



## International Personality Item Pool - NEO - 120 item version (IPIP-NEO-120)

### Instructions:

The following statements describe people's behaviours. Please select 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.

		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
1	Worry about things.	1	2	3	4	5
2	Make friends easily.	1	2	3	4	5
3	Have a vivid imagination.	1	2	3	4	5
4	Trust others.	1	2	3	4	5
5	Complete tasks successfully.	1	2	3	4	5
6	Get angry easily.	1	2	3	4	5
7	Love large parties.	1	2	3	4	5
8	Believe in the importance of art.	1	2	3	4	5
9	Use others for my own ends.	5	4	3	2	1
10	Like to tidy up.	1	2	3	4	5
11	Often feel blue.	1	2	3	4	5
12	Take charge.	1	2	3	4	5
13	Experience my emotions intensely.	1	2	3	4	5
14	Love to help others.	1	2	3	4	5
15	Keep my promises.	1	2	3	4	5



		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
16	Find it difficult to approach others.	1	2	3	4	5
17	Am always busy.	1	2	3	4	5
18	Prefer variety to routine.	1	2	3	4	5
19	Love a good fight.	5	4	3	2	1
20	Work hard.	1	2	3	4	5
21	Go on binges.	1	2	3	4	5
22	Love excitement.	1	2	3	4	5
23	Love to read challenging material.	1	2	3	4	5
24	Believe that I am better than others.	5	4	3	2	1
25	Am always prepared.	1	2	3	4	5
26	Panic easily.	1	2	3	4	5
27	Radiate joy.	1	2	3	4	5
28	Tend to vote for liberal (progressive) political candidates.	1	2	3	4	5
29	Sympathise with the homeless.	1	2	3	4	5
30	Jump into things without thinking.	5	4	3	2	1
31	Fear for the worst.	1	2	3	4	5
32	Feel comfortable around people.	1	2	3	4	5
33	Enjoy wild flights of fantasy.	1	2	3	4	5
34	Believe that others have good intentions.	1	2	3	4	5
35	Excel in what I do.	1	2	3	4	5



		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
36	Get irritated easily.	1	2	3	4	5
37	Talk to a lot of different people at parties.	1	2	3	4	5
38	See beauty in things that others might not notice.	1	2	3	4	5
39	Cheat to get ahead.	5	4	3	2	1
40	Often forget to put things back in their proper place.	5	4	3	2	1
41	Dislike myself.	1	2	3	4	5
42	Try to lead others.	1	2	3	4	5
43	Feel others' emotions.	1	2	3	4	5
44	Am concerned about others.	1	2	3	4	5
45	Tell the truth.	1	2	3	4	5
46	Am afraid to draw attention to myself.	1	2	3	4	5
47	Am always on the go.	1	2	3	4	5
48	Prefer to stick with things that I know.	5	4	3	2	1
49	Yell at people.	5	4	3	2	1
50	Do more than what's expected of me.	1	2	3	4	5
51	Rarely overindulge.	5	4	3	2	1
52	Seek adventure.	1	2	3	4	5
53	Avoid philosophical discussions.	5	4	3	2	1
54	Think highly of myself.	5	4	3	2	1
55	Carry out my plans.	1	2	3	4	5



		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
56	Become overwhelmed by events.	1	2	3	4	5
57	Have a lot of fun.	1	2	3	4	5
58	Believe that there is no absolute right or wrong.	1	2	3	4	5
59	Feel sympathy for those who are worse off than myself.	1	2	3	4	5
60	Make rash decisions.	5	4	3	2	1
61	Am afraid of many things.	1	2	3	4	5
62	Avoid contact with others.	5	4	3	2	1
63	Love to daydream.	1	2	3	4	5
64	Trust what people say.	1	2	3	4	5
65	Handle tasks smoothly.	1	2	3	4	5
66	Lose my temper.	1	2	3	4	5
67	Prefer to be alone.	5	4	3	2	1
68	Do not like poetry.	5	4	3	2	1
69	Take advantage of others.	5	4	3	2	1
70	Leave a mess in my room.	5	4	3	2	1
71	Am often down in the dumps.	1	2	3	4	5
72	Take control of things.	1	2	3	4	5
73	Rarely notice my emotional reactions.	5	4	3	2	1
74	Am indifferent to the feelings of others.	5	4	3	2	1
75	Break rules.	5	4	3	2	1



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76	Only feel comfortable with friends.	1	2	3	4	5
77	Do a lot in my spare time.	1	2	3	4	5
78	Dislike changes.	5	4	3	2	1
79	Insult people.	5	4	3	2	1
80	Do just enough work to get by.	5	4	3	2	1
81	Easily resist temptations.	5	4	3	2	1
82	Enjoy being reckless.	1	2	3	4	5
83	Have difficulty understanding abstract ideas.	5	4	3	2	1
84	Have a high opinion of myself.	5	4	3	2	1
85	Waste my time.	5	4	3	2	1
86	Feel that I'm unable to deal with things.	1	2	3	4	5
87	Love life.	1	2	3	4	5
88	Tend to vote for conservative political candidates.	5	4	3	2	1
89	Am not interested in other people's problems.	5	4	3	2	1
90	Rush into things.	5	4	3	2	1
91	Get stressed out easily.	1	2	3	4	5
92	Keep others at a distance.	5	4	3	2	1
93	Like to get lost in thought.	1	2	3	4	5
94	Distrust people.	5	4	3	2	1
95	Know how to get things done.	1	2	3	4	5



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96	Am not easily annoyed.	5	4	3	2	1
97	Avoid crowds.	5	4	3	2	1
98	Do not enjoy going to art museums.	5	4	3	2	1
99	Obstruct others' plans.	5	4	3	2	1
100	Leave my belongings around.	5	4	3	2	1
101	Feel comfortable with myself.	5	4	3	2	1
102	Wait for others to lead the way.	5	4	3	2	1
103	Don't understand people who get emotional.	5	4	3	2	1
104	Take no time for others.	5	4	3	2	1
105	Break my promises.	5	4	3	2	1
106	Am not bothered by difficult social situations.	5	4	3	2	1
107	Like to take it easy.	5	4	3	2	1
108	Am attached to conventional ways.	5	4	3	2	1
109	Get back at others.	5	4	3	2	1
110	Put little time and effort into my work.	5	4	3	2	1
111	Am able to control my cravings.	5	4	3	2	1
112	Act wild and crazy.	1	2	3	4	5
113	Am not interested in theoretical discussions.	5	4	3	2	1
114	Boast about my virtues.	5	4	3	2	1
115	Have difficulty starting tasks.	5	4	3	2	1



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116	Remain calm under pressure.	5	4	3	2	1
117	Look at the bright side of life.	1	2	3	4	5
118	Believe that we should be tough on crime.	5	4	3	2	1
119	Try not to think about the needy.	5	4	3	2	1
120	Act without thinking.	5	4	3	2	1

**Developer Reference:**

Johnson, J. A. (2014). Measuring thirty facets of the five factor model with a 120-item public domain inventory: Development of the IPIP-NEO-120. *Journal of Research in Personality*, 51, 78–89.  
<https://doi.org/10.1016/j.jrp.2014.05.003>

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