} 3 -_{(6)} 3 +_{(11)} 4 -_{(16)} 3 +_{(21)} 4 -_{(26)} 3 +_{(31)} 4 -_{(36)} 3 +_{(41)} 3 -_{(46)} 2 = 24$

$A = 14 -_{(2)} 5 +_{(7)} 5 -_{(12)} 1 +_{(17)} 4 -_{(22)} 3 +_{(27)} 3 -_{(32)} 2 +_{(37)} 4 +_{(42)} 3 +_{(47)} 4 = 26$

$C = 14 +_{(3)} 4 -_{(8)} 2 +_{(13)} 4 -_{(18)} 2 +_{(23)} 4 -_{(28)} 2 +_{(33)} 4 -_{(38)} 2 +_{(43)} 5 +_{(48)} 4 = 31$

$N = 38 -_{(4)} 2 +_{(9)} 3 -_{(14)} 2 +_{(19)} 4 -_{(24)} 2 -_{(29)} 2 -_{(34)} 3 -_{(39)} 2 -_{(44)} 2 -_{(49)} 2 = 28$

$O = 8 +_{(5)} 3 -_{(10)} 3 +_{(15)} 4 -_{(20)} 3 +_{(25)} 4 -_{(30)} 2 +_{(35)} 4 +_{(40)} 2 +_{(45)} 3 +_{(50)} 4 = 24$

The scores you calculate should be between zero and forty. Below is a description of each trait.

- **Extroversion (E)** is the personality trait of seeking fulfillment from sources outside the self or in community. High scorers tend to be very social while low scorers prefer to work on their projects alone.

- **Agreeableness (A)** reflects much individuals adjust their behavior to suit others. High scorers are typically polite and like people. Low scorers tend to 'tell it like it is'.

- **Conscientiousness (C)** is the personality trait of being honest and hardworking. High scorers tend to follow rules and prefer clean homes. Low scorers may be messy and cheat others.

- **Neuroticism (N)** is the personality trait of being emotional.

- **Openness to Experience (O)** is the personality trait of seeking new experience and intellectual pursuits. High scores may day dream a lot. Low scorers may be very down to earth.

Below is a graph of how other people scored when test was offered on the internet.

n = 10189, MEAN(E) = 3.05, MEAN(N) = 2.98, MEAN(A) = 3.84, MEAN(C) = 3.38, MEAN(O) = 4.05