

Big Five Personality Assessment¹

How much do each of the following statements describe you:					
	A lot	Very much	Some	A little	Not at all
1- I do a thorough job	5	4	3	2	1
2- I am talkative	5	4	3	2	1
3- I am sometimes rude to others	1	2	3	4	5
4- I am original and come up with new ideas	5	4	3	2	1
5- I worry a lot	5	4	3	2	1
6- I have a forgiving nature	5	4	3	2	1
7- I tend to be lazy	1	2	3	4	5
8- I am outgoing and sociable	5	4	3	2	1
9- I value artistic experiences	5	4	3	2	1
10- I get nervous easily	5	4	3	2	1
11- I do things efficiently	5	4	3	2	1
12- I am reserved	1	2	3	4	5
13- I am considerate and kind to almost everyone	5	4	3	2	1
14- I have an active imagination	5	4	3	2	1
15- I am relaxed and handle stress well	1	2	3	4	5

Calculate the average for each of the 5 personality factors below:

1 _____ + #7 _____ + #11 _____ = _____ /3

Conscientiousness Score is _____

2 _____ + #8 _____ + #12 _____ = _____ /3

Extraversion Score is _____

3 _____ + #6 _____ + #13 _____ = _____ /3

Agreeableness Score is _____

4 _____ + #9 _____ + #14 _____ = _____ /3

Openness Score is _____

5 _____ + #10 _____ + #15 _____ = _____ /3

Neuroticism Score is _____

¹ Panel Study of Income Dynamics 2016 Wellbeing and Daily Life Supplement; <https://psidonline.isr.umich.edu/Guide/documents.aspx>