The Mini-IPIP Scale (Donnellan, Oswald, Baird, & Lucas, 2006)

Instructions: Below are phrases describing people's behaviors. Please use the rating scale below to describe how accurately each statement describes you. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age. Please read each statement carefully, and put a number from 1 to 5 next to it to describe how accurately the statement describes you.

1 = Very inaccurate, 2 = Moderately inaccurate, 3 = Neither inaccurate nor accurate, 4 = Moderately accurate, 5 = Very accurate

1. _____ Am the life of the party (E)

2. _____ Sympathize with others' feelings (A)

3. _____ Get chores done right away (C)

4. _____ Have frequent mood swings (N)

5. _____ Have a vivid imagination (O)

6. _____ Don't talk a lot (E)

7. _____ Am not interested in other people's problems (A)

8. _____ Often forget to put things back in their proper place (C)

9. _____ Am relaxed most of the time (N)

10. _____ Am not interested in abstract ideas (O)

11. _____ Talk to a lot of different people at parties (E)

12. _____ Feel others' emotions (A)

13. _____ Like order (C)

14. _____ Get upset easily (N)

15. _____ Have difficulty understanding abstract ideas (O)

16. _____ Keep in the background (E)

17. _____ Am not really interested in others (A)

18. _____ Make a mess of things (C)

19. _____ Seldom feel blue (N)

20. _____ Do not have a good imagination (O)

Scoring: The first thing you must do is to reverse the items that are worded in the opposite direction. In order to do this, subtract the number you put for that item from 6. So if you put a 4, for instance, it will become a 2. Cross out the score you put when you took the scale, and put the new number in representing your score subtracted from the number 6.

Items to be reversed in this way: 6, 7, 8, 9, 10, 15, 16, 17, 18, 19, 20

Next, you need to add up the scores for each of the five OCEAN scales (including the reversed numbers where relevant). Each OCEAN score will be the sum of four items. Place the sum next to each scale below.

_____ Openness: Add items 5, 10, 15, 20

_____ Conscientiousness: Add items 3, 8, 13, 18

_____ Extraversion: Add items 1, 6, 11, 16

_____ Agreeableness: Add items 2, 7, 12, 17

_____ Neuroticism: Add items 4, 9,14, 19

Compare your scores to the norms below to see where you stand on each scale. If you are low on a trait, it means you are the opposite of the trait label. For example, low on Extraversion is Introversion, low on Openness is Conventional, and low on Agreeableness is Assertive.

19–20 Extremely High

17–18 Very High

14–16 High

11–13 Neither high nor low; in the middle "average"

8–10 Low

6–7 Very low

4–5 Extremely low