Appendix D – The Big Five Inventory (BFI)

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Disagree strongly | Disagree a little | Neither agree nor disagree | Agree a little | Agree strongly |  |
|  | 1 | 2 | 3 | 4 | 5 |  |

|  |  |
| --- | --- |
| 1. Is talkative | 1. Tends to be lazy |
| 1. Tends to find fault with others | 1. Is emotionally stable, not easily upset |
| 1. Does a thorough job | 1. Is inventive |
| 1. Is depressed, blue | 1. Has an assertive personality |
| 1. Is original, comes up with new ideas | 1. Can be cold and aloof |
| 1. Is reserved | 1. Perseveres until the task is finished |
| 1. Is helpful and unselfish with others | 1. Can be moody |
| 1. Can be somewhat careless | 1. Values artistic, aesthetic experiences |
| 1. Is relaxed, handles stress well | 1. Is sometimes shy, inhibited |
| 1. Is curious about many different things | 1. Is considerate and kind to almost everyone |
| 1. Is full of energy | 1. Does things efficiently |
| 1. Starts quarrels with others | 1. Remains calm in tense situations |
| 1. Is a reliable worker | 1. Prefers work that is routine |
| 1. Can be intense | 1. Is outgoing, sociable |
| 1. Is ingenious, a deep thinker | 1. Is sometimes rude to others |
| 1. Generates a lot of enthusiasm | 1. Makes plans and follows through with them |
| 1. Has a forgiving nature | 1. Gets nervous easily |
| 1. Tends to be disorganized | 1. Likes to reflect, play with ideas |
| 1. Worries a lot | 1. Has few artistic interests |
| 1. Has an active imagination | 1. Likes to cooperate with others |
| 1. Tends to be quiet | 1. Is easily distracted |
| 1. Is generally trusting | 1. Is sophisticated in art, music, or literature |

**Scoring**:

BFI scale scoring (“R” denotes reverse-scored items):

Extraversion: 1, 6R, 11, 16, 21R, 26, 31R, 36

Agreeableness: 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42

Conscientiousness: 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R

Neuroticism: 4, 9R, 14, 19, 24R, 29, 34R, 39

Openness: 5, 10, 15, 20, 25, 30, 35R, 40, 41R, 44