

## A Brief Version of the Big Five Personality Inventory.

### Big Five Inventory-10 (BFI-10)

Adapted from Rammstedt, B. & John, O. P. (2007). Measuring personality in one minute or less: A 10 item short version of the Big Five Inventory in English and German. *Journal of Research in Personality, 41*, 203-212.

**Instructions:** How well do the following statements describe your personality?

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I see myself as someone who ...	Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly
1. ... is reserved	(1)	(2)	(3)	(4)	(5)
2. ... is generally trusting	(1)	(2)	(3)	(4)	(5)
3. ... tends to be lazy	(1)	(2)	(3)	(4)	(5)
4. ... is relaxed, handles stress well	(1)	(2)	(3)	(4)	(5)
5. ... has few artistic interests	(1)	(2)	(3)	(4)	(5)
6. ... is outgoing, sociable	(1)	(2)	(3)	(4)	(5)
7. ... tends to find fault with others	(1)	(2)	(3)	(4)	(5)
8. ... does a thorough job	(1)	(2)	(3)	(4)	(5)
9. ... gets nervous easily	(1)	(2)	(3)	(4)	(5)
10. ... has an active imagination	(1)	(2)	(3)	(4)	(5)

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**Scoring the BFI-10 scales** (R = item is reverse-scored):

Extraversion: 1R, 5

Agreeableness: 2, 7R

Conscientiousness: 3R, 8

Neuroticism: 4R, 9

Openness to Experience: 5R, 10

(Retrieved 7/31/10 from <http://www.ocf.berkeley.edu/~johnlab/pdfs/BFI-10.doc>)