BIG FIVE INVENTORY (BFI)

Reference


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):

<table>
<thead>
<tr>
<th>Big Five Dimensions</th>
<th>Facet (and correlated trait adjective)</th>
</tr>
</thead>
</table>
| 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)  |

For more information about the Big Five, visit this website:  
http://www.uoregon.edu/~sanjay/bigfive.html#where
Abstracts of Selected Related Articles:


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.


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.


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.
Self Report Measures for Love and Compassion Research: Personality

The Big Five Inventory (BFI)

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.

<table>
<thead>
<tr>
<th>Disagree strongly</th>
<th>Disagree a little</th>
<th>Neither agree nor disagree</th>
<th>Agree a little</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

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

__20. Tends to be lazy
__21. Is emotionally stable, not easily upset
__22. Is inventive
__23. Has an assertive personality
__24. Can be cold and aloof
__25. Perseveres until the task is finished
__26. Can be moody
__27. Values artistic, aesthetic experiences
__28. Is sometimes shy, inhibited
__29. Is considerate and kind to almost everyone
__30. Is outgoing, sociable
__31. Is sometimes rude to others
__32. Makes plans and follows through with them
__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. Likes to reflect, play with ideas
__39. Has few artistic interests
__40. Likes to reflect, play with ideas
__41. Has few artistic interests

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20. Has an active imagination
21. Tends to be quiet
22. Is generally trusting
42. Likes to cooperate with others
43. Is easily distracted
44. Is sophisticated in art, music, or literature

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