IPIP Selected Scales - MHSS

On the following pages, there are phrases describing people's behaviors. Please use the rating scale below to describe how accurately each statement describes you. 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. Please read each statement carefully, and then fill in the bubble that corresponds to the number on the scale.

Response Options

1: Very Inaccurate

2: Moderately Inaccurate

3: Neither Inaccurate nor Accurate

4: Moderately Accurate

5: Very Accurate

|  | Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |
| --- | --- | --- | --- | --- | --- |
| 1. Like order. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not easily bothered by things. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not really interested in others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Dislike being the center of attention. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Get chores done right away. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Seldom toot my own horn. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am very pleased with myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Do not have a good imagination. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Believe in human goodness. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Accept people as they are. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am relaxed most of the time. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Trust others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Insult people. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Distrust people. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Rarely get irritated. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Respect others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Talk to a lot of different people at parties. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Believe that others have good intentions. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Keep in the background. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Make people feel at ease. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Think that all will be well. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Consider myself an average person. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Often forget to put things back in their proper place. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Believe that people are basically moral. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Believe that I am better than others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not interested in other people’s problems. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Find it difficult to approach others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Sympathize with others’ feelings. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Stumble over my words. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am the life of the party. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Suspect hidden motives in others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not embarrassed easily. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Know the answers to many questions. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have a good word for everyone. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Make myself the center of attention. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Don’t talk a lot. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Cut others to pieces. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Feel comfortable with myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Believe that people are essentially evil. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not interested in abstract ideas. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Only feel comfortable with friends. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Feel others’ emotions. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am not bothered by difficult social situations. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Panic easily. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am easily intimidated. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Think highly of myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have a vivid imagination. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am wary of others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Seldom feel blue. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Trust what people say. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am afraid that I will do the wrong thing. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Dislike myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Get upset easily. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am comfortable in unfamiliar situations. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am often down in the dumps. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am able to stand up for myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have a high opinion of myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Get back at others. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Often feel blue. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Make a mess of things. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have a sharp tongue. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Boast about my virtues. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Am afraid to draw attention to myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have difficulty understanding abstract ideas. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Dislike talking about myself. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 1. Have frequent mood swings. | ➀ | ➁ | ➂ | ➃ | ➄ |