



NovoPsych Five Factor Personality Scale - 30 item version (NFFPS-30)

Instructions:

The following statements describe people's behaviours. Please select how accurately each statement describes you. Describe yourself 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.

		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
1	Trust others.	1	2	3	4	5
2	Get angry easily.	1	2	3	4	5
3	Love large parties.	1	2	3	4	5
4	Take charge.	1	2	3	4	5
5	Find it difficult to approach others.	1	2	3	4	5
6	Am always busy.	1	2	3	4	5
7	Sympathise with the homeless.	1	2	3	4	5
8	Jump into things without thinking.	5	4	3	2	1
9	Am concerned about others.	1	2	3	4	5
10	Yell at people.	5	4	3	2	1
11	Become overwhelmed by events.	1	2	3	4	5
12	Avoid contact with others.	5	4	3	2	1
13	Love to daydream.	1	2	3	4	5
14	Take advantage of others.	5	4	3	2	1
15	Leave a mess in my room.	5	4	3	2	1



		Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
16	Am often down in the dumps.	1	2	3	4	5
17	Dislike changes.	5	4	3	2	1
18	Do just enough work to get by.	5	4	3	2	1
19	Enjoy being reckless.	1	2	3	4	5
20	Have a high opinion of myself.	5	4	3	2	1
21	Waste my time.	5	4	3	2	1
22	Tend to vote for conservative political candidates.	5	4	3	2	1
23	Get stressed out easily.	1	2	3	4	5
24	Know how to get things done.	1	2	3	4	5
25	Do not enjoy going to art museums.	5	4	3	2	1
26	Don't understand people who get emotional.	5	4	3	2	1
27	Break my promises.	5	4	3	2	1
28	Am able to control my cravings.	5	4	3	2	1
29	Am not interested in theoretical discussions.	5	4	3	2	1
30	Look at the bright side of life.	1	2	3	4	5

Developer Reference:

Buchanan, B., & Hegarty, D., (2023). Development of a Short Personality Assessment: The NovoPsych Five Factor Personality Scale - 30-item version.

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