**Appendix J**

**International Personality Item Pool**

Please rate the statements below 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. For each statement, please indicate how accurate it is, from 1 (very inaccurate) to 5 (very accurate), as a description of you.

I am the life of the party.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I feel little concern for others.

Very inaccurate Very accurate

 1 2 3 4 5

I am always prepared.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I get stressed out easily.

Very inaccurate Very accurate

 1 2 3 4 5

I have a rich vocabulary.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I don’t talk a lot.

Very inaccurate Very accurate

 1 2 3 4 5

I am very interested in people.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I leave my belongings around.

Very inaccurate Very accurate

 1 2 3 4 5

I am relaxed most of the time.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I have difficulty understanding abstract ideas.

Very inaccurate Very accurate

 1 2 3 4 5

I feel comfortable around people.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I insult people.

Very inaccurate Very accurate

 1 2 3 4 5

I pay attention to details.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I worry about things.

Very inaccurate Very accurate

 1 2 3 4 5

I have a vivid imagination.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I keep in the background.

Very inaccurate Very accurate

 1 2 3 4 5

I sympathize with others’ feelings.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I make a mess of things.

Very inaccurate Very accurate

 1 2 3 4 5

I seldom feel blue.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I am not interested in abstract ideas.

Very inaccurate Very accurate

 1 2 3 4 5

I start conversations.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I am not interested in other people’s problems.

Very inaccurate Very accurate

 1 2 3 4 5

I get chores done right away.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I am easily disturbed.

Very inaccurate Very accurate

 1 2 3 4 5

I have excellent ideas.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I have little to say.

Very inaccurate Very accurate

 1 2 3 4 5

I have a soft heart.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I often forget to put things back in their proper place.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I get upset easily.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I do not have a good imagination.

Very inaccurate Very accurate

 1 2 3 4 5

I talk to a lot of different people at parties.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I am not really interested in others.

Very inaccurate Very accurate

 1 2 3 4 5

I like order.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I change my mood a lot.

Very inaccurate Very accurate

 1 2 3 4 5

I am quick to understand things.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I don’t like to draw attention to myself.

Very inaccurate Very accurate

 1 2 3 4 5

I take time out for others.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I shirk my duties.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I have frequent mood swings.

Very inaccurate Very accurate

 1 2 3 4 5

I use difficult words.

Very inaccurate Very accurate

 1 2 3 4 5

I don’t mind being the centre of attention.

Very inaccurate Very accurate

 1 2 3 4 5

I feel others’ emotions.

Very inaccurate Very accurate

 1 2 3 4 5

I follow a schedule.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I get irritated easily.

Very inaccurate Very accurate

 1 2 3 4 5

I spend time reflecting on things.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I am quiet around strangers.

Very inaccurate Very accurate

 1 2 3 4 5

I make people feel at ease.

Very inaccurate Very accurate

 1 2 3 4 5

I am exacting in my work.

Very inaccurate Very accurate

 1 2 3 4 5

(R) I often feel blue.

Very inaccurate Very accurate

 1 2 3 4 5

I am full of ideas.

Very inaccurate Very accurate

 1 2 3 4 5

(R) indicates an item that should be reverse scored.