The Big Five Personality Test

Retrieved from: https://openpsychometrics.org/printable/big-five-personality-test.pdf

Instructions: This is a personality test. It will help you understand why you act the way that you do and how your personality is structured. Circle the number that indicates how much you disagree or agree with each statement. Begin each statement with "I...."

Question	Inaccurate	Slightly inaccurate	Neutral	Slightly accurate	Accurate
1. Am the life of the party.	1	2	3	4	5
2. Feel little concern for others.	1	2	3	4	5
3. Am always prepared.	1	2	3	4	5
4. Get stressed out easily.	1	2	3	4	5
5. Have a rich vocabulary.	1	2	3	4	5
6. Don't talk a lot.	1	2	3	4	5
7. Am interested in people.	1	2	3	4	5
8. Leave my belongings around.	1	2	3	4	5
9. Am relaxed most of the time.	1	2	3	4	5
10. Have difficulty understanding abstract ideas.	1	2	3	4	5
11. Feel comfortable around people.	1	2	3	4	5
12. Insult people.	1	2	3	4	5
13. Pay attention to details.	1	2	3	4	5
14. Worry about things.	1	2	3	4	5
15. Have a vivid imagination.	1	2	3	4	5
16. Keep in the background.	1	2	3	4	5
17. Sympathize with others' feelings.	1	2	3	4	5
18. Make a mess of things.	1	2	3	4	5
19. Seldom feel blue.	1	2	3	4	5
20. Am not interested in abstract ideas.	1	2	3	4	5
21. Start conversations.	1	2	3	4	5
22. Am not interested in other people's problems.	1	2	3	4	5
23. Get chores done right away.	1	2	3	4	5
24. Am easily disturbed.	1	2	3	4	5
25. Have excellent ideas.	1	2	3	4	5
26. Have little to say.	1	2	3	4	5

Question	Inaccurate	Slightly inaccurate	Neutral	Slightly accurate	Accurate
27. Have a soft heart.	1	2	3	4	5
28. Often forget to put things back in their proper place.	1	2	3	4	5
29. Get upset easily.	1	2	3	4	5
30. Do not have a good imagination.	1	2	3	4	5
31. Talk to a lot of different people at parties.	1	2	3	4	5
32. Am not really interested in others.	1	2	3	4	5
33. Like order.	1	2	3	4	5
34. Change my mood a lot.	1	2	3	4	5
35. Am quick to understand things.	1	2	3	4	5
36. Don't like to draw attention to myself.	1	2	3	4	5
37. Take time out for others.	1	2	3	4	5
38. Shirk my duties.	1	2	3	4	5
39. Have frequent mood swings.	1	2	3	4	5
40. Use difficult words.	1	2	3	4	5
41. Don't mind being the center of attention.	1	2	3	4	5
42. Feel others' emotions.	1	2	3	4	5
43. Follow a schedule.	1	2	3	4	5
44. Get irritated easily.	1	2	3	4	5
45. Spend time reflecting on things.	1	2	3	4	5
46. Am quiet around strangers.	1	2	3	4	5
47. Make people feel at ease.	1	2	3	4	5
48. Am exacting in my work.	1	2	3	4	5
49. Often feel blue.	1	2	3	4	5
50. Am full of ideas.	1	2	3	4	5

Scoring Sheet

Instructions: Calculate your scores using the specific math string for each personality trait. The numbers in the parentheses are the item numbers. The numbers in the parentheses tell you what score to write on the line. Each of these numbers correlate with the specific item number in the test. For example, when you see "(6)" in the math string, this is a prompt for you to enter the number on the line that follows this with the person's answer choice for item #6. Be aware that there is addition and subtraction within all of the math strings. Each personality trait will have a score between zero and forty.

Extroversion

Extroversion (E) is the personality trait of seeking fulfillment from sources outside the self or in community. High scorers tend to be very social while low scorers prefer to work on their projects alone.

E = 20 + (1) ___ - (6) ___ + (11) ___ - (16) ___ + (21) ___ - (26) ___ + (31) ___ - (36) ___ + (41) ___ - (46) ___ = _____

Agreeableness

Agreeableness (A) reflects how much individuals adjust their behavior to suit others. High scorers are typically polite and like people. Low scorers tend to 'tell it like it is'.

A = 14 - (2) ___ + (7) ___ - (12) ___ + (17) ___ - (22) ___ + (27) ___ - (32) ___ + (37) ___ + (42) ___ + (47) ___ = _____

Conscientiousness

Conscientiousness (C) is the personality trait of being honest and hardworking. High scorers tend to follow rules and prefer clean homes. Low scorers may be messy and cheat others.

C = 14 + (3) ___ - (8) ___ + (13) ___ - (18) ___ + (23) ___ - (28) ___ + (33) ___ - (38) ___ + (43) ___ + (48) ___ = _____

Neuroticism

Neuroticism (N) is the personality trait of being emotional. High scorers tend to have high emotional reactions to stress. They may perceive situations as threatening and be more likely to feel moody, depressed, angry, anxious, and experience mood swing. Low scorers tend to be more emotionally stable and less reactive to stress.

N = 38 - (4) ___ + (9) ___ - (14) ___ + (19) ___ - (24) ___ - (29) ___ - (34) ___ - (39) ___ - (44) ___ - (49) ___ = _____

Openness to Experience

Openness to Experience (O) is the personality trait of seeking new experiences and intellectual pursuits. High scores may day dream a lot (enjoy thinking about new and different things). Low scorers tend to be very down to earth (more of a 'hear and now' thinker). Consequently, it is thought that people with higher scores might be more creative, flexible, curious, and adventurous, whereas people with lower score might tend to enjoy routines, predictability, and structure.

O = 8 + (5) ___ - (10) ___ + (15) ___ - (20) ___ + (25) ___ - (30) ___ + (35) ___ + (40) ___ + (45) ___ + (50) ___ = _____