YOUR ANSWERS. YOUR PERSPECTIVE.

Big-Five

IPIP - Big Five

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 50 / 50 | 5 PROFILE AREAS

1

Extraversion

You describe a noticeable tendency towards actively starting conversations, being visible in groups and enjoying interaction. This pattern stands out in your responses; it is not a comparison with other people.

2

Agreeableness

You describe a noticeable tendency towards showing interest and sympathy and making time for others. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Agreeableness: Scored responses range from 2 to 5/5 (items 17 & 42).

Your first small step

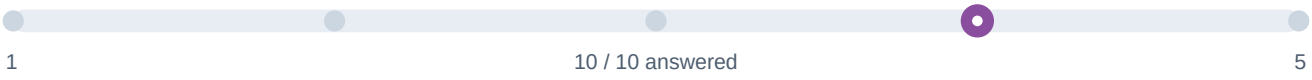
Listen carefully in a conversation, then state your own wish as well. How does that balance work for you?

02 / YOUR REPORT

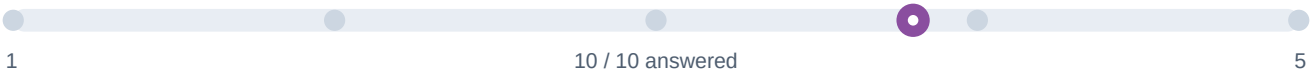
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

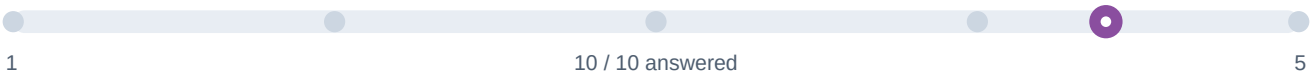
Extraversion 4.0 / 5



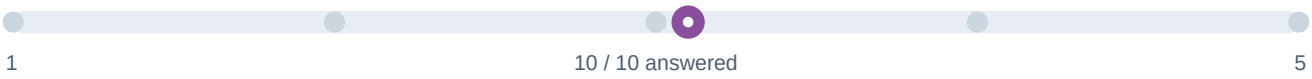
Agreeableness 3.8 / 5



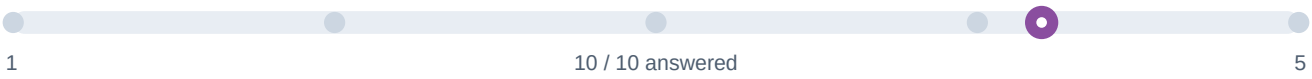
Conscientiousness 4.4 / 5



Emotional stability 3.1 / 5



Intellect & imagination 4.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The IPIP profile describes five broad personality dimensions from your responses. Scale positions are not population ranks; neither a personality type nor a disorder is established.

Your result in words

Extraversion: You describe a noticeable tendency towards actively starting conversations, being visible in groups and enjoying interaction. This pattern stands out in your responses; it is not a comparison with other people.

Agreeableness: You describe a noticeable tendency towards showing interest and sympathy and making time for others. This pattern stands out in your responses; it is not a comparison with other people.

Agreeableness: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 17: Sympathize with others' feelings. | Moderately inaccurate

Item 42: Feel others' emotions. | Very accurate

> **Consider a possible everyday situation**
>
> Listen carefully in a conversation, then state your own wish as well. How does that balance work for you?

04 / YOUR REPORT

Extraversion

Trace your responses and connect them with everyday situations.

Contact orientation describes how you see yourself in conversation, groups and visible roles. It concerns self-reported habits, not popularity or social skill.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards actively starting conversations, being visible in groups and enjoying interaction. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: more reserved and quiet / more active in interaction.

Two concrete responses

Item 11: Feel comfortable around people.

Your response: Neither inaccurate nor accurate

Item 36: Don't like to draw attention to myself.

Your response: Very inaccurate (reverse-scored in the calculation)

A prompt for further reflection

Compare a familiar one-to-one conversation with a larger group. When do you want to take part actively, and when would you rather observe?

When does this fit me - and when does it not?

05 / YOUR REPORT

Agreeableness

Trace your responses and connect them with everyday situations.

Cooperation orientation combines statements about interest in others, empathy and considerate behaviour. It does not judge your moral worth or mean that you should always give in.

Your response value **3.8 / 5**



1 10 / 10 answered 5

What this means in practice

You describe a noticeable tendency towards showing interest and sympathy and making time for others. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less endorsement of cooperation / more endorsement of cooperation.

Two concrete responses

Item 17: Sympathize with others' feelings.

Your response: Moderately inaccurate

Item 42: Feel others' emotions.

Your response: Very accurate

A prompt for further reflection

Listen carefully in a conversation, then state your own wish as well. How does that balance work for you?

When does this fit me - and when does it not?

06 / YOUR REPORT

Conscientiousness

Trace your responses and connect them with everyday situations.

Conscientiousness describes self-reported planning, order and follow-through. A preference for structure does not establish how productive you are in every setting.

Your response value **4.4 / 5**



1 10 / 10 answered 5

What this means in practice

You describe a noticeable tendency towards approaching tasks in an organised, prepared and planned way. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less endorsement of structure / more endorsement of structure.

Two concrete responses

Item 23: Get chores done right away.

Your response: Neither inaccurate nor accurate

Item 43: Follow a schedule.

Your response: Very accurate

A prompt for further reflection

Choose a manageable task. Plan just the first step and a realistic time for it. What helps you get started?

When does this fit me - and when does it not?

07 / YOUR REPORT

Emotional stability

Trace your responses and connect them with everyday situations.

Emotional stability here describes self-reported calmness in relation to stress, worry and mood changes. The score does not establish mental health or resilience in every situation.

Your response value **3.1 / 5**



1 10 / 10 answered 5

What this means in practice

You describe neither consistent calm nor consistent tension. Consider worry, irritability and mood changes separately: similar averages can reflect different experiences.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: more reported inner tension / more reported calmness.

Two concrete responses

Item 4: Get stressed out easily.

Your response: Moderately accurate (reverse-scored in the calculation)

Item 29: Get upset easily.

Your response: Very inaccurate (reverse-scored in the calculation)

A prompt for further reflection

Think of a mild challenge from the past week. What made you tense, and what helped you feel calmer again?

When does this fit me - and when does it not?

08 / YOUR REPORT

Intellect & imagination

Trace your responses and connect them with everyday situations.

Intellect & imagination refers here to self-reported interest in ideas, abstract thinking and imagination. The name describes a personality domain; this is not an intelligence or knowledge test.

Your response value **4.2 / 5**



1 10 / 10 answered 5

What this means in practice

You describe a noticeable tendency towards describing enjoyment of ideas, abstract thought, vocabulary and imagination. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less endorsement of interest in ideas / more endorsement of interest in ideas.

Two concrete responses

Item 20: Am not interested in abstract ideas.

Your response: Neither inaccurate nor accurate (reverse-scored in the calculation)

Item 40: Use difficult words.

Your response: Very accurate

A prompt for further reflection

Take a familiar task and find two alternative approaches. Which idea would you try, and which proven approach would you keep?

When does this fit me - and when does it not?

09 / YOUR REPORT

Your values clearly explained

Extraversion

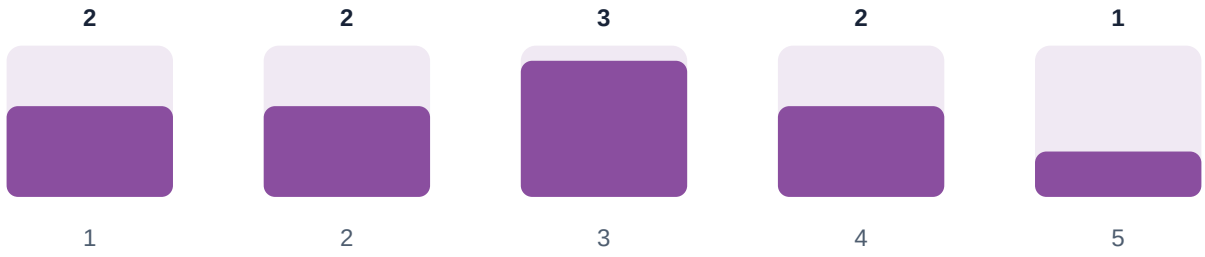
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 + 4 + 5 + 3 + 4 = 40. 40 / 10 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Agreeableness. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Listen carefully in a conversation, then state your own wish as well. How does that balance work for you?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

11 / YOUR REPORT

Method and limitations

What the report is based on

50 public-domain IPIP factor markers. German translation provided by Fritz Ostendorf; Angleitner, Hempel, Langert & Spinath. This implementation has not been independently validated. Response averages are not norms.

IPIP: original scales and item keys

IPIP: scoring instructions

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-27.22 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**Am the life of the party.**	Extraversion | Moderately accurate
2	**Feel little concern for others.**	Agreeableness | Neither inaccurate nor accurate | reverse-scored
3	**Am always prepared.**	Conscientiousness | Very accurate
4	**Get stressed out easily.**	Emotional stability | Moderately accurate | reverse-scored
5	**Have a rich vocabulary.**	Intellect & imagination | Moderately accurate
6	**Don't talk a lot.**	Extraversion | Very inaccurate | reverse-scored
7	**Am interested in people.**	Agreeableness | Very accurate
8	**Leave my belongings around.**	Conscientiousness | Moderately inaccurate | reverse-scored
9	**Am relaxed most of the time.**	Emotional stability | Neither inaccurate nor accurate
10	**Have difficulty understanding abstract ideas.**	Intellect & imagination | Moderately inaccurate | reverse-scored
11	**Feel comfortable around people.**	Extraversion | Neither inaccurate nor accurate
12	**Insult people.**	Agreeableness | Moderately inaccurate | reverse-scored
13	**Pay attention to details.**	Conscientiousness | Very accurate
14	**Worry about things.**	Emotional stability | Moderately inaccurate | reverse-scored

Your responses in full / CONTINUED

15 **Have a vivid imagination.**
Intellect & imagination | Very accurate

16 **Keep in the background.**
Extraversion | Moderately inaccurate | reverse-scored

17 **Sympathize with others' feelings.**
Agreeableness | Moderately inaccurate

18 **Make a mess of things.**
Conscientiousness | Very inaccurate | reverse-scored

19 **Seldom feel blue.**
Emotional stability | Neither inaccurate nor accurate

20 **Am not interested in abstract ideas.**
Intellect & imagination | Neither inaccurate nor accurate | reverse-scored

21 **Start conversations.**
Extraversion | Very accurate

22 **Am not interested in other people's problems.**
Agreeableness | Very inaccurate | reverse-scored

23 **Get chores done right away.**
Conscientiousness | Neither inaccurate nor accurate

24 **Am easily disturbed.**
Emotional stability | Moderately accurate | reverse-scored

25 **Have excellent ideas.**
Intellect & imagination | Very accurate

26 **Have little to say.**
Extraversion | Neither inaccurate nor accurate | reverse-scored

27 **Have a soft heart.**
Agreeableness | Neither inaccurate nor accurate

28 **Often forget to put things back in their proper place.**
Conscientiousness | Moderately inaccurate | reverse-scored

29 **Get upset easily.**
Emotional stability | Very inaccurate | reverse-scored

30 **Do not have a good imagination.**
Intellect & imagination | Moderately inaccurate | reverse-scored

Your responses in full / CONTINUED

31	**Talk to a lot of different people at parties.** Extraversion | Moderately accurate
32	**Am not really interested in others.** Agreeableness | Moderately inaccurate | reverse-scored
33	**Like order.** Conscientiousness | Very accurate
34	**Change my mood a lot.** Emotional stability | Neither inaccurate nor accurate | reverse-scored
35	**Am quick to understand things.** Intellect & imagination | Very accurate
36	**Don't like to draw attention to myself.** Extraversion | Very inaccurate | reverse-scored
37	**Take time out for others.** Agreeableness | Moderately accurate
38	**Shirk my duties.** Conscientiousness | Moderately inaccurate | reverse-scored
39	**Have frequent mood swings.** Emotional stability | Neither inaccurate nor accurate | reverse-scored
40	**Use difficult words.** Intellect & imagination | Very accurate
41	**Don't mind being the center of attention.** Extraversion | Neither inaccurate nor accurate
42	**Feel others' emotions.** Agreeableness | Very accurate
43	**Follow a schedule.** Conscientiousness | Very accurate
44	**Get irritated easily.** Emotional stability | Moderately inaccurate | reverse-scored
45	**Spend time reflecting on things.** Intellect & imagination | Neither inaccurate nor accurate
46	**Am quiet around strangers.** Extraversion | Moderately inaccurate | reverse-scored

Your responses in full / CONTINUED

47	**Make people feel at ease.** Agreeableness | Neither inaccurate nor accurate
48	**Am exacting in my work.** Conscientiousness | Moderately accurate
49	**Often feel blue.** Emotional stability | Moderately accurate | reverse-scored
50	**Am full of ideas.** Intellect & imagination | Moderately accurate