

the big five aspects scales (bfas)

Below is a simple listing of items in the BFAS. Ideally it is preferable to mix the items up before setting them out as a questionnaire – however this does make scoring much more of a chore. Using the 0–4 scale below, please indicate, in the box to the right of each statement, how accurately the statement describes how you generally are. Note italicized items are reverse scored.

<i>never or very rarely true</i> 0 (4)	<i>not often true</i> 1 (3)	<i>sometime true sometimes not true</i> 2 (2)	<i>often true</i> 3 (1)	<i>very often or always true</i> 4 (0)
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	<i>volatility (n)</i>	
1	I get angry easily	
2	<i>I rarely get irritated</i>	
3	I get upset easily	
4	<i>I keep my emotions under control</i>	
5	I change my mood a lot	
6	<i>I rarely lose my composure</i>	
7	I am a person whose moods go up and down easily	
8	<i>I am not easily annoyed</i>	
9	I get easily agitated	
10	<i>I can be stirred up easily</i>	
	<i>withdrawal (n)</i>	
1	<i>I seldom feel blue</i>	
2	I am filled with doubts about things	
3	<i>I feel comfortable with myself</i>	
4	I feel threatened easily	
5	<i>I rarely feel depressed</i>	
6	I worry about things	
7	I am easily discouraged	
8	<i>I am not embarrassed easily</i>	
9	I become overwhelmed by events	
10	I am afraid of many things	
	<i>compassion (a)</i>	
1	<i>I am not interested in other people's problems</i>	
2	I feel others' emotions	
3	I inquire about others' well-being	
4	<i>I can't be bothered with other's needs</i>	
5	I sympathize with others' feelings	
6	<i>I am indifferent to the feelings of others</i>	
7	<i>I take no time for others</i>	
8	I take an interest in other people's lives	
9	<i>I don't have a soft side</i>	
10	I like to do things for others	

[Cont.]

<i>never or very rarely true</i> 0 (4)	<i>not often true</i> 1 (3)	<i>sometime true sometimes not true</i> 2 (2)	<i>often true</i> 3 (1)	<i>very often or always true</i> 4 (0)
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	<i>politeness (a)</i>	
1	I respect authority	
2	<i>I insult people</i>	
3	I hate to seem pushy	
4	<i>I believe that I am better than others</i>	
5	I avoid imposing my will on others	
6	I rarely put people under pressure	
7	<i>I take advantage of others</i>	
8	<i>I seek conflict</i>	
9	<i>I love a good fight</i>	
10	<i>I am out for my personal gain</i>	
	<i>industriousness (c)</i>	
1	I carry out my plans	
2	<i>I waste my time</i>	
3	<i>I find it difficult to get down to work</i>	
4	<i>I mess things up</i>	
5	I finish what I start	
6	<i>I don't put my mind on the task at hand</i>	
7	I get things done quickly	
8	I always know what I am doing	
9	<i>I postpone decisions</i>	
10	<i>I am easily distracted</i>	
	<i>orderliness (c)</i>	
1	<i>I leave my belongings around</i>	
2	I like order	
3	I keep things tidy	
4	I follow a schedule	
5	<i>I am not bothered by messy people</i>	
6	I want everything to be "just right"	
7	<i>I am not bothered by disorder</i>	
8	<i>I dislike routine</i>	
9	I see that rules are observed	
10	I want every detail taken care of	
	<i>enthusiasm (e)</i>	
1	I make friends easily	
2	<i>I am hard to get to know</i>	
3	<i>I keep others at a distance</i>	
4	<i>I reveal little about myself</i>	
5	I warm up quickly to others	

[Cont.]

*never or
very rarely true*
0 (4)

*not often
true*
1 (3)

*sometime true
sometimes not true*
2 (2)

*often
true*
3 (1)

*very often
or always true*
4 (0)

	<i>enthusiasm (e) – cont.</i>	
6	<i>I rarely get caught up in the excitement</i>	
7	<i>I am not a very enthusiastic person</i>	
8	<i>I show my feelings when I'm happy</i>	
9	<i>I have a lot of fun</i>	
10	<i>I laugh a lot</i>	
	<i>assertiveness (e)</i>	
1	<i>I take charge</i>	
2	<i>I have a strong personality</i>	
3	<i>I lack the talent for influencing people</i>	
4	<i>I know how to captivate people</i>	
5	<i>I wait for others to lead the way</i>	
6	<i>I see myself as a good leader</i>	
7	<i>I can talk others into doing things</i>	
8	<i>I hold back my opinions</i>	
9	<i>I am the first to act</i>	
10	<i>I do not have an assertive personality</i>	
	<i>intellect (o)</i>	
1	<i>I am quick to understand things</i>	
2	<i>I have difficulty understanding abstract ideas</i>	
3	<i>I can handle a lot of information</i>	
4	<i>I like to solve complex problems</i>	
5	<i>I avoid philosophical discussions</i>	
6	<i>I avoid difficult reading material</i>	
7	<i>I have a rich vocabulary</i>	
8	<i>I think quickly</i>	
9	<i>I learn things slowly</i>	
10	<i>I formulate ideas clearly</i>	
	<i>openness (o)</i>	
1	<i>I enjoy the beauty of nature</i>	
2	<i>I believe in the importance of art</i>	
3	<i>I love to reflect on things</i>	
4	<i>I get deeply immersed in music</i>	
5	<i>I do not like poetry</i>	
6	<i>I see beauty in things that others might not notice</i>	
7	<i>I need a creative outlet</i>	
8	<i>I seldom get lost in thought</i>	
9	<i>I seldom daydream</i>	
10	<i>I seldom notice the emotional aspects of paintings and pictures</i>	

Each scale produces a score between 0 and 40.

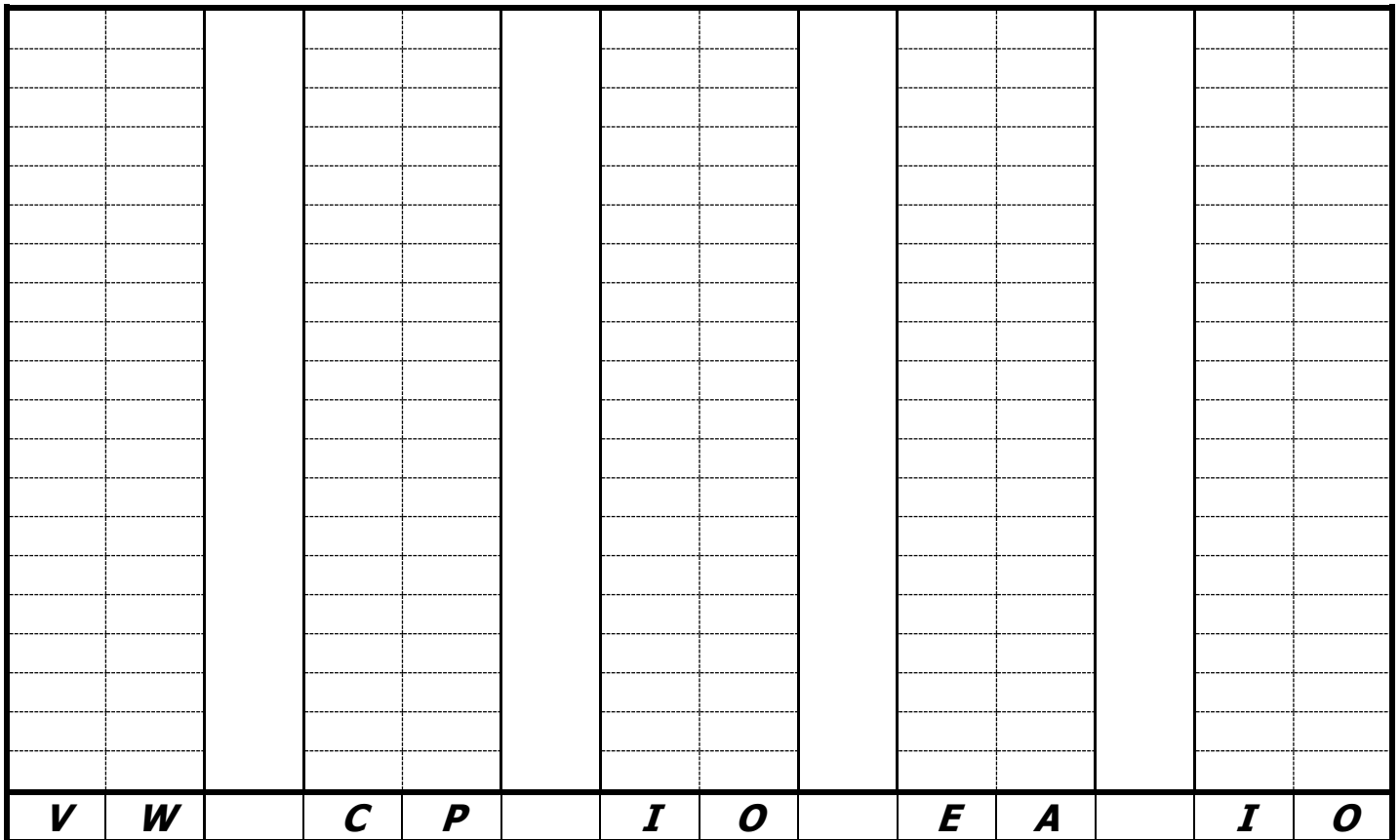
Note the italicized items are reverse scored – see the numbers in the brackets.

Volatility (N) = *Withdrawal (N) =* *Compassion (A) =* *Politeness (A) =*

Industriousness (C) = *Orderliness (C) =*

Enthusiasm (E) = *Assertiveness (E) =* *Intellect (O) =* *Openness (O) =*

Scores can be put onto the chart below as a series of vertical columns at 2 units per square.



DeYoung, C. G., L. C. Quilty, et al. (2007). "Between facets and domains: 10 aspects of the Big Five." *J Pers Soc Psychol* **93**(5): 880-96.

Factor analyses of 75 facet scales from 2 major Big Five inventories, in the Eugene-Springfield community sample (N=481), produced a 2-factor solution for the 15 facets in each domain. These findings indicate the existence of 2 distinct (but correlated) aspects within each of the Big Five, representing an intermediate level of personality structure between facets and domains. The authors characterized these factors in detail at the item level by correlating factor scores with the International Personality Item Pool (L. R. Goldberg, 1999). These correlations allowed the construction of a 100-item measure of the 10 factors (the Big Five Aspect Scales [BFAS]), which was validated in a 2nd sample (N=480). Finally, the authors examined the correlations of the 10 factors with scores derived from 10 genetic factors that a previous study identified underlying the shared variance among the Revised NEO Personality Inventory facets (K. L. Jang et al., 2002). The correspondence was strong enough to suggest that the 10 aspects of the Big Five may have distinct biological substrates.