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## Mohammadmahdi Mahdi - Personality profile

Alva's personality test is constructed and built on the so-called 'Five Factor Personality Theory', which is considered the most valid framework and model for quantifying personality.

FACTOR	LOWER BAND	AVERAGE	UPPER BAND
Agreeableness	Detached	6	Friendly
Conscientiousness	Relaxed	5	Diligent
Extraversion	Reserved	7	Outgoing
Emotional Stability	Sensitive	6	Resilient
Openness to Experience	Conventional	7	Innovative

## Possible strengths

Very good at initiating new projects and coming up with ideas

Leader personality who can be both empathetic and assertive

Generally positive to change and willing to question old beliefs

## Possible challenges

Often less motivated to finish or administer existing projects

Could at times come across as bossy or direct

May be tough in discussions when an idea is important to them

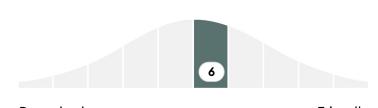
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## Agreeableness

## Neither Detached nor Friendly

50th to 69th percentile.

An average score indicates that one's social style is marked neither by extreme likeability, nor bluntness. People with average scores have no problem trusting others, but are neither prone to being naive. They can be honest and tough when needed, but do not seek confrontation unnecessarily.



Detached Friendly
Indifferent, Forthright, Sceptical Soft-hearted, Polite, Trusting

## Three aspects of agreeableness:

## Compassion: Neither Indifferent nor Soft-hearted 50th to 69th percentile.

Sometimes focused on the well-being of others

Sometimes affected by others' negative experiences

# 6

# Indifferent Unaffected by other people's negative experiences.

Soft-hearted
Often feels compassion. Cares
about the wellbeing of others.
Wants to care for and help
other people.

## Politeness: Neither Forthright nor Polite 31st to 50th percentile.

Neither very direct nor very diplomatic

May engage in arguments when needed

# 5

## Forthright

Questions others and has a sharp tongue. Accustomed to conflicts and arguments.

Polite
Well-mannered and humble.
Avoids to offend others and
stays out of conflicts.

## Trust: Neither Sceptical nor Trusting 50th to 69th percentile.

Normally trusts other people, but not always

May at times question others' intentions



#### Sceptical

Wary of other people.

Trusting
Believes in the good intentions
and truthfulness of others.

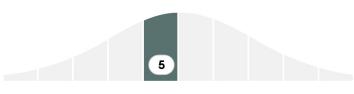
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## Conscientiousness

## Neither Relaxed nor Diligent

31st to 50th percentile.

An average score indicates that one is about as focused on achievement and responsibility as most other people. People with average scores have a basic striving to reach goals and live up to expectations, but may in some situations also prioritize other things. They can usually get started with tasks fairly easily and maintain structure in their work, although it might require some effort.



Relaxed
Easy-going, Spontaneous,
Unstructured

Diligent Industrious, Careful, Organized

## Three aspects of conscientiousness:

## Goal-striving: Neither Easy-going nor Industrious 50th to 69th percentile.

About as goal-oriented as most other people

Usually gets started with work tasks fairly easily

# 6

### Easy-going More inclined to lower their ambitions than to get out of their way to reach goals.

Industrious
Works hard to reach their
goals, completes tasks and
gets started easily.

## Carefulness: Neither Spontaneous nor Careful 50th to 69th percentile.

Usually prepares for decisions but can also be spontaneous

Wants to get things right but may at times overlook the 'fine print'

# 6

#### Spontaneous

Makes decisions and acts on impulse.

Careful
Puts a lot of deliberation and
preparation on decisions.
Concerned about getting
things right.

## Orderliness: Unstructured

16th to 31st percentile.

Unconcerned about order and structure

Often likes unstructured approaches to work



Unstructured Organized

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Prefers unstructured approaches.

Likes order and structure.

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## Extraversion

## Outgoing

69th to 84th percentile.

A high score indicates that one is outgoing and sociable, with a high energy level. People with high scores often dominate the social space, enjoy in frequent discussions, and enjoy a high level of activity. They are prone to taking the lead and asserting their own view in many different settings.



Reserved Accommodative, Solitary, Lowkey Outgoing Assertive, Sociable, Energetic

## Three aspects of extraversion:

Assertiveness: Neither Accomodative nor Assertive 31st to 50th percentile.

Voices their opinion when needed

Sometimes takes the lead, but not routinely



#### Accomodative

Lets others take the lead and keeps their opinions to themself. Assertive
Takes charge and makes their
opinions heard.

#### Sociability: Sociable

69th to 84th percentile.

Likes being around other people

Socially outgoing



## Solitary

Likes to be alone. Quiet and socially withdrawn.

Sociable Likes to be among other people. Socially outgoing.

## **Energy Level: Energetic**

84th to 93rd percentile.

High energy level and lively appearance

Need for activity and a high pace of life



Low-key Likes low-energy environments. Restrained appearance.

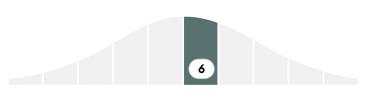
Energetic Enjoys high-energy environments. Active and lively appearance.

## **Emotional Stability**

#### **Neither Sensitive nor Resilient**

50th to 69th percentile.

An average score indicates that one experiences emotions about as often and intensely as most others do. People with average scores are seldom regarded as overly sensitive, but are still relatively responsive to negative events. They do experience stress and worry, but can usually handle it and get over setbacks quite well.



Sensitive Heavy Hearted, Hot-tempered, Concerned Resilient Carefree, Even-tempered, Composed

## Three aspects of emotional stability:

Optimism: Neither Heavy hearted nor Carefree 50th to 69th percentile.

Usually gets over setbacks reasonably fast

Mostly optimistic when not under pressure

6

Heavy hearted
Gets discouraged when
experiencing setbacks.
Inclined to negative emotions.

Carefree Gets past setbacks easily and stays optimistic.

Stability: Neither Hot-tempered nor Even-tempered 50th to 69th percentile.

Has a fairly even temper when not under pressure

May get annoyed or upset at times but not too often

Hot-tempered Experiences emotions intensively. Gets angry when provoked. Even-tempered Has an even temper. Rarely gets annoyed or upset.

Stress tolerance: Composed 69th to 84th percentile.

Rarely experiences worry

Usually remains calm even under high pressure

oncerned

Concerned
Worries about things that have happened or might happen in

Composed Relaxed. Rarely experiences feelings of worry or stress.

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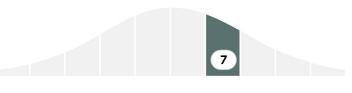
the future.

## Openness to Experience

#### **Innovative**

69th to 84th percentile.

A high score indicates that one is interested in new impressions and experiences. People with high scores tend to be intellectual, learning-oriented, and motivated to solve abstract problems. They are also open to change and like to find new, creative solutions to challenges.



Conventional
Down-to-earth, Concrete,
Conservative

Innovative Curious, Artistic, Change oriented

## Three aspects of openness to experience:

### **Curiosity: Curious**

69th to 84th percentile.

Intellectual and curious mind

Enjoys theoretical problems

# 7

#### Down-to-earth

Uninterested in abstract, philosophical discussions.

Curious Enjoys intellectual challenges and theoretical discussions.

## Aesthetic orientation: Neither Concrete nor Artistic 50th to 69th percentile.

Shows some interest in art and beauty

Has some imagination but does not always use it



#### Concrete

Perceives the world without beautifying or fantasizing it.

## Artistic Appreciates beauty, in

Appreciates beauty, in everyday life as well as in art, music poetry or literature.

## Change orientation:

Neither Conservative nor Change oriented 31st to 50th percentile.

Enjoys some variation but also likes habits

Likes to try new things occasionally



## Conservative

Appreciates familiar environments and settings. Likes to follow established methods. Change oriented
Has a strong need for
variation. Likes to try new
things and change settings.

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