

## BIG FIVE PERSONALITY QUESTIONNAIRE

This questionnaire is for on-screen administration only

The Big Five personality questionnaire is a comprehensive assessment of personality based on the Big Five Theory of Personality.

Please note that the questionnaire is not timed, although generally people take approximately 45minutes to complete the questionnaire.

### INSTRUCTIONS FOR COMPLETION

Mark all your answers on the questionnaire only where indicated.

There are 240 statements in this questionnaire. Be careful to read each one and select the answer which you consider the best response to the statement.

#### TIPS

- When responding to the statements, try to be open and honest with yourself.
- Ensure you respond to each statement.
- Try not to spend too much time on each statement, going with your instincts and initial preferences instead.
- Select the response which closest match how you feel about the statement.
- There are no right or wrong answers.
- Should you change your mind or make a mistake, re-select your preferred response from the drop down menu.
- Remember to fill in your name and other details as outlined below.

## CANDIDATE DETAILS

Please fill in your details below. All fields are mandatory.

<b>Name:</b>	
<b>Age:</b>	
<b>Gender:</b>	
<b>Nationality:</b>	
<b>Highest education qualification:</b>	
<b>Occupation:</b>	

These details will be held anonymously with the demographic data being utilised for research and revisions to future versions of the questionnaire.

Thank you for your participation.

**Please answer ALL of the following statements:**

1.	I rarely feel nervous or worried	
2.	I always get to know the people I work with	
3.	I love having fantasies and day dreams	
4.	I know that people are only nice to me because they want something in return	
5.	I'm a very proficient person	
6.	At times I have felt resentful or embittered	
7.	I avoid crowds wherever possible	
8.	Watching professional dancers holds little attraction to me	
9.	I'm not sly or sneaky	
10.	However hard I try, I cannot get myself organised	
11.	I am seldom low or miserable	
12.	I've noticed that people often look to me to make the decisions in groups	
13.	My mood is easily evoked by triggers such as scents or names of places	
14.	I'm not known for my kindness to others	
15.	My word is my bond, I always do what I say I will do	
16.	When I am with other people, I am usually frightened of making a social blunder	
17.	My style is to be steady and paced rather than risk rushing things	
18.	Usually I will follow the same route when going to a familiar place	
19.	I generally co-operate rather than compete with others	
20.	I don't see myself as a driven person	
21.	I do not find it difficult to resist temptations	
22.	I seek out action packed holiday destinations	
23.	Theories and abstract ideas hold endless fascination for me	
24.	I am more skilled than most people at most things	
25.	I see myself as very self disciplined	
26.	Sometimes I feel unable to cope when I am under a lot of stress	
27.	I don't often use words like 'brilliant' or 'fabulous'	
28.	It is reasonable to expect people to have developed their own sense of right and wrong by age 25	
29.	Financial considerations only usually tell less than half the story; human need is equally important	
30.	I often do things on the spur of the moment	

**Statements continued.**

<b>31.</b>	I often fret about what might go wrong	
<b>32.</b>	I have a reputation for being cold and distant	
<b>33.</b>	Allowing my mind to wander without a purpose would feel strange to me	
<b>34.</b>	I tend to assume that people are good	
<b>35.</b>	I am not particularly well prepared for many situations	
<b>36.</b>	I need a lot of provocation before I become enraged	
<b>37.</b>	I generally have a good time at crowded parties	
<b>38.</b>	I notice and explore the patterns in art and wildlife	
<b>39.</b>	One of my great strengths is my ability to get people to do what I want them to do	
<b>40.</b>	It is important to me that I organise myself so that I can lay my hands on whatever I need quickly	
<b>41.</b>	I have low self belief	
<b>42.</b>	I usually let others chair the discussions in meetings	
<b>43.</b>	I do not usually notice how my mood or emotion changes	
<b>44.</b>	I will help others even if this means putting myself out	
<b>45.</b>	I have been known to cheat even when I'm playing solitary games such as card games	
<b>46.</b>	I feel relaxed in the presence of superiors or authority figures	
<b>47.</b>	I do most things energetically	
<b>48.</b>	I enjoy exploring new and unusual foods	
<b>49.</b>	I'm known to be a stubborn person who stands by their views	
<b>50.</b>	Some might describe me as a 'workaholic'	
<b>51.</b>	I sometimes eat so much that I am sick	
<b>52.</b>	I don't enjoy frightening or gruesome films	
<b>53.</b>	Speculating on human or abstract ideas holds little appeal to me	
<b>54.</b>	I don't believe I am better than anyone else	
<b>55.</b>	Sometimes I feel overwhelmed by the amount that needs doing	
<b>56.</b>	I consider myself to be emotionally stable	
<b>57.</b>	It doesn't take much to make me laugh	
<b>58.</b>	It is important to me to stay broad-minded and tolerant of others	
<b>59.</b>	Even beggars should take responsibility for their own destiny	
<b>60.</b>	I always think carefully before answering a question	

**Statements continued.**

<b>61.</b>	I am not a tense person	
<b>62.</b>	I have strong bonds with my friends	
<b>63.</b>	I have a rich inner world	
<b>64.</b>	Most people would conduct a robbery given the opportunity and if they thought that they wouldn't be caught	
<b>65.</b>	I feel I have a duty to stay informed so that I can make intelligent decisions	
<b>66.</b>	People see me as irritable and hot-tempered	
<b>67.</b>	My choice is to do jobs that allow me to work alone without interruption from others	
<b>68.</b>	I am not much interested in beauty and artistic matters	
<b>69.</b>	No one could ever accuse me of being hypocritical	
<b>70.</b>	I don't consider myself to be particularly methodical	
<b>71.</b>	I rarely feel fed up or unhappy	
<b>72.</b>	My natural position is as group leader	
<b>73.</b>	I am usually tuned in to other people's feelings	
<b>74.</b>	Some people think I only consider my own needs	
<b>75.</b>	I always pay my bills on time	
<b>76.</b>	At times I have been so embarrassed by my behaviour that I have just wanted to disappear	
<b>77.</b>	I work and play in a laid back, relaxed manner	
<b>78.</b>	I prefer to stay in places that feel familiar to me	
<b>79.</b>	If someone insults me I try to ignore it and move on	
<b>80.</b>	I have not got a good record at seeing self improvement programmes through to completion	
<b>81.</b>	I rarely treat myself to the point of excess	
<b>82.</b>	I have sometimes done dangerous things just for the buzz it gives me	
<b>83.</b>	I pursue a wide range of intellectual interests	
<b>84.</b>	I don't mind telling people about my achievements	
<b>85.</b>	I am someone who always gets the job done, however long it takes	
<b>86.</b>	I often feel vulnerable and want someone else to help me solve my problems	
<b>87.</b>	I'm not known to be an especially jocular person	
<b>88.</b>	Permissiveness with no boundaries is not morally acceptable	
<b>89.</b>	The poor and frail deserve our compassion and support	
<b>90.</b>	I have been known to act first and think later	

**Statements continued.**

<b>91.</b>	Scary thoughts sometimes enter my head	
<b>92.</b>	I wouldn't choose to chat to people just for pleasure	
<b>93.</b>	I avoid day dreaming as much as possible	
<b>94.</b>	I trust everyone I meet until they let me down	
<b>95.</b>	I am quite relaxed about civic duties and don't take them very seriously	
<b>96.</b>	I am not considered tetchy or prickly	
<b>97.</b>	If I find myself alone for long I start craving the company of others	
<b>98.</b>	I am sometimes entranced by the music I hear	
<b>99.</b>	At times I intimidate or smooth-talk people into doing what I want them to do	
<b>100.</b>	You will always find my workplace neat and clean	
<b>101.</b>	I have sometimes felt deeply mortified or worthless	
<b>102.</b>	Taking charge of a situation doesn't come easy to me	
<b>103.</b>	My inner feelings rarely make themselves known to me	
<b>104.</b>	I generally try to be courteous and considerate	
<b>105.</b>	I could be more reliable and responsible than I am	
<b>106.</b>	I don't get overly self-conscious when people make fun and mock me	
<b>107.</b>	I am a very lively person	
<b>108.</b>	I'm always on the look out for new hobbies and interests	
<b>109.</b>	I have no hesitation in telling people what I think of them	
<b>110.</b>	I always ensure that I achieve my goals	
<b>111.</b>	I tend to overeat when having food that I particularly like	
<b>112.</b>	A holiday spent gambling and drinking doesn't appeal to me	
<b>113.</b>	When people talk about theoretical, vague ideas I lose interest	
<b>114.</b>	I try to show some humility at work	
<b>115.</b>	I'm inclined to switch my attention elsewhere once a project gets difficult	
<b>116.</b>	I stay calm in a crisis	
<b>117.</b>	Sometimes I feel like I will simmer over with pleasure	
<b>118.</b>	Ideas of right and wrong should be viewed in the light of the society they inhabit	
<b>119.</b>	I focus on the pure facts and data of a case and nothing else	
<b>120.</b>	I am very unlikely to make a rapid decision	

**Statements continued.**

121.	I have fewer anxieties than most people I know	
122.	I get pleasure out of talking to people I don't know	
123.	I allow my mind to wander to all sorts of places	
124.	I tend to be wary of other people's intentions	
125.	I tackle my work with efficiency and competence	
126.	I am often revolted by the people I come across	
127.	I find social get togethers boring	
128.	Listening to or reading poetry fails to capture my interest	
129.	I am not good at pulling the wool over people's eyes	
130.	I feel uncomfortable planning everything in advance	
131.	I tend to blame myself when setbacks happen	
132.	I am assertive and domineering	
133.	My emotions and feelings are wide ranging	
134.	I have been described as self-centred	
135.	It is important to me that I tackle tasks conscientiously	
136.	I get embarrassed when people I know do foolish things	
137.	I'm less high spirited than other people	
138.	I believe in following tried and trusted methods	
139.	I hold back from telling people how I feel when I am angry	
140.	I am laid back and happy go lucky	
141.	I always have control over my feelings	
142.	I get a kick from the roar of the crowd at large gatherings	
143.	I am interested by puzzles that require an alert mind	
144.	I'm one of life's success stories	
145.	Once started, I can be relied on to finish a project	
146.	Making a decision is often hard for me	
147.	I don't consider myself to be a jovial, positive person	
148.	Staying true to what one believes in is more important than being 'open minded'	
149.	The human side of any policy must be considered before a conclusion is reached	
150.	I have acted before thinking, and made mistakes as a result	

**Statements continued.**

151.	I am apprehensive	
152.	My instinct is to be friendly and sociable with people	
153.	As a child I rarely played games involving imaginary friends and situations	
154.	My experience is that people are generally honest and trustworthy	
155.	I am one of those people who just don't seem to be gifted at anything	
156.	I am an unflappable person	
157.	When choosing my holiday, I seek out popular locations rather than secluded spots	
158.	I have endless pleasure from some genres of music	
159.	Sometimes I deceive people for the sake of achieving the end goal	
160.	I have been described as fussy and demanding	
161.	Sometimes life looks pointless and bleak to me	
162.	I'd rather do things on my own than have to guide other people	
163.	I rarely experience strong emotions	
164.	I'm generally liked by people	
165.	I stand by what I believe to be right	
166.	When I'm around people I rarely feel self conscious	
167.	I usually seem to be on the go	
168.	Sometimes I move things around at home just for the sake of it	
169.	I am always prepared to defend myself when someone starts a fight with me	
170.	I work hard to get on in life	
171.	I struggle to resist my yearnings	
172.	I love the thrill of extreme amusement park rides	
173.	Abstract reasoning and philosophical questioning is boring	
174.	I prefer not to talk about my talents and successes	
175.	When I have to do things that I don't particularly like I have to talk sternly to myself before I get on with them	
176.	I am known for my ability to remain calm in emergencies	
177.	I am a cheery exuberant person	
178.	It is important that laws and policies reflect the changing world	
179.	Respect is due to all human beings irrespective of their circumstances	
180.	I always think about the possible implications before I take action	

**Statements continued.**

<b>181.</b>	I'm rarely worried about the future	
<b>182.</b>	People see me as a warm and friendly person	
<b>183.</b>	I draw myself back to reality as soon as I find my mind drifting off	
<b>184.</b>	I trust that most people mean well	
<b>185.</b>	I'm known as someone who has common sense and is sensible	
<b>186.</b>	I often get annoyed at the way people treat me	
<b>187.</b>	My preference is to do things alone	
<b>188.</b>	It is more the feelings and images portrayed by literature that appeals to me, rather than the story lines	
<b>189.</b>	Successful business people need to be wily and crafty	
<b>190.</b>	I seem to misplace a lot of things	
<b>191.</b>	Sometimes I feel very despondent	
<b>192.</b>	I tend to speak more than other people when I am having conversations with them	
<b>193.</b>	I am very aware of how I feel about situations and people	
<b>194.</b>	I give as much as I can afford to charity	
<b>195.</b>	I have only missed days off work when I have been genuinely too sick to go in or have approved leave	
<b>196.</b>	I can hardly bear to meet someone again if I have said or done something wrong to them	
<b>197.</b>	My life moves at a hectic speed	
<b>198.</b>	Given the choice, I spend my holidays at places I am familiar with	
<b>199.</b>	I can give as good as I get when in competition with someone	
<b>200.</b>	I go all-out to achieve excellence in everything I do	
<b>201.</b>	Sometimes I later regret things that I did on impulse	
<b>202.</b>	I'm drawn to flamboyant and showy styles	
<b>203.</b>	Intellectually I like to explore issues	
<b>204.</b>	I am more likely to praise someone else than take the credit myself	
<b>205.</b>	It takes me a while to settle down to get something done	
<b>206.</b>	Even when things appear volatile, I can keep my head	
<b>207.</b>	I have never literally 'punched the air' with joy	
<b>208.</b>	I don't see the point of allowing controversial speakers access to an audience	
<b>209.</b>	Being 'merciful' is better than being 'just'	
<b>210.</b>	I plan all aspects carefully before going away	

**Statements continued.**

<b>211.</b>	I often feel anxious or frightened	
<b>212.</b>	I really like most people I meet	
<b>213.</b>	I focus my thoughts on realistic issues and avoid wild fantasising	
<b>214.</b>	I generally have faith that fellow human beings are well intentioned	
<b>215.</b>	Having sound judgement is one of my strengths	
<b>216.</b>	Even minor frustrations can annoy me	
<b>217.</b>	I surround myself with people when I can	
<b>218.</b>	I have felt a thrill of excitement when undertaking cultural activities	
<b>219.</b>	I have been known to manipulate people in order to achieve my objectives	
<b>220.</b>	I'm not obsessive about cleaning	
<b>221.</b>	When faced with adversity, my usual instinct is to give up	
<b>222.</b>	Sometimes I fail to voice my views as much as I should	
<b>223.</b>	Life would be duller without feelings and emotions	
<b>224.</b>	I make an effort to be thoughtful towards everyone I meet	
<b>225.</b>	I believe that if jobs are worth doing they are worth doing well	
<b>226.</b>	I often feel second rate in comparison to other people	
<b>227.</b>	I often feel ready to explode with energy	
<b>228.</b>	I'm unlikely to change my ways now	
<b>229.</b>	I often find myself getting into arguments with people	
<b>230.</b>	I always know where I am striving to get to and focus on achieving my goals	
<b>231.</b>	I rarely give into my cravings	
<b>232.</b>	I often yearn for something exciting to happen	
<b>233.</b>	I enjoy crossword puzzles and Sudoku	
<b>234.</b>	I think a lot of myself	
<b>235.</b>	I pace myself well so as to get everything done	
<b>236.</b>	I feel able to deal with most problems	
<b>237.</b>	I have sometimes experienced powerful raptures of ecstasy	
<b>238.</b>	Moral issues should be decided by religious authorities	
<b>239.</b>	I believe in giving sympathy and help to people who have fallen on hard times	
<b>240.</b>	I always think about things carefully before deciding on a course of action	

## SUBMISSION OF QUESTIONNAIRE

Thank you for completing the questionnaire. Please revisit the statements to check if you have accidentally omitted your response and to ensure all statements are completed.

When you are satisfied with your responses, please save this document by utilising the 'Save As' function with the below steps:

1. Go to 'File', then 'Save As'. Type in a file name and select your preferred file location (usually 'My Documents'). Click on 'Save' to save the file to the computer.
2. Using your email facility, attach the file to the email and send it to the following address:

[Leyla@rachelfrost.co.uk](mailto:Leyla@rachelfrost.co.uk)

See your email software facility or administrator to learn how to attach a file to an email.