

International Personality Item Pool

Name: _____

Date: _____ DOB: _____

There are 5 possible answers to each item, these are listed below:

- 1 = Very inaccurate
- 2 = Moderately Inaccurate
- 3 = Neither Inaccurate nor Accurate
- 4 = Moderately Accurate
- 5 = Very Accurate

The following statements describe people's behaviors. Please select how accurately each statement describes you. 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.

1. Worry about things.

1

2

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2. Make friends easily.

1

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3. Have a vivid imagination.

1

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4. Trust others.

1

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5. Complete tasks successfully.

1

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6. Get angry easily.

1

2

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1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

7. Love large parties

1

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8. Believe in the importance of art.

1

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9. Use others for my own ends.

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10. Like to tidy up.

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11. Often feel blue.

1

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12. Take charge

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13. Experience my emotions intensely.

1

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14. Love to help others.

1

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5

15. Keep my promises

1

2

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1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

16. Find it difficult to approach others

1

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17. Am always busy

1

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18. Prefer variety to routine.

1

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19. Love a good fight.

1

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5

20. Work hard.

1

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4

5

21. Go on binges.

1

2

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4

5

22. Love excitement.

1

2

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23. Love to read challenging material.

1

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5

24. Believe that I am better than others.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

25. Am always prepared.

1

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5

26. Panic easily.

1

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5

27. Radiate joy.

1

2

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28. Tend to vote for liberal (progressive) political candidates.

1

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29. Sympathise with the homeless.

1

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30. Jump into things without thinking.

1

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31. Fear for the worst.

1

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4

5

32. Feel comfortable around people.

1

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4

5

33. Enjoy wild flights of fantasy.

1

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3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

34. Believe that others have good intentions.

1

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35. Excel in what I do.

1

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36. Get irritated easily.

1

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3

4

5

37. Talk to a lot of different people at parties.

1

2

3

4

5

38. See beauty in things that others might not notice.

1

2

3

4

5

39. Cheat to get ahead.

1

2

3

4

5

40. Often forget to put things back in their proper place.

1

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3

4

5

41. Dislike myself.

1

2

3

4

5

42. Try to lead others

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

43. Feel others' emotions.

1

2

3

4

5

44. Am concerned about others.

1

2

3

4

5

45. Tell the truth.

1

2

3

4

5

46. Am afraid to draw attention to myself.

1

2

3

4

5

47. Am always on the go.

1

2

3

4

5

48. Prefer to stick with things that I know.

1

2

3

4

5

49. Yell at people

1

2

3

4

5

50. Do more than what's expected of me.

1

2

3

4

5

51. Rarely overindulge.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

52. Seek adventure.

1

2

3

4

5

53. Avoid philosophical discussions.

1

2

3

4

5

54. Think highly of myself.

1

2

3

4

5

55. Carry out my plans.

1

2

3

4

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56. Become overwhelmed by events.

1

2

3

4

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57. Have a lot of fun.

1

2

3

4

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58. Believe that there is no absolute right or wrong.

1

2

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59. Feel sympathy for those who are worse off than myself.

1

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3

4

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60. Make rash decisions.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

61. Am afraid of many things.

1

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62. Avoid contact with others

1

2

3

4

5

63. Love to daydream.

1

2

3

4

5

64. Trust what people say

1

2

3

4

5

65. Handle tasks smoothly.

1

2

3

4

5

66. Lose my temper.

1

2

3

4

5

67. Prefer to be alone.

1

2

3

4

5

68. Do not like poetry

1

2

3

4

5

69. Take advantage of others.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

70. Leave a mess in my room.

1

2

3

4

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71. Am often down in the dumps

1

2

3

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72. Take control of things.

1

2

3

4

5

73. Rarely notice my emotional reactions.

1

2

3

4

5

74. Am indifferent to the feelings of others

1

2

3

4

5

75. Break rules.

1

2

3

4

5

76. Only feel comfortable with friends

1

2

3

4

5

77. Do a lot in my spare time

1

2

3

4

5

78. Dislike changes.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

79. Insult people.

1

2

3

4

5

80. Do just enough work to get by.

1

2

3

4

5

81. Easily resist temptations.

1

2

3

4

5

82. Enjoy being reckless.

1

2

3

4

5

83. Have difficulty understanding abstract ideas.

1

2

3

4

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84. Have a high opinion of myself.

1

2

3

4

5

85. Waste my time.

1

2

3

4

5

86. Feel that I'm unable to deal with things.

1

2

3

4

5

87. Love life.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

88. Tend to vote for conservative political candidates.

1

2

3

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5

89. Am not interested in other people's problems.

1

2

3

4

5

90. Rush into things.

1

2

3

4

5

91. Get stressed out easily.

1

2

3

4

5

92. Keep others at a distance.

1

2

3

4

5

93. Like to get lost in thought.

1

2

3

4

5

94. Distrust people.

1

2

3

4

5

95. Know how to get things done

1

2

3

4

5

96. Am not easily annoyed.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

97. Avoid crowds.

1

2

3

4

5

98. Do not enjoy going to art museums.

1

2

3

4

5

99. Obstruct others' plans.

1

2

3

4

5

100. Leave my belongings around.

1

2

3

4

5

101. Feel comfortable with myself.

1

2

3

4

5

102. Wait for others to lead the way.

1

2

3

4

5

103. Don't understand people who get emotional.

1

2

3

4

5

104. Take no time for others.

1

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4

5

105. Break my promises.

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
4 = Moderately Accurate 5 = Very Accurate

106. Am not bothered by difficult social situations

1

2

3

4

5

107. Like to take it easy.

1

2

3

4

5

108. Am attached to conventional ways.

1

2

3

4

5

109. Get back at others.

1

2

3

4

5

110. Put little time and effort into my work.

1

2

3

4

5

111. Am able to control my cravings.

1

2

3

4

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112. Act wild and crazy.

1

2

3

4

5

113. Am not interested in theoretical discussions.

1

2

3

4

5

114. Boast about my virtues

1

2

3

4

5

1 = Very inaccurate 2 = Moderately Inaccurate 3 = Neither Inaccurate nor Accurate
 4 = Moderately Accurate 5 = Very Accurate

115. Have difficulty starting tasks.

1

2

3

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116. Remain calm under pressure.

1

2

3

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117. Look at the bright side of life.

1

2

3

4

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118. Believe that we should be tough on crime

1

2

3

4

5

119. Try not to think about the needy

1

2

3

4

5

120. Act without thinking.

1

2

3

4

5

Scoring

Positive keyed items		Negative keyed items	
Answer	Score	Answer	Score
Very inaccurate	1	Very inaccurate	5
Moderately inaccurate	2	Moderately inaccurate	4
Neither inaccurate nor accurate	3	Neither inaccurate nor accurate	3

Positive keyed items		Negative keyed items	
Moderately accurate	4	Moderately accurate	2
Very accurate	5	Very accurate	1
Items		Items	
1, 2, 3, 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15, 16, 17, 18, 20, 21, 22, 23, 25, 26, 27, 28, 29, 31, 32, 33, 34, 35, 36, 37, 38, 41, 42, 43, 44, 45, 46, 47, 50, 52, 55, 56, 57, 58, 59, 61, 63, 64, 65, 66, 71, 72, 76, 77, 82, 86, 87, 91, 93, 95, 112, 117.		9, 19, 24, 30, 39, 40, 48, 49, 51, 53, 54, 60, 62, 67, 68, 69, 70, 73, 74, 75, 78, 79, 80, 81, 83, 84, 85, 88, 89, 90, 92, 94, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 113, 114, 115, 116, 118, 119, 120.	

Scoring

Using the table above, allocate each item with its associated score and sum the items to get the score for each facet.

Openness	Items	Score
Imagination	3, 33, 63, 93	
Artistic Interests	8, 38, 68, 98	
Emotionality	13, 43, 73, 103	
Adventurousness	23, 53, 83, 113	
Liberalism	28, 58, 88, 118	
Conscientiousness	Items	Score
Self-Efficacy	5, 35, 65, 95	
Orderliness	10, 40, 70, 100	
Dutifulness	15, 45, 75, 105	
Achievement Striving	20, 50, 80, 110	
Self-Discipline	25, 55, 85, 115	
Cautiousness	30, 60, 90, 120	
Extraversion	Items	Score
Friendliness	2, 32, 62, 92	
Gregariousness	7, 37, 67, 97	
Assertiveness	12, 42, 72, 102	
Activity Level	17, 47, 77, 107	

Extraversion	Items	Score
Excitement Seeking	22, 52, 82, 112	
Cheerfulness	27, 57, 87, 117	
Agreeableness	Items	Score
Trust	4, 34, 64, 94	
Morality	9, 39, 69, 99	
Altruism	14, 44, 74, 104	
Cooperation	19, 49, 79, 109	
Modesty	24, 54, 84, 114	
Sympathy	29, 59, 89, 119	
Neuroticism	Items	Score
Anxiety	1, 31, 61, 91	
Anger	6, 36, 66, 96	
Depression	11, 41, 71, 101	
Self-Consciousness	16, 46, 76, 106	
Immoderation	21, 51, 81, 111	
Vulnerability	26, 56, 86, 116	

Using the answers from the table above, score each category by summing the scores from each facet related to the category.

Category	Score
1. Openness	
2. Conscientiousness	
3. Extroversion	
4. Agreeableness	
5. Neuroticism	
Total Score (Sum of all 120 - items):	

Johnson, J. A. (2014). Measuring thirty facets of the five-factor model with a 120-item public domain inventory: Development of the IPIP-NEO-120. *Journal of Research in Personality*, 51, 78–89. <https://doi.org/10.1016/j.jrp.2014.05.003>