



## Big 5 Personality Test (FFM)

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_ Female \_\_\_\_\_  
 Provider Name \_\_\_\_\_ Date \_\_\_\_\_ Male \_\_\_\_\_ Other \_\_\_\_\_

The Big Five Personality Test (also known as the five-factor model, or FFM for short) is a personality model derived from common language descriptors. The model emerged from the work of several Personality Psychologists operating largely independently during the early 1990's.

The Big Five is named after the five general groupings of traits that make up one's personality. Namely Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.

**Please consider the following statements and mark how accurately each statement is regarding you:**

	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate	ROW TOTAL
1. I am the life of the party.						
2. I feel little concern for others.						
3. I am always prepared.						
4. I get stressed out easily.						
5. I have a rich vocabulary.						
6. I don't talk a lot.						
7. I am interested in people.						
8. I leave my belongings around.						
9. I am relaxed most of the time.						
10. I have difficulty understanding abstract ideas.						
11. I feel comfortable around people.						
12. I insult people.						
13. I pay attention to details.						
14. I worry about things.						



	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate	ROW TOTAL
15. I have a vivid imagination.						
16. I keep in the background.						
17. I sympathize with others' feelings.						
18. I make a mess of things.						
19. I seldom feel blue.						
20. I am not interested in abstract ideas.						
21. I start conversations.						
22. I am not interested in other people's problems.						
23. I get chores done right away.						
24. I am easily disturbed.						
25. I have excellent ideas.						
26. I have little to say.						
27. I have a soft heart.						
28. I often forget to put things back in their proper place.						
29. I get upset easily.						
30. I do not have a good imagination.						
31. I talk to a lot of different people at parties.						
32. I am not really interested in others.						
33. I like order.						
34. I change my mood a lot.						
35. I am quick to understand things.						



	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate	ROW TOTAL
36. I don't like to draw attention to myself.						
37. I take time out for others.						
38. I shirk my duties.						
39. I have frequent mood swings.						
40. I use difficult words.						
41. I don't mind being the center of attention.						
42. I feel others' emotions.						
43. I follow a schedule.						
44. I get irritated easily.						
45. I spend time reflecting on things.						
46. I am quiet around strangers.						
47. I make people feel at ease.						
48. I am exacting in my work.						
49. I often feel blue.						
50. I am full of ideas.						
TOTAL						

Sources

CG DeYoung, LC Quilty, and JB Peterson. Between facets and domains: 10 aspects of the Big Five. 63 J Pers Soc Psychol 880-896. 2008.



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