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Exercise 15–3 The Big Five Personality Test

How true is each of the following characteristics in describing you? Use the five-point scale below:

- 1 = Not at all true of me; I am almost never this way.
- 2 = Mostly not true of me; I am rarely this way.
- 3 = Neither true nor untrue of me; I can't decide.
- 4 = Mostly true of me; I am often this way.
- 5 = Almost always true of me; I am usually this way.

- 1. ___ Imaginative
- 2. ___ Careful
- 3. ___ Sociable
- 4. ___ Softhearted
- 5. ___ Anxious
- 6. ___ Creative
- 7. ___ Reliable
- 8. ___ Talkative
- 9. ___ Trusting
- 10. ___ Temperamental
- 11. ___ Original
- 12. ___ Hardworking
- 13. ___ Fun-loving
- 14. ___ Generous
- 15. ___ Self-conscious
- 16. ___ Curious
- 17. ___ Well-organized
- 18. ___ Outgoing
- 19. ___ Good-natured
- 20. ___ Worrying
- 21. ___ Independent
- 22. ___ Persevering
- 23. ___ Active
- 24. ___ Courteous
- 25. ___ Emotional
- 26. ___ Adventurous
- 27. ___ Dependable
- 28. ___ People-oriented
- 29. ___ Considerate
- 30. ___ Nervous
- 31. ___ Variety-loving
- 32. ___ Responsible
- 33. ___ Gregarious
- 34. ___ Kind
- 35. ___ Highly strung

Scoring:

To compute your score, copy your answers below. Then total the column for each scale. There is a maximum of 35 points for each scale.

Scale O	Scale C	Scale E	Scale A	Scale N
1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

31.	32.	33.	34.	35.
Total	Total	Total	Total	Total

Interpretation:

Scale O: Openness to Experience (curious versus consistent). People with high scores are described as adventurous, daring, imaginative, and variety-loving.

Scale C: Conscientiousness (organized versus careless). People with high scores are described as well-organized, scrupulous, responsible, and reliable.

Scale E: Extroversion (social versus reserved). People with high scores are described as outgoing, sociable, friendly, and people-oriented.

Scale A: Agreeableness (compassionate versus contentious). People with high scores are described as good-natured, considerate, cooperative, and kind.

Scale N: Neuroticism (nervous versus calm). People with high scores are described as anxious, emotional, temperamental, and highly strung.

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