**Instructions for participants[[1]](#footnote-1)**

Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age. So that you can describe yourself in an honest manner, your responses will be kept in absolute confidence. Indicate for each statement whether it is

1. Very true
2. Somewhat true
3. Neither true nor untrue
4. Moderately true
5. Very true

**Note on scoring**

We are only interested in 3 of the big-5 personality traits. In the attached spreadsheet, we indicate which trait the various items are measuring (from 1-3) and whether or not the score is positive or negative. People’s scores are numbers from 1 to 5; if the item is scored negatively, and the person says “5, very true” then the score is minus 5.

1. Note: for details on the IPIP, see <http://ipip.ori.org/new_ipip-50-item-scale.htm> [↑](#footnote-ref-1)