Social Development Studies Anonymous Scale

**Instructions:** Circle your answer, then add up your score for each pair of statements



I see myself as: Extraverted, Enthusiastic. \_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

I see myself as: Quiet, Reserved. \_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 7 | 6 | 5 | 4 | 3 | 2 | 1 |

E score: \_\_\_\_\_

|  |
| --- |
|  |

I see myself as: Sympathetic, Warm. \_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

I see myself as: Critical, Quarrelsome.\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 7 | 6 | 5 | 4 | 3 | 2 | 1 |

A score: \_\_\_\_\_

More on the reverse side 🡪

I see myself as: Anxious, Easily Upset. \_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

I see myself as: Calm, Emotionally Stable.\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 7 | 6 | 5 | 4 | 3 | 2 | 1 |

N score: \_\_\_\_\_

|  |
| --- |
|  |

I see myself as: Dependable, Self-Disciplined. \_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

I see myself as: Disorganized, Careless. \_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 7 | 6 | 5 | 4 | 3 | 2 | 1 |

C score: \_\_\_\_\_

|  |
| --- |
|  |

I see myself as: Open to New Experiences, Complex. \_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

I see myself as: Conventional, Uncreative. \_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
| 7 | 6 | 5 | 4 | 3 | 2 | 1 |

O score: \_\_\_\_\_

Citation: Gosling, S. D., Rentfrow, P. J., & Swann, W. B., Jr. (2003). A Very Brief Measure of the Big Five Personality Domains. *Journal of Research in Personality, 37, 504-528.*