

# Appendix 1. The Berlin Multi-Facet Personality Inventory

Table 1: Items of the BERLIN M-F PI and their corresponding facets and domains

Domain	Facet	Item
Agreeableness	A1: Appreciation	I acknowledge others' accomplishments.
		I respect others' feelings.
		I respect others.
		I am a good listener.
		I am polite to strangers.
	A2: Integrity	I speak ill of others. (-)
		I insult people. (-)
		I do things out of revenge. (-)
		I misuse power. (-)
		I try to avoid doing favors for others. (-)
	A3: Low competitiveness	I would like to have more power than other people. (-)
		I want to control the conversation. (-)
		I tend to brag about my accomplishments. (-)
		I want to be told I am right. (-)
		I see other people as my competitors. (-)
	A4: Readiness to give feedback	I want to be liked.
		I do what others want me to do.
		I change myself to suit others.
		I am afraid of providing criticism.
		I find it necessary to please the people who have power.
	A5: Search for support	I show my sadness.
		I show my fear.
		I show my anger.
		I tend to complain.
		I seek support.
	A6: Good faith	I trust what people say.
		I trust others.
		I believe that others have good intentions.
		I am good at working with a group.
		I feel like a loser if I compromise. (-)
	A7: Genuineness	I lie to get myself out of trouble. (-)
		I respect authority.
		I try to fool others. (-)
		I find it easy to manipulate others. (-)
		I use flattery to get ahead. (-)
	A8: Altruism	I think of others first.
		I let other people take the credit for my work.
		I try to respond with understanding when someone treats me
		I return extra change when a cashier makes a mistake.

Table 1: Items of the BERLIN M-F PI and their corresponding facets and domains (*continued*)

Domain	Facet	Item
Conscientiousness	C1: Dominance	I want to be in charge.
		I try to lead others.
		I demand perfection in others.
		I resist authority.
		I try to outdo others.
	C2: Persistence	I give up easily. (-)
		I never give up.
		I am easily discouraged. (-)
		I like to take my time. (-)
		My interests change quickly. (-)
	C3: Self-discipline	I am easily talked into doing silly things. (-)
		I rush into things. (-)
		I act impulsively when something is bothering me. (-)
		I am easily distracted. (-)
		I say inappropriate things. (-)
	C4: Task planning	I do things according to a plan.
		I follow a schedule.
		I make plans and stick to them.
		I want things to proceed according to plan.
		I am always prepared.
	C5: Goal orientation	I accomplish a lot of work.
		I work hard.
		I put little time and effort into my work. (-)
		I am a goal-oriented person.
		I carry out my plans.
	C6: Carefulness	I choose my words with care.
		I look at the facts.
		I make careful choices.
		I avoid mistakes.
		I take precautions.
	C7: Orderliness	I leave a mess in my room. (-)
		I often forget to put things back in their proper place. (-)
		I am continually losing things. (-)
		I can never find anything. (-)
		I make a mess of things. (-)
	C8: Wish to work to capacity	I work too much.
		I have extra time on my hands. (-)
		I am always busy.
		I have too many things to do.
		I am exacting in my work.
	C9: Productivity	I can manage many things at the same time.
		I start tasks right away.
		I can't wait to get started on a project.
		I finish tasks quickly.
		I stop when work becomes too difficult.

Table 1: Items of the BERLIN M-F PI and their corresponding facets and domains (*continued*)

Domain	Facet	Item
Extraversion	E1: Sociability	I am quiet around strangers. (-)
		I start conversations.
		I feel comfortable only with friends. (-)
		I feel comfortable around people.
		I have difficulty showing affection. (-)
	E2: Readiness to take risks	I seek danger.
		I enjoy being reckless.
		I avoid dangerous situations. (-)
		I act wild and crazy.
	E3: Wish for affiliation	I like loud music.
		I prefer to be alone. (-)
		I enjoy spending time by myself. (-)
		I enjoy silence. (-)
	E4: Positive attitude	I feel isolated from other people. (-)
		I hold back my opinions. (-)
		I look forward to each new day.
		I look at the bright side of life.
	E5: Forcefulness	I love life.
		I laugh a lot.
		I feel lucky most of the time.
		I automatically take charge.
	E6: Communicativeness	I do most of the talking.
		I know how to convince others.
		I like having authority over others.
		I challenge others' points of view.
	E7: Humor	I talk a lot.
		I like talking about myself.
		I easily share my feelings with others.
		I love to chat.
	E8: Conviviality	I disclose my intimate thoughts.
		I am known for my sense of humor.
		I try to add some humor to whatever I do.
		I like to amuse others.
	E9: Energy	I try to tease my friends out of their gloomy moods.
		I amuse myself easily.
		I enjoy being part of a group.
		I enjoy teamwork.
		I am good at planning group activities.
		I would enjoy a lot of social interaction.
		I am good at getting people to like me.
		I maintain high energy throughout the day.
		I tire out quickly. (-)
		I am usually active and full of energy.

Table 1: Items of the BERLIN M-F PI and their corresponding facets and domains (*continued*)

Domain	Facet	Item
Emotional Stability	N1: Equanimity	I get angry easily.
		I snap at people.
		I get annoyed at the slightest provocation.
		I shout or scream when I'm angry.
		I get upset if others change the way that I have arranged things.
	N2: Confidence	I feel sad. (-)
		I think my life is a failure. (-)
		I have a dark outlook on the future. (-)
		I feel lonely. (-)
		I feel desperate. (-)
	N3: Carefreeness	I worry a lot. (-)
		I often feel tense. (-)
		I am filled with doubts about things. (-)
		I worry about what people think of me. (-)
		I feel fearful. (-)
	N4: Mental balance	I remain calm under pressure.
		I can handle stress well.
		I face danger confidently.
		I readily overcome setbacks.
		I adapt easily to new situations.
	N5: Drive	I feel it hard to get going. (-)
		I hardly know where my life is going. (-)
		I give up easily. (-)
		I let others discourage me. (-)
		I never spend more than I can afford. (-)
	N6: Emotional robustness	I cry easily. (-)
		I get overwhelmed by emotions. (-)
		I need protection. (-)
		I am easily hurt. (-)
		I immediately feel sad when hearing of an unhappy event. (-)
	N7: Self-attention	I need the approval of others. (-)
		I am preoccupied with myself. (-)
		I feel threatened easily. (-)
Openness to experience	O1: Creativity	I do unexpected things.
		I know that my ideas sometimes surprise people.
		I pride myself on being original.
		I ask questions that nobody else does.
		I love to think up new ways of doing things.
	O2: Wish for variety	I like to visit new places.
		I like to travel.
		I am excited by many different activities.
		I have been creative during the last year.
		I like concerts.

Table 1: Items of the BERLIN M-F PI and their corresponding facets and domains (*continued*)

Domain	Facet	Item
	O3: Open-mindedness	<p>I am valued by my friends for my good judgment.</p> <p>I am valued by others for my objectivity.</p> <p>I know how to apply my knowledge.</p> <p>I can see different points of view.</p> <p>I come up with alternatives.</p>
	O4: Interest in reading	<p>I read a lot.</p> <p>I like to read.</p> <p>I enjoy discussing books with others.</p> <p>I have read the great literary classics.</p> <p>I enjoy reading nonfiction.</p>
	O5: Artistic interests	<p>I appreciate all forms of art.</p> <p>I like art.</p> <p>I like poetry.</p> <p>I seldom notice the emotional aspects of paintings and pictures.</p> <p>I like to visit museums.</p>
	O6: Wish to analyze	<p>I tend to analyze things.</p> <p>I like to speculate about things.</p> <p>I seek explanations of things.</p> <p>I love to reflect on things.</p> <p>I try to understand myself.</p>
	O7: Willingness to learn	<p>I want to increase my knowledge.</p> <p>I look forward to the opportunity to learn and grow.</p> <p>I find the world a very interesting place.</p> <p>I dislike learning. (-)</p> <p>I am thrilled when I learn something new.</p>
	O8: Sensitivity	<p>I am open about my feelings.</p> <p>I rarely notice my emotional reactions. (-)</p> <p>I find it hard to understand why people get emotional. (-)</p> <p>I am open about myself to others.</p>
	O9: Intellect	<p>I learn quickly.</p> <p>I am quick to understand things.</p> <p>I can handle a lot of information.</p>