



Big 5 Inventory (BFI)

Patient Name _____ DOB _____ Female
 Provider Name _____ Date _____ Male Other

Description of Measure:

44-item inventory that measures an individual on the Big Five Factors (dimensions) of personality (Goldberg, 1993). Each of the factors is then further divided into personality facets.

The Big Five Factors are (chart recreated from John & Srivastava, 1999):

Big Five Dimensions	Facet (and correlated trait adjective)
Extraversion vs. introversion	Gregariousness (sociable) Assertiveness (forceful) Activity (energetic) Excitement-seeking (adventurous) Positive emotions (enthusiastic) Warmth (outgoing)
Agreeableness vs. antagonism	Trust (forgiving) Straightforwardness (not demanding) Altruism (warm) Compliance (not stubborn) Modesty (not show-off) Tender-mindedness (sympathetic)
Conscientiousness vs. lack of direction	Competence (efficient) Order (organized) Dutifulness (not careless) Achievement striving (thorough) Self-discipline (not lazy) Deliberation (not impulsive)
Neuroticism vs. emotional stability	Anxiety (tense) Angry hostility (irritable) Depression (not contented) Self-consciousness (shy) Impulsiveness (moody) Vulnerability (not self-confident)
Openness vs. closedness to experience	Ideas (curious) Fantasy (imaginative) Aesthetics (artistic) Actions (wide interests) Feelings (excitable) Values (unconventional)



Scale: Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

	Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree Strongly	ROW TOTAL
	1	2	3	4	5	
I see Myself as Someone Who...						
1. Is talkative						
2. Tends to find fault with others						
3. Does a thorough job						
4. Is depressed, blue						
5. Is original, comes up with new ideas						
6. Is reserved						
7. Is helpful and unselfish with others						
8. Can be somewhat careless						
9. Is relaxed, handles stress well						
10. Is curious about many different things						
11. Is full of energy						
12. Starts quarrels with others						
13. Is a reliable worker						
14. Can be tense						
15. Is ingenious, a deep thinker						
16. Generates a lot of enthusiasm						
17. Has a forgiving nature						
18. Tends to be disorganized						
19. Worries a lot						



	Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree Strongly	ROW TOTAL
	1	2	3	4	5	
20. Has an active imagination						
21. Tends to be quiet						
22. Is generally trusting						
23. Tends to be lazy						
24. Is emotionally stable, not easily upset						
25. Is inventive						
26. Has an assertive personality						
27. Can be cold and aloof						
28. Perseveres until the task is finished						
29. Can be moody						
30. Values artistic, aesthetic experiences						
31. Is sometimes shy, inhibited						
32. Is considerate and kind to almost everyone						
33. Does things efficiently						
34. Remains calm in tense situations						
35. Prefers work that is routine						
36. Is outgoing, sociable						
37. Is sometimes rude to others						
38. Makes plans and follows through with them						
39. Gets nervous easily						
40. Likes to reflect, play with ideas						



	Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree Strongly	ROW TOTAL
	1	2	3	4	5	
41. Has few artistic interest						
42. Likes to cooperate with others						
43. Is easily distracted						
44. Is sophisticated in art, music, or literature						
TOTAL						

Scoring:

BFI scale scoring (“R” denotes reverse-scored items):

- **Extraversion:** 1, 6R, 11, 16, 21R, 26, 31R, 36
- **Agreeableness:** 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42
- **Conscientiousness:** 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R
- **Neuroticism:** 4, 9R, 14, 19, 24R, 29, 34R, 39
- **Openness:** 5, 10, 15, 20, 25, 30, 35R, 40, 41R, 44



NOTES:

Abstracts of Selected Related Articles:

Bouchard, T. J. & McGue, M. (2003). Genetic and environmental influences on human psychological differences. Journal of Neurobiology, 54, 4-45.

Psychological researchers typically distinguish five major domains of individual differences in human behavior: cognitive abilities, personality, social attitudes, psychological interests, and psychopathology (Lubinski, 2000). In this article we: discuss a number of methodological errors commonly found in research on human individual differences; introduce a broad framework for interpreting findings from contemporary behavioral genetic studies; briefly outline the basic quantitative methods used in human behavioral genetic research; review the major criticisms of behavior genetic designs, with particular emphasis on the twin and adoption methods; describe the major or dominant theoretical scheme in each domain; and review behavioral genetic findings in all five domains. We conclude that there is now strong evidence that virtually all individual psychological differences, when reliably measured, are moderately to substantially heritable.

Tkach, C., & Lyubomirsky, S. (2006). How do people pursue happiness?: Relating personality, happiness-increasing strategies, and well-being. Journal of Happiness Studies, 7, 183-225.

Five hundred ethnically diverse undergraduates reported their happiness strategies – that is, activities undertaken to maintain or increase happiness. Factor analysis extracted eight general strategies: Affiliation, Partying, Mental Control, Goal Pursuit, Passive Leisure, Active Leisure, Religion, and Direct Attempts at happiness. According to multiple regression analyses, these strategies accounted for 52% of the variance in self-reported happiness and 16% over and above the variance accounted for by the Big Five personality traits. The strongest unique predictors of current happiness were Mental Control (inversely related), Direct Attempts, Affiliation, Religion, Partying, and Active Leisure. Gender differences suggest that men prefer to engage in Active Leisure and Mental Control, whereas women favor Affiliation, Goal Pursuit, Passive Leisure, and Religion. Relative to Asian and Chicano(a) students, White students preferred using high arousal strategies. Finally, mediation analyses revealed that many associations between individuals' personality and happiness levels are to some extent mediated by the strategies they use to increase their happiness – particularly, by Affiliation, Mental Control, and Direct Attempts.

Shiota, M.N., Keltner, D., & John, O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. The Journal of Positive Psychology, 1, 61-71.

Although theorists have proposed the existence of multiple distinct varieties of positive emotion, dispositional positive affect is typically treated as a unidimensional variable in personality research. We present data elaborating conceptual and empirical differences among seven positive emotion dispositions in their relationships with two core personality constructs, the “Big Five” and adult attachment style. We found that the positive emotion dispositions were differentially associated with self- and peer-rated Extraversion, Conscientiousness, Agreeableness, Openness to Experience, and Neuroticism. We also found that different adult attachment styles were associated with different kinds of emotional rewards. Findings support the theoretical utility of differentiating among several dispositional positive emotion constructs in personality research.