Hand-out

The Big Five Personality Test

from personality-testing.info

courtesy ipip.ori.org

Introduction

This is a personality test, it will help you understand why you act the way that you do and how your personality is structured. Please follow the instructions below, scoring and results are on the next page.

Instructions

In the table below, for each statement 1-50 mark how much you agree with on the scale 1-5, where 1=disagree, 2=slightly disagree, 3=neutral, 4=slightly agree and 5=agree, in the box to the left of it.

Test

Rating	I....	Rating	I.....
	1. Am the life of the party.		26. Have little to say.
	2. Feel little concern for others.		27. Have a soft heart.
	3. Am always prepared.		28. Often forget to put things back in their proper place.
	4. Get stressed out easily.		29. Get upset easily.
	5. Have a rich vocabulary.		30. Do not have a good imagination.
	6. Don't talk a lot.		31. Talk to a lot of different people at parties.
	7. Am interested in people.		32. Am not really interested in others.
	8. Leave my belongings around.		33. Like order.
	9. Am relaxed most of the time.		34. Change my mood a lot.
	10. Have difficulty understanding abstract ideas.		35. Am quick to understand things.
	11. Feel comfortable around people.		36. Don't like to draw attention to myself.
	12. Insult people.		37. Take time out for others.
	13. Pay attention to details.		38. Shirk my duties.
	14. Worry about things.		39. Have frequent mood swings.
	15. Have a vivid imagination.		40. Use difficult words.
	16. Keep in the background.		41. Don't mind being the center of attention.
	17. Sympathize with others' feelings.		42. Feel others' emotions.
	18. Make a mess of things.		43. Follow a schedule.
	19. Seldom feel blue.		44. Get irritated easily.
	20. Am not interested in abstract ideas.		45. Spend time reflecting on things.
	21. Start conversations.		46. Am quiet around strangers.
	22. Am not interested in other people's problems.		47. Make people feel at ease.
	23. Get chores done right away.		48. Am exacting in my work.
	24. Am easily disturbed.		49. Often feel blue.
	25. Have excellent ideas.		50. Am full of ideas.

E = 20 + (1)____ - (6) ____ + (11)____ - (16)____ + (21)____ - (26)____ + (31)____ - (36)____ + (41)____ - (46)____ = _____

A = 14 - (2)____ + (7) ____ - (12)____ + (17)____ - (22)____ + (27)____ - (32)____ + (37)____ + (42)____ + (47)____ = _____

C = 14 + (3)____ - (8) ____ + (13)____ - (18)____ + (23)____ - (28)____ + (33)____ - (38)____ + (43)____ + (48)____ = _____

N = 38 - (4)____ + (9) ____ - (14)____ + (19)____ - (24)____ - (29)____ - (34)____ - (39)____ - (44)____ - (49)____ = _____

O = 8 + (5)____ - (10) ____ + (15)____ - (20)____ + (25)____ - (30)____ + (35)____ + (40)____ + (45)____ + (50)____ = _____

The scores you calculate should be between zero and forty. Below is a description of each trait.

- **Extroversion (E)** is the personality trait of seeking fulfillment from sources outside the self or in community. High scorers tend to be very social while low scorers prefer to work on their projects alone.
- **Agreeableness (A)** reflects much individuals adjust their behavior to suit others. High scorers are typically polite and like people. Low scorers tend to 'tell it like it is'.
- **Conscientiousness (C)** is the personality trait of being honest and hardworking. High scorers tend to follow rules and prefer clean homes. Low scorers may be messy and cheat others.
- **Neuroticism (N)** is the personality trait of being emotional.
- **Openness to Experience (O)** is the personality trait of seeking new experience and intellectual pursuits. High scores may day dream a lot. Low scorers may be very down to earth.

De Neuro QuickScan✓

Een korte check op deficiënties van de vier primaire neurotransmitters dopamine, acetylcholine, GABA en serotonine*

Geef JA/NEE antwoord op onderstaande stellingen

Dopamine	**JA/NEE**
Ik heb weinig zin om te bewegen of te sporten	
Ik heb weinig zin in nieuwe dingen of avonturen	
Ik voel me vlak / emotieloos	
Ik ben vermoeid, ook al heb ik weinig gedaan	
Ik kan me moeilijk concentreren	
Ik kom moeilijk in actie en ga moeilijk ‘aan’	
Ik heb de neiging dingen uit te stellen	
Ik heb weinig pit en daadkracht	
Ik voel me lusteloos	
Ik neem weinig initiatieven	

Hoeveel keer JA? ____

Interpretatie

Bij 4 of meer keer JA is er mogelijk een verstoring in de balans van je neurotransmitters

Acetylcholine **JA/NEE**

Ik heb moeite met het leren van nieuwe dingen	
Ik ben onhandig en stoot tegen dingen aan	
Ik ben traag in mijn denken	
Ik kan moeilijk in oplossingen denken	
Ik heb woordvindingsproblemen	
Mijn creativiteit is afgenomen	
Mijn geheugen laat me vaker in de steek	
Ik verlies vaak mijn evenwicht	
Ik kan niet goed multitasken	
Mijn reactievermogen is afgenomen	

Hoeveel keer JA? ____

Interpretatie

Bij 4 of meer keer JA is er mogelijk een verstoring in de balans van je neurotransmitters

GABA **JA/NEE**

Ik voel me overprikkelt	
Ik heb moeite met diep doorslapen	
Ik sta de hele tijd aan en ga moeilijk ‘offline’ in mijn hoofd	
Ik voel me gespannen	
Ik ben onrustig	
Mijn spieren zijn vaak aangespannen	
Ik voel me HSP (hoogsensitief)	
Ik ben vaak angstig	
Ik ben snel geïrriteerd	
Ik heb last van een onregelmatige hartslag, spiertrekkingen of oorsuizen (slechts 1 van toepassing? Dan antwoord JA)	

Hoeveel keer JA? ____

Interpretatie

Bij 4 of meer keer JA is er mogelijk een verstoring in de balans van je neurotransmitters

Serotonine **JA/NEE**

Ik heb last van wisselende stemmingen	
Ik heb snel last van pijntjes en klachten	
Ik voel me down	
Ik heb de neiging me terug te trekken	
Ik kom moeilijk in slaap (d.w.z. duurt langer dan 20 minuten)	
Ik voel me gespannen	
Ik ben snel emotioneel	
Ik heb een kort lontje	
Ik heb last van obstipatie	
Ik kan moeilijk omgaan met veranderingen / ben snel gestrest bij veranderingen	

Hoeveel keer JA? ____

Interpretatie

Bij 4 of meer keer JA is er mogelijk een verstoring in de balans van je neurotransmitters

* De Neuro QuickScan is geen wetenschappelijk bewijs, het geeft tendensen weer. De Neuro QuickScan is een vereenvoudigde versie van de neurotransmitter test van Dr. Eric Braverman. Zijn werk is gebaseerd op tientallen jaren van onderzoek en klinische observaties. Zie voor mijn informatie dr. Braverman's boek *The Edge Effect.*

Het Neuro Energetisch Profiel

Neuro Energetisch Profiel©

Energietype	Kenmerken	Driver/primaire neurotransmitter	Stressregulering	Gezondheid	Pool
Vuur **Spirituele veld**	Doen, actie, strijd, passie	**Dopamine**	Snel pieken in cortisol en snelle afbraak cortisol	**Energie, vitaliteit, levenskracht**	+
Aarde **Fysieke veld**	Praktisch, betrouwbaar, structuur, volharding	**GABA**	Langzamere opbouw cortisol, kan lang aanhouden	**Gronding, regenereren, kracht**	-
Lucht **Mentale veld**	Denken, ideeën, intellect, communicatie	**Acetylcholine**	Cortisol kan lang aanhouden bij mentale overbelasting	**Creative oplossingen, mentale focus en scherpte**	+
Water **Emotionele veld**	Gevoelig, empathisch, verzorgend	**Serotonine**	Kan pieken in cortisol bij hevige emoties	**Adaptief, positieve stemming, rust en herstel**	-

Symbolische koppelingen elementenleer en biochemie.

Wetenschappelijke disciplines: Onderzoek naar relatie persoonlijkheid en gezondheid

Discipline	Focus	Voorbeelden van Invloed Persoonlijkheid op Gezondheid
Psychoneuroimmunologie (PNI)	Interactie tussen psyche, immuunsysteem, hormonen en neurotransmitters.	Neuroticisme verhoogt ontstekingsmarkers (IL-6, TNF-alpha). Consciëntieusheid verlaagt ontsteking.
Gedragsimmunologie	Invloed van gedrag (slaap, voeding, sociale interactie) op immuunsysteem.	Extraversie verbetert gezondheid via sociale steun. Neuroticisme leidt tot slechte slaap en meer inflammatie.
Gezondheidspsychologie	Stressbeleving, coping en gezondheidsgedrag.	Consciëntieusheid bevordert therapietrouw. Neuroticisme verhoogt stress en immuundysfunctie.
Biopsychologie	Biologische processen zoals neurotransmitters en hormonen in relatie tot gedrag.	Neuroticisme verhoogt cortisol (stresshormoon). Extraversie is gekoppeld aan dopamine (sociale energie).
Evolutionaire Psychologie	Evolutie van persoonlijkheidstrekken en hun adaptieve waarde.	Neuroticisme bevordert waakzaamheid (vroeger nuttig, nu risicovol). Extraversie versterkt sociale overleving.

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