IPIP Big Five (50 items)

Name: _____ Date: _____

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. Indicate how accurately each statement describes you.

#	Question	Very Inaccurate	Moderately Inaccurate	Neither Accurate Nor Inaccurate	Moderately Accurate	Very Accurate
1	Am the life of the party.	☐	☐	☐	☐	☐
2	Feel little concern for others.	☐	☐	☐	☐	☐
3	Am always prepared.	☐	☐	☐	☐	☐
4	Get stressed out easily.	☐	☐	☐	☐	☐
5	Have a rich vocabulary.	☐	☐	☐	☐	☐
6	Don't talk a lot.	☐	☐	☐	☐	☐
7	Am interested in people.	☐	☐	☐	☐	☐
8	Leave my belongings around.	☐	☐	☐	☐	☐
9	Am relaxed most of the time.	☐	☐	☐	☐	☐
10	Have difficulty understanding abstract ideas.	☐	☐	☐	☐	☐
11	Feel comfortable around people.	☐	☐	☐	☐	☐
12	Insult people.	☐	☐	☐	☐	☐
13	Pay attention to details.	☐	☐	☐	☐	☐
14	Worry about things.	☐	☐	☐	☐	☐
15	Have a vivid imagination.	☐	☐	☐	☐	☐
16	Keep in the background.	☐	☐	☐	☐	☐
17	Sympathize with others' feelings.	☐	☐	☐	☐	☐
18	Make a mess of things.	☐	☐	☐	☐	☐
19	Seldom feel blue.	☐	☐	☐	☐	☐
20	Am not interested in abstract ideas.	☐	☐	☐	☐	☐
21	Start conversations.	☐	☐	☐	☐	☐
22	Am not interested in other people's problems.	☐	☐	☐	☐	☐
23	Get chores done right away.	☐	☐	☐	☐	☐
24	Am easily disturbed.	☐	☐	☐	☐	☐
25	Have excellent ideas.	☐	☐	☐	☐	☐
26	Have little to say.	☐	☐	☐	☐	☐

#	Question	Very Inaccurate	Moderately Inaccurate	Neither Accurate Nor Inaccurate	Moderately Accurate	Very Accurate
27	Have a soft heart.	☐	☐	☐	☐	☐
28	Often forget to put things back in their proper place.	☐	☐	☐	☐	☐
29	Get upset easily.	☐	☐	☐	☐	☐
30	Do not have a good imagination.	☐	☐	☐	☐	☐
31	Talk to a lot of different people at parties.	☐	☐	☐	☐	☐
32	Am not really interested in others.	☐	☐	☐	☐	☐
33	Like order.	☐	☐	☐	☐	☐
34	Change my mood a lot.	☐	☐	☐	☐	☐
35	Am quick to understand things.	☐	☐	☐	☐	☐
36	Don't like to draw attention to myself.	☐	☐	☐	☐	☐
37	Take time out for others.	☐	☐	☐	☐	☐
38	Shirk my duties.	☐	☐	☐	☐	☐
39	Have frequent mood swings.	☐	☐	☐	☐	☐
40	Use difficult words.	☐	☐	☐	☐	☐
41	Don't mind being the center of attention.	☐	☐	☐	☐	☐
42	Feel others' emotions.	☐	☐	☐	☐	☐
43	Follow a schedule.	☐	☐	☐	☐	☐
44	Get irritated easily.	☐	☐	☐	☐	☐
45	Spend time reflecting on things.	☐	☐	☐	☐	☐
46	Am quiet around strangers.	☐	☐	☐	☐	☐
47	Make people feel at ease.	☐	☐	☐	☐	☐
48	Am exacting in my work.	☐	☐	☐	☐	☐
49	Often feel blue.	☐	☐	☐	☐	☐
50	Am full of ideas.	☐	☐	☐	☐	☐

Total score: _____

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How to score the IPIP Big Five (50 items)

- Score each answer 1 to 5 from Very Inaccurate to Very Accurate.
- For items keyed "–" in the scoring key, reverse the score: 1 becomes 5, 2 becomes 4, 3 stays 3.
- Add the ten items for each trait. Each trait score ranges from 10 to 50.
- Scores are raw totals, not percentiles. Higher means you described yourself as more like that trait.

Scoring key

- Extraversion: add items 1, 11, 21, 31, 41; reverse-score items 6, 16, 26, 36, 46.
- Agreeableness: add items 7, 17, 27, 37, 42, 47; reverse-score items 2, 12, 22, 32.
- Conscientiousness: add items 3, 13, 23, 33, 43, 48; reverse-score items 8, 18, 28, 38.
- Emotional stability: add items 9, 19; reverse-score items 4, 14, 24, 29, 34, 39, 44, 49.
- Intellect / imagination: add items 5, 15, 25, 35, 40, 45, 50; reverse-score items 10, 20, 30.

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