

Here are a number of characteristics that may or may not describe you. For example, do you agree that you rarely feel blue, compared to most other people? Please fill in the number that best indicates the extent to which you agree or disagree with each statement listed below. Be as honest as possible, but rely on your initial feeling and do not think too much about each item.

Use the following scale:

1 ----- 2 ----- 3 ----- 4 ----- 5		
Strongly Disagree	Neither Agree Nor Disagree	Strongly Agree

- | | |
|---|---|
| 1. ___ Rarely feel blue. | 25. ___ Can handle a lot of information. |
| 2. ___ Am not interested in other people's problems. | 26. ___ Get upset easily. |
| 3. ___ Carry out my plans. | 27. ___ Hate to seem pushy. |
| 4. ___ Make friends easily. | 28. ___ Keep things tidy. |
| 5. ___ Am quick to understand things. | 29. ___ Lack the talent for influencing people. |
| 6. ___ Get angry easily. | 30. ___ Love to reflect on things. |
| 7. ___ Respect authority. | 31. ___ Feel threatened easily. |
| 8. ___ Leave my belongings around. | 32. ___ Can't be bothered with other's needs. |
| 9. ___ Take charge. | 33. ___ Mess things up. |
| 10. ___ Enjoy the beauty of nature. | 34. ___ Reveal little about myself. |
| 11. ___ Am filled with doubts about things. | 35. ___ Like to solve complex problems. |
| 12. ___ Feel others' emotions. | 36. ___ Keep my emotions under control. |
| 13. ___ Waste my time. | 37. ___ Take advantage of others. |
| 14. ___ Am hard to get to know. | 38. ___ Follow a schedule. |
| 15. ___ Have difficulty understanding abstract ideas. | 39. ___ Know how to captivate people. |
| 16. ___ Rarely get irritated. | 40. ___ Get deeply immersed in music. |
| 17. ___ Believe that I am better than others. | 41. ___ Rarely feel depressed. |
| 18. ___ Like order. | 42. ___ Sympathize with others' feelings. |
| 19. ___ Have a strong personality. | 43. ___ Finish what I start. |
| 20. ___ Believe in the importance of art. | 44. ___ Warm up quickly to others. |
| 21. ___ Feel comfortable with myself. | 45. ___ Avoid philosophical discussions. |
| 22. ___ Inquire about others' well-being. | 46. ___ Change my mood a lot. |
| 23. ___ Find it difficult to get down to work. | 47. ___ Avoid imposing my will on others. |
| 24. ___ Keep others at a distance. | 48. ___ Am not bothered by messy people. |
| | 49. ___ Wait for others to lead the way. |
| | 50. ___ Do not like poetry. |

51. ___ Worry about things.
52. ___ Am indifferent to the feelings of others.
53. ___ Don't put my mind on the task at hand.
54. ___ Rarely get caught up in the excitement.
55. ___ Avoid difficult reading material.
56. ___ Rarely lose my composure.
57. ___ Rarely put people under pressure.
58. ___ Want everything to be "just right."
59. ___ See myself as a good leader.
60. ___ Rarely notice the emotional aspects of paintings and pictures.
61. ___ Am easily discouraged.
62. ___ Take no time for others.
63. ___ Get things done quickly.
64. ___ Am not a very enthusiastic person.
65. ___ Have a rich vocabulary.
66. ___ Am a person whose moods go up and down easily.
67. ___ Insult people.
68. ___ Am not bothered by disorder.
69. ___ Can talk others into doing things.
70. ___ Need a creative outlet.
71. ___ Am not embarrassed easily.
72. ___ Take an interest in other people's lives.
73. ___ Always know what I am doing.
74. ___ Show my feelings when I'm happy.
75. ___ Think quickly.
76. ___ Am not easily annoyed.
77. ___ Seek conflict.
78. ___ Dislike routine.
79. ___ Hold back my opinions.
80. ___ Rarely get lost in thought.
81. ___ Become overwhelmed by events.
82. ___ Don't have a soft side.
83. ___ Postpone decisions.
84. ___ Have a lot of fun.
85. ___ Learn things slowly.
86. ___ Get easily agitated.
87. ___ Love a good fight.
88. ___ See that rules are observed.
89. ___ Am the first to act.
90. ___ Rarely daydream.
91. ___ Am afraid of many things.
92. ___ Like to do things for others.
93. ___ Am easily distracted.
94. ___ Laugh a lot.
95. ___ Formulate ideas clearly.
96. ___ Can be stirred up easily.
97. ___ Am out for my own personal gain.
98. ___ Want every detail taken care of.
99. ___ Do not have an assertive personality.
100. ___ See beauty in things that others might not notice

Use the following scale:

1	-----	2	-----	3	-----	4	-----	5
Strongly				Neither Agree				Strongly
Disagree				Nor Disagree				Agree

BFAS Scoring Key:

NOTE: Reverse response scores for items followed by “R” (i.e. 1=5, 2=4, 4=2, 5=1). To compute scale scores, average completed items within each scale. To compute Big Five scores, **average** scores for the two aspects within each domain.

Neuroticism

Withdrawal: 1R, 11, 21R, 31, 41R, 51, 61, 71R, 81, 91

Volatility: 6, 16R, 26, 36R, 46, 56R, 66, 76R, 86, 96

Agreeableness

Compassion: 2R, 12, 22, 32R, 42, 52R, 62R, 72, 82R, 92

Politeness: 7, 17R, 27, 37R, 47, 57, 67R, 77R, 87R, 97R

Conscientiousness

Industriousness: 3, 13R, 23R, 33R, 43, 53R, 63, 73, 83R, 93R

Orderliness: 8R, 18, 28, 38, 48R, 58, 68R, 78R, 88, 98

Extraversion

Enthusiasm: 4, 14R, 24R, 34R, 44, 54R, 64R, 74, 84, 94

Assertiveness: 9, 19, 29R, 39, 49R, 59, 69, 79R, 89, 99R

Openness/Intellect

Intellect: 5, 15R, 25, 35, 45R, 55R, 65, 75, 85R, 95

Openness: 10, 20, 30, 40, 50R, 60R, 70, 80R, 90R, 100

Reference:

DeYoung, C. G., Quilty, L. C., & Peterson, J. B. (2007). Between facets and domains: 10 Aspects of the Big Five. *Journal of Personality and Social Psychology*, 93, 880-896.

Contact Colin DeYoung (cdeyoung@umn.edu) for additional information.