

# 16pf Questionnaire

Respondent information	
<b>Name:</b>	<b>Age:</b>
<b>Date:</b>	<b>Gender:</b>
Instructions	
<p>For each question, read the statement and choose which of the answers best describes you. You should fill in the circle next to your chosen answer. There is no one answer that is 'correct', and no option that is 'incorrect'; just answer what is most true for you. When completing the questionnaire, do not spend too much time thinking over any one question. Give the first, natural answer that comes to you.</p> <p>Try to mark either the 'a' or 'c' answer. Note that the middle answer is often a question mark. Only mark this answer when neither 'a' nor 'c' is better for you. Answer every question in order. Don't skip any.</p> <p>There are two parts to the questionnaire. After completing Part 1, please go straight on to Part 2. You must complete both parts. At the end of Part 1 of the questionnaire, you will notice some questions that are different. These are designed as problem-solving tasks. Each has only one correct answer. If you are not sure of the answer to any of these questions, choose your best estimate.</p>	
Part 1	
<b>1. I'd enjoy being a counselor more than being an architect.</b>	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
<b>2. I believe more in:</b>	<input type="radio"/> a. Being properly serious in everyday life <input type="radio"/> b. ? <input type="radio"/> c. The saying "laugh and be merry" most of the time
<b>3. I usually enjoy spending time talking with friends about social events or parties.</b>	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
<b>4. In joining a new group, I usually seem to fit in right away.</b>	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
5. There's usually a big difference between what people say they'll do and what they actually do.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
6. My friends think I'm slightly absent-minded and not always practical.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
7. A lot of people will "stab you in the back" in order to get ahead of themselves.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
8. I get into trouble because I sometimes pursue my own ideas without talking them over with the people involved.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
9. I find it easy to talk about my life, even about things that others might consider quite personal.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
10. I am willing to help people.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
11. I prefer to:	<input type="radio"/> a. Talk about my problems with my friends <input type="radio"/> b. ? <input type="radio"/> c. Keep them to myself
12. I tend to be too sensitive and worry too much about something I've done.	<input type="radio"/> a. Hardly ever <input type="radio"/> b. ? <input type="radio"/> c. Often

Part 1	
13. I'd prefer to deal with people who are:	<input type="radio"/> a. Conventional and polite in what they say <input type="radio"/> b. ? <input type="radio"/> c. Direct and speak up about problems they see
14. If people act as if they dislike me:	<input type="radio"/> a. It doesn't upset me <input type="radio"/> b. ? <input type="radio"/> c. I usually feel hurt
15. If I had to cook or build something, I'd follow the directions exactly.	<input type="radio"/> a. True, why take chances <input type="radio"/> b. ? <input type="radio"/> c. False, I'd probably try to make it more interesting
16. I feel that:	<input type="radio"/> a. Some jobs just don't have to be done as carefully as others <input type="radio"/> b. ? <input type="radio"/> c. Any job should be done thoroughly if you do it at all
17. I usually like to do my planning alone, without interruptions and suggestions from others.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
18. It's hard to be patient when people criticize me.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
19. If my carefully made plans have to be changed because of other people:	<input type="radio"/> a. It annoys me <input type="radio"/> b. ? <input type="radio"/> c. I'm happy to change plans
20. I would rather be:	<input type="radio"/> a. In a business office, organizing and seeing people <input type="radio"/> b. ? <input type="radio"/> c. An architect, drawing plans in a quiet room

Part 1	
21. When one small thing after another goes wrong, I:	<input type="radio"/> a. Feel as though I can't cope <input type="radio"/> b. ? <input type="radio"/> c. Just go on as usual
22. In a situation where I'm in charge, I feel comfortable giving people directions.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
23. I'd prefer to spend an evening:	<input type="radio"/> Working on a quiet hobby <input type="radio"/> b. ? <input type="radio"/> c. At a lively party
24. I value respect for rules and good manners more than easy living.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
25. I am shy and cautious about making friends with new people.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
26. If I could, I would rather exercise by:	<input type="radio"/> a. Fencing or dancing <input type="radio"/> b. ? <input type="radio"/> c. Wrestling or baseball
27. It would be more interesting to be a musician than a mechanic.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
28. People form opinions about me too quickly.	<input type="radio"/> a. Hardly ever <input type="radio"/> b. ? <input type="radio"/> c. Often

Part 1	
29. I'm the type of person who:	<input type="radio"/> a. Is always doing practical things that need to be done <input type="radio"/> b. ? <input type="radio"/> c. Daydreams and thinks up things on my own
30. My thoughts tend to be about sensible, down-to-earth things.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
31. I tend to be reserved and keep my problems to myself.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
32. After I make up my mind about something, I still keep thinking about whether it's right or wrong.	<input type="radio"/> a. Usually true <input type="radio"/> b. ? <input type="radio"/> c. Usually false
33. I don't really like people who are 'different' or unusual.	<input type="radio"/> a. True, I usually don't <input type="radio"/> b. ? <input type="radio"/> c. False, I usually find them interesting
34. I'm more interested in:	<input type="radio"/> a. Seeking personal meaning in life <input type="radio"/> b. ? <input type="radio"/> c. A secure job that pays well
35. When people get angry at each other, it usually bothers me more than more people.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
36. I prefer games where:	<input type="radio"/> You're on a team or have a partner <input type="radio"/> b. ? <input type="radio"/> c. People are on their own

Part 1	
37. I frequently have periods where it's hard to stop a mood of self-pity.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
38. The best hours of the day are usually when I'm alone with my own thoughts and projects.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
39. I always keep my belongings in tip-top shape.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
40. Sometimes I get frustrated with people too quickly.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
41. If people are doing something wrong, I usually tell them what I think.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
42. I feel that my emotional needs are:	<input type="radio"/> a. Not too satisfied <input type="radio"/> b. ? <input type="radio"/> c. Well satisfied
43. I tend to get embarrassed if I suddenly become the center of attention in a social group.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
44. I get annoyed when people insist that I follow every single minor safety rule.	<input type="radio"/> a. True, it's not always necessary <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
45. Starting conversations with strangers.	<input type="radio"/> a. Never gives me any trouble <input type="radio"/> b. ? <input type="radio"/> c. Is hard for me
46. If I worked on a newspaper, I'd rather deal with:	<input type="radio"/> a. Movie or book reviews <input type="radio"/> b. ? <input type="radio"/> c. Sports or politics
47. I let little things upset me more than they should.	<input type="radio"/> a. Sometimes <input type="radio"/> b. ? <input type="radio"/> c. Rarely
48. It's wise to be on guard against smooth talkers because they might take advantage of you.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
49. I'd rather stop in the street to watch an artist painting than a building being constructed.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
50. People are lazy on a job if they can get away with it.	<input type="radio"/> a. Hardly ever <input type="radio"/> b. ? <input type="radio"/> c. Often
51. I pay more attention to:	<input type="radio"/> a. The practical things around me <input type="radio"/> b. ? <input type="radio"/> c. Thoughts and imagination
52. When people criticize me in front of others I feel very downhearted and hurt.	<input type="radio"/> a. Hardly ever <input type="radio"/> b. ? <input type="radio"/> c. Often

Part 1	
53. I find people more interesting if their views are different from most people's.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
54. In dealing with people, it is better to:	<input type="radio"/> a. 'Put all your cards on the table' <input type="radio"/> b. ? <input type="radio"/> c. 'Play your hand close to your chest'
55. I get things done better working alone rather than working with a committee.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
56. I don't usually mind if my room is messy.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
57. Even when someone is slow to understand what I'm explaining, it's easy for me to be patient.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False, it's hard to be patient
58. I'm somewhat of a perfectionist and like to have things done just right.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
59. I enjoy people who show their emotions openly.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
60. I don't let myself get depressed over little things.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False



Part 1	
61. In helping with a useful invention, I'd prefer:	<input type="radio"/> a. Working on it in a laboratory <input type="radio"/> b. ? <input type="radio"/> c. Showing people how to use it
62. If being polite and pleasant doesn't work, I can be tough and sharp if I need to.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
63. I like to go out to shows or entertainment often.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
64. I feel dissatisfied with myself.	<input type="radio"/> a. Sometimes <input type="radio"/> b. ? <input type="radio"/> c. Rarely
65. People think of me as a happy-go-lucky carefree person.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
66. Teachers, ministers, and others spend too much time trying to stop us from doing what we want to do.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
67. If people are frank and open, others try to get the better of them.	<input type="radio"/> a. Hardly ever <input type="radio"/> b. ? <input type="radio"/> c. Often
68. I'm always interested in mechanical things and am pretty good at fixing them.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
69. Sometimes I get so lost in my thoughts that, unless I watch out, I misplace things, have small mishaps, or lose track of time.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
70. People often say that my ideas are realistic and practical.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
71. I make smart, sarcastic remarks to people if I think they deserve it.	<input type="radio"/> a. Sometimes <input type="radio"/> b. ? <input type="radio"/> c. Never
72. Sometimes I feel as if I've done something wrong, even though I really haven't.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
73. I talk about my feelings.	<input type="radio"/> a. Readily when people seem interested <input type="radio"/> b. ? <input type="radio"/> c. Only if I can't avoid it
74. I think about things that I should have said but didn't.	<input type="radio"/> a. Hardly <input type="radio"/> b. ? <input type="radio"/> c. Often
75. I'd rather spend a free evening:	<input type="radio"/> a. Reading or working alone on a project <input type="radio"/> b. ? <input type="radio"/> c. Working on a task with friends
76. If there is a chore to do, I'm more likely to:	<input type="radio"/> a. Put it off until it needs to be done <input type="radio"/> b. ? <input type="radio"/> c. Get started on it right away

Part 1	
77. I prefer to eat lunch:	<input type="radio"/> a. With a group of people <input type="radio"/> b. ? <input type="radio"/> c. By myself
78. I am patient with people, even when they aren't polite and considerate of my feelings.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
79. When I do something, I usually take time to think of everything I'll need for the job first.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
80. I get frustrated when people take too long to explain something.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
81. I usually go to bed at night feeling satisfied with how my day went.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
82. For a pleasant hobby, I'd prefer:	<input type="radio"/> a. Building or making something <input type="radio"/> b. ? <input type="radio"/> c. Working with a community service group
83. I believe in complaining if I receive bad service or poor food in a restaurant.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
84. I have more ups and downs than most people I know.	<input type="radio"/> a. Usually true <input type="radio"/> b. ? <input type="radio"/> c. Usually false

Part 1	
85. When others don't see things my way, I can usually get them to come around.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
86. I think that being free to do what I want is more important than good manners and respect for rules.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
87. I love to make people laugh with witty stories.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
88. If a person is clever enough to get around the rules without seeming to break them, they should:	<input type="radio"/> a. Do it if there is a special reason <input type="radio"/> b. ? <input type="radio"/> c. Not do it
89. I'm usually the one who takes the first step in making new friends.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
90. I prefer reading rough and realistic action stories more than sensitive, imaginative novels.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
91. In school I preferred/prefer math more than English.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
92. Many people are too fussy and sensitive and should toughen up for their own good.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
93. If someone asks me a question that is too personal, I carefully try to avoid answering.	<input type="radio"/> a. Usually true <input type="radio"/> b. ? <input type="radio"/> c. Usually false
94. When asked to do volunteer work, I say I'm too busy.	<input type="radio"/> a. Sometimes <input type="radio"/> b. ? <input type="radio"/> c. Rarely
95. More trouble arises from people:	<input type="radio"/> a. Questioning and changing methods that are already satisfactory <input type="radio"/> b. ? <input type="radio"/> c. Turning down promising, new approaches
96. I'm very careful when it comes to choosing someone to really 'open up' with.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
97. I most enjoy a meal if it consists of familiar everyday foods rather than new, unusual foods.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
98. I take advantage of people.	<input type="radio"/> a. Sometimes <input type="radio"/> b. ? <input type="radio"/> c. Never
99. I like to plan ahead so that I don't waste time between tasks.	<input type="radio"/> a. Rarely <input type="radio"/> b. ? <input type="radio"/> c. Often
100. When I'm feeling tense, even small things get on my nerves.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
101. In building or making something, I would rather work:	<input type="radio"/> a. With others <input type="radio"/> b. ? <input type="radio"/> c. On my own
102. I enjoy more listening to people talk about their personal feelings than about other things.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
103. There are times when I don't feel in the right mood to see anyone.	<input type="radio"/> a. Very rarely <input type="radio"/> b. ? <input type="radio"/> c. Quite often
104. In a business it would be more interesting to be in charge of:	<input type="radio"/> a. Machinery or keeping records <input type="radio"/> b. ? <input type="radio"/> c. Talking to and hiring new people
105. In my everyday life, I hardly ever meet problems that I can't cope with..	<input type="radio"/> a. True, I can cope easily <input type="radio"/> b. ? <input type="radio"/> c. False
106. If I notice that another person's line of reasoning is wrong, I usually.	<input type="radio"/> a. Point it out <input type="radio"/> b. ? <input type="radio"/> c. Let it pass
107. I greatly enjoy inviting guests over and amusing them.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. Often
108. I enjoy having some competition in the things I do.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False

Part 1	
109. Most rules are made to be broken when there are good reasons for it.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
110. I find it hard to speak in front of a large group.	<input type="radio"/> a. True, I usually find it very hard <input type="radio"/> b. ? <input type="radio"/> c. False, it doesn't bother me
111. In making a decision, I always think carefully about what's right and proper.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
112. In social groups I tend to feel shy and unsure of myself.	<input type="radio"/> a. True <input type="radio"/> b. ? <input type="radio"/> c. False
113. Which word does not belong with the other two?	<input type="radio"/> a. Cat <input type="radio"/> b. Near <input type="radio"/> c. Sun
114. The opposite of right is:	<input type="radio"/> a. Left <input type="radio"/> b. Wrong <input type="radio"/> c. Correct
115. The opposite of 'inexact' is:	<input type="radio"/> a. Casual <input type="radio"/> b. Accurate <input type="radio"/> c. Rough
116. Which number should come next at the end of the series: 1, 4, 9, 16?	<input type="radio"/> a. 20 <input type="radio"/> b. 25 <input type="radio"/> c. 32

Part 1	
117. Which should come at the end of this row of letters: A, B, D, G?	<input type="radio"/> a. H <input type="radio"/> b. K <input type="radio"/> c. J
118. Which should come at the end of this row of letters: E, I, L?	<input type="radio"/> a. M <input type="radio"/> b. N <input type="radio"/> c. P
119. Which should come next at the end of this series of numbers: 1, 2, 0, 3, -1?	<input type="radio"/> a. 5 <input type="radio"/> b. 4 <input type="radio"/> c. -3
Part 2	
120. I get restless and depressed if I don't get some excitement.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
121. For me, it is important to be:	<input type="radio"/> a. Comfortable, safe, content <input type="radio"/> b. In between <input type="radio"/> c. Adventurous, risk-taking, thrilled
122. I feel lonely and miserable.	<input type="radio"/> a. Yes, all the time <input type="radio"/> b. Sometimes <input type="radio"/> c. No, hardly ever
123. I don't mind if people joke about me and say I'm "quite a character."	<input type="radio"/> a. True, I don't mind <input type="radio"/> b. Uncertain <input type="radio"/> c. False, I do mind



Part 2	
124. I get so fed up with people bothering me that I just don't care whether I answer them or not.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
125. I wonder if I have the strength to meet life's challenges.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
126. For me, there doesn't seem to be much in life that's really worth doing.	<input type="radio"/> a. True, there's little worth living for <input type="radio"/> b. In between <input type="radio"/> c. False, I enjoy life
127. I am confident that I can face and handle most emergencies that come up.	<input type="radio"/> a. True, always <input type="radio"/> b. Perhaps <input type="radio"/> c. False, I do
128. When I wake up in the morning, I just don't have enough energy to start the day.	<input type="radio"/> a. True, I don't <input type="radio"/> b. Perhaps <input type="radio"/> c. False, I do
129. I have fears that no one really loves me.	<input type="radio"/> a. Often <input type="radio"/> b. Once in a while <input type="radio"/> c. Not at all
130. When I've done something well, I've met more friendly encouragement than jealousy or envy.	<input type="radio"/> a. True, I've felt encouraged <input type="radio"/> b. In between <input type="radio"/> c. False
131. Criticism easily hurts my feelings and makes me give up.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never

Part 2	
132. At times strange, sudden feelings—like wanting to smash a mirror—seem to take hold of me.	<input type="radio"/> a. True, often <input type="radio"/> b. Only occasionally <input type="radio"/> c. No never
133. Some simple, unimportant ideas or words run through my mind on and off for days.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
134. Sometimes I feel that my nerves are going to pieces.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
135. I almost never feel sick and disgusted with my life.	<input type="radio"/> a. True, I almost never feel like that <input type="radio"/> b. In between <input type="radio"/> c. False, I often feel like that
136. I feel discontented unless I can find some daring thing to do.	<input type="radio"/> a. Yes <input type="radio"/> b. Uncertain <input type="radio"/> c. No
137. I get a feeling of tension and have a ringing or buzzing in my ears.	<input type="radio"/> a. Yes, often <input type="radio"/> b. Sometimes <input type="radio"/> c. No, almost never
138. I feel life is so pointless and silly that I no longer even try to tell people how I feel.	<input type="radio"/> a. True, I do feel this way <input type="radio"/> b. In between <input type="radio"/> c. False, I don't feel this way
139. People gossip about some of the daring things I do, but I don't mind being the center of attention.	<input type="radio"/> a. True, I don't mind <input type="radio"/> b. In between <input type="radio"/> c. False, I do mind

**Part 2**

<b>140. People seem to be ganged up to treat me as if my opinions didn't matter.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
<b>141. I keep worrying even about unimportant things if they don't seem quite right.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
<b>142. There are times when I think I'm no good for anything at all.</b>	<input type="radio"/> a. True, I often think this <input type="radio"/> b. In between <input type="radio"/> c. False, I almost never do
<b>143. I can't keep up with daily activities because I don't feel well.</b>	<input type="radio"/> a. True, I can't keep up <input type="radio"/> b. In between <input type="radio"/> c. False, I can keep up
<b>144. I think about death, which ends all our problems.</b>	<input type="radio"/> a. A lot <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
<b>145. I like to be with a group that livens things up with stunts or practical jokes, even when they are a bit risky.</b>	<input type="radio"/> a. Yes, certainly <input type="radio"/> b. Perhaps <input type="radio"/> c. No
<b>146. I feel self-confident and relaxed.</b>	<input type="radio"/> a. Almost all the time <input type="radio"/> b. Sometimes <input type="radio"/> c. Hardly ever
<b>147. I don't get dizzy spells or heart flutters if I'm suddenly asked to do something.</b>	<input type="radio"/> a. True, I don't feel like this <input type="radio"/> b. Uncertain <input type="radio"/> c. False, I do get dizzy spells and heart flutters

Part 2	
148. I find it easy to keep up cheerful 'small talk' with people.	<input type="radio"/> a. Always <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
149. A safe rule in life is "trust nobody."	<input type="radio"/> a. Yes, always <input type="radio"/> b. Sometimes <input type="radio"/> c. No, hardly ever
150. I'm not bothered by other people's disapproval, as long as I'm doing what I enjoy.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
151. I don't have very many fears of hidden physical dangers.	<input type="radio"/> a. True <input type="radio"/> b. Partly true <input type="radio"/> c. False, I am fearful
152. I have a habit of counting things, such as my steps, or bricks in a wall, for no reason.	<input type="radio"/> a. True, I do this most of the time <input type="radio"/> b. Sometimes <input type="radio"/> c. False, I very rarely do this
153. The world seems too complex or too demanding for me.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
154. Every few days my stomach feels upset and uncomfortable.	<input type="radio"/> a. Yes, definitely <input type="radio"/> b. A little <input type="radio"/> c. No, not at all
155. Lately I don't really care what happens to me.	<input type="radio"/> a. True, all the time <input type="radio"/> b. Sometimes <input type="radio"/> c. False, I don't feel like that

Part 2	
156. I often feel bored and in a rut so I like to keep trying new things.	<input type="radio"/> a. Yes <input type="radio"/> b. Uncertain <input type="radio"/> c. No
157. Think about doing normal, everyday things often makes me tense or anxious.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
158. I sleep soundly and wake up full of energy.	<input type="radio"/> a. True, generally <input type="radio"/> b. Only sometimes <input type="radio"/> c. Never, these days
159. My life has lots of enjoyment and excitement in it.	<input type="radio"/> a. Almost all the time <input type="radio"/> b. Sometimes <input type="radio"/> c. Almost never
160. I feel that someone may be trying deliberately to harm me	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
161. In dark corners I often think I see people watching me, but when I look carefully they disappear.	<input type="radio"/> a. True, often <input type="radio"/> b. Occasionally <input type="radio"/> c. False, I never do
162. I don't usually feel a bit lost or anxious when I'm away from home where things are done differently.	<input type="radio"/> a. True, I don't usually <input type="radio"/> b. Uncertain <input type="radio"/> c. False, I often do
163. I feel weak and ill.	<input type="radio"/> a. Most of the time <input type="radio"/> b. Sometimes <input type="radio"/> c. Practically never

**Part 2**

<b>164. My head stays clear and calm in an emergency</b>	<input type="radio"/> a. Always <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
<b>165. I hardly ever have a dark mood or depression come over me for no reason.</b>	<input type="radio"/> a. True, I don't have such moods <input type="radio"/> b. Uncertain <input type="radio"/> c. False, I do have moods like this
<b>166. I find it easy to be friendly and playful with young children.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
<b>167. Too many people are trying to interfere with my freedom.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>168. It doesn't bother me when others don't approve of me.</b>	<input type="radio"/> a. True, it doesn't bother me <input type="radio"/> b. Uncertain <input type="radio"/> c. False, it does bother me
<b>169. Dirty words or embarrassing ideas run through my mind, and I can't get rid of them.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Almost never
<b>170. Much of the time I feel sluggish and too weary to move.</b>	<input type="radio"/> a. True <input type="radio"/> b. Partly true <input type="radio"/> c. False
<b>171. I like to fill my life with novel, exciting things and would be bored with most ordinary lives.</b>	<input type="radio"/> a. True <input type="radio"/> b. In between <input type="radio"/> c. False

**Part 2**

<b>172. My zest for each new day is high.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
<b>173. I seem to blame myself for everything that goes wrong, and I'm always critical of myself.</b>	<input type="radio"/> a. True, most times <input type="radio"/> b. True, sometimes <input type="radio"/> c. False
<b>174. I'd rather be alone or bored than try to deal with people.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
<b>175. For some reason, it upsets me when other people get public praise.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>176. I sometimes doubt whether I have been much use to anyone in my life.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>177. I feel my health is run down and I should probably see a doctor.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>178. I feel that I'm at the 'end of my rope' and don't want to go on any more.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Almost never
<b>179. Often I find it hard to fall asleep because I'm so energized.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False

**Part 2**

<b>180. My nervous nature too often keeps me from “branching out” or enjoying things.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>181. When faced with problems, I don’t feel I have enough energy to do something to solve them.</b>	<input type="radio"/> a. True, I don’t have the energy <input type="radio"/> b. Sometimes <input type="radio"/> c. False, I do
<b>182. I have the feeling that I’ve done something horribly wrong but don’t know what.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Never
<b>183. People rarely talk about me behind my back.</b>	<input type="radio"/> a. True, they don’t <input type="radio"/> b. Uncertain <input type="radio"/> c. False, they often do
<b>184. I never have moments that are so unreal, it’s like I’m not part of what’s happening.</b>	<input type="radio"/> a. True, I don’t <input type="radio"/> b. Uncertain <input type="radio"/> c. False, sometimes I do
<b>185. When I’m in a formal place where I’m supposed to be quiet, I’m afraid I may feel like shouting out.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
<b>186. I sometimes think that I am somehow a doomed or condemned person.</b>	<input type="radio"/> a. True <input type="radio"/> b. Perhaps <input type="radio"/> c. False
<b>187. When I get up in the morning, I feel I’m ready to face the day’s problems.</b>	<input type="radio"/> a. Almost always <input type="radio"/> b. Sometimes <input type="radio"/> c. Hardly ever



Part 2	
188. It's hard for me to feel truly relaxed and at ease.	<input type="radio"/> a. Almost always <input type="radio"/> b. Sometimes <input type="radio"/> c. Hardly ever
189. The stresses of everyday life seem to be too much for me.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
190. I have bad dreams in which I am in trouble for something.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
191. I find each day challenging and rewarding.	<input type="radio"/> a. True <input type="radio"/> b. In between <input type="radio"/> c. False
192. I am often the only person who understands what is really going on.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
193. Sometimes I feel distant from even my closest friends and family members.	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
194. There are things in my daily life that I feel I have to do again and again, no matter how much trouble it takes to get it exactly right.	<input type="radio"/> a. True, I feel like that about many things <input type="radio"/> b. In between <input type="radio"/> c. False, I don't feel like that
195. I feel like giving up in the face of life's struggles.	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely

**Part 2**

<b>196. When things go wrong, I find it hard not to give up.</b>	<input type="radio"/> a. True, I often give up <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>197. If people knew what I really think, they would hate me.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>198. Something new and interesting happens almost every day.</b>	<input type="radio"/> a. True <input type="radio"/> b. Uncertain <input type="radio"/> c. False
<b>199. I question whether anyone can really understand me.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. Rarely
<b>200. My emotions are so unreasonable that I don't feel fit to look after myself.</b>	<input type="radio"/> a. Often <input type="radio"/> b. Sometimes <input type="radio"/> c. I never feel like this

## Scoring and interpretation

The 16pf Version 1.0 (2015) is scored on a 10-point Sten scale, which has a mean of 5.5 and a standard deviation of 2. Raw scores are taken by summing the test takers' points on the questions that make up each subscale. These are then converted to standardized Sten scores using the norm tape. The 16PF must be scored by a trained professional, who will summarize the scores in a comprehensive report.

Scores below 4 are considered low, and scores above 7 are considered high.

Five global scales can be derived from the questionnaire: extraversion, anxiety, tough-mindedness, independence, and self-control. These scales identify broad behavior patterns that make up a higher-order personality structure.

Depending on the purpose of the test, the professional may wish to analyze these personality dimensions for the client as well.

Cattell, R. B., Cattell, A. K. S., & Cattell, H. E. P. (2015). *16PF® Assessa questionnaire*. Version 1.0, January 2015.  
[https://www.16pf.com/wp-content/uploads/16PF\\_Assessa\\_Questionnaire-ENGLISH.pdf](https://www.16pf.com/wp-content/uploads/16PF_Assessa_Questionnaire-ENGLISH.pdf)