

**EYSENCK PERSONALITY INVENTORY** | personality questionnaire



 **J T K L**  
h r c o n s u l t i n g

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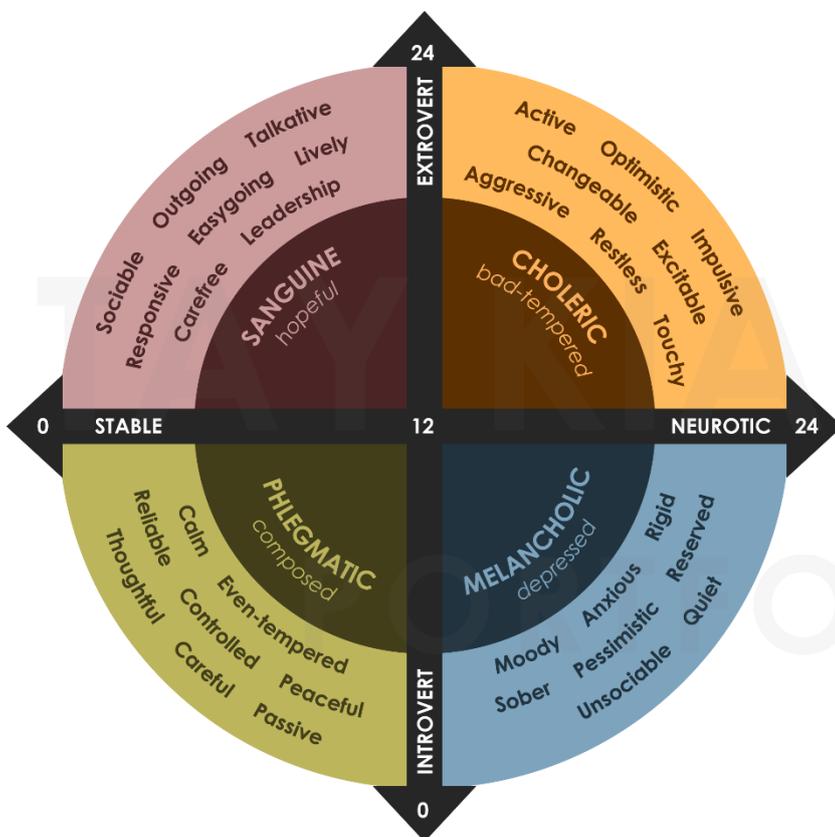
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about | **EYSENCK PERSONALITY INVENTORY**

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

The **Eysenck Personality Inventory (EPI)** is a self-report instrument designed to measure two central dimensions of personality, extraversion and neuroticism. This instrument is comprised of 57 yes / no items and yields total scores for extraversion and neuroticism as well as a validity score (e.g., Lie Scale). Individuals are generally classified as "high" or "low" on the two dimensions. Persons high in extraversion are seen as social, carefree, and optimistic, while low scorers are generally quiet, introspective, and reserved. Individuals classified as high in neuroticism are prone to emotional distress / instability, while those low in this dimension are generally calm and emotionally stable.



**MEASUREMENT**

When you fill out **Eysenck Personality Inventory (EPI)** you get three scores:

1. The '**Lie score**' is out of **9**. It measures how socially desirable you are trying to be in your answers. Those who score 5 or more on this scale are probably trying to make themselves look good and are not being totally honest in their responses.
2. The '**E score**' is out of **24** and measures how much of an extrovert you are.
3. The '**N score**' is out of **24** and measures how neurotic (*unstable*) you are.

To interpret the scores, your **E score** and your **N score** are plotted on a graph from which you can read your personality characteristics. The nearer the outside of the circle you are, the more marked are the personality traits.

*Please note that the EPI is a very simplistic type of personality measurement scale, so if you have come out as a personality that does not match what you thought before you took the test, you are probably right and the test is probably wrong!*



## EYSENCK PERSONALITY INVENTORY

personality questionnaire

### EYSENCK PERSONALITY INVENTORY | questionnaire

#### EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION

##### INSTRUCTIONS

- 1 Here are some questions regarding the way you behave, feel and act. After each question is a space for answering **YES** or **NO**.

<input type="radio"/> Yes	<input type="radio"/> No
---------------------------	--------------------------

- 2 Try to decide whether **YES** or **NO** represents your usual way of acting or feeling. Then put a tick in the box under the column headed **YES** or **NO**. Work quickly, and don't spend too much time over any question, we want your first reaction, not a long drawn-out thought process. The whole questionnaire should not take more than a few minutes. Be sure not to omit any questions.

- 3 Start now, work quickly and remember to answer every question. There are no right or wrong answers, and this is not a test of intelligence or ability, but simply a measure of the way you behave.

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**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

1. Do you often long for excitement?  
 Yes  No
2. Do you often need understanding friends to cheer you up?  
 Yes  No
3. Are you usually carefree?  
 Yes  No
4. Do you find it very hard to take no for an answer?  
 Yes  No
5. Do you stop and think things over before doing anything?  
 Yes  No
6. If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so?  
 Yes  No
7. Do your moods go up and down?  
 Yes  No
8. Do you generally do and say things quickly without stopping to think?  
 Yes  No
9. Do you ever feel 'just miserable' for no good reason?  
 Yes  No
10. Would you do almost anything for a dare?  
 Yes  No



**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

11. Do you suddenly feel shy when you want to talk to an attractive stranger?

- Yes  No

12. Once in a while do you lose your temper and get angry?

- Yes  No

13. Do you often do things on the spur of the moment?

- Yes  No

14. Do you often worry about things you should have done or said?

- Yes  No

15. Generally do you prefer reading to meeting people?

- Yes  No

16. Are your feelings rather easily hurt?

- Yes  No

17. Do you like going out a lot?

- Yes  No

18. Do you occasionally have thoughts and ideas that you would not like other people to know about?

- Yes  No

19. Are you sometimes bubbling over with energy and sometimes very sluggish?

- Yes  No

20. Do you prefer to have few but special friends?

- Yes  No



**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

21. Do you daydream a lot?

- Yes  No

22. When people shout at you do you shout back?

- Yes  No

23. Are you often troubled about feelings of guilt?

- Yes  No

24. Are all your habits good and desirable ones?

- Yes  No

25. Can you usually let yourself go and enjoy yourself a lot at a lively party?

- Yes  No

26. Would you call yourself tense or 'highly strung'?

- Yes  No

27. Do other people think of you as being very lively?

- Yes  No

28. After you have done something important, do you come away feeling you could have done better?

- Yes  No

29. Are you mostly quiet when you are with other people?

- Yes  No

30. Do you sometimes gossip?

- Yes  No



**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

31. Do ideas run through your head so that you cannot sleep?

- Yes  No

32. If there is something you want to know about, would you rather look it up in a book than talk to someone about it?

- Yes  No

33. Do you get palpitations or thumping in your heart?

- Yes  No

34. Do you like the kind of work that you need to pay close attention to?

- Yes  No

35. Do you get attacks of shaking or trembling?

- Yes  No

36. Would you always declare everything at customs, even if you knew you could never be found out?

- Yes  No

37. Do you hate being with a crowd who play jokes on one another?

- Yes  No

38. Are you an irritable person?

- Yes  No

39. Do you like doing things in which you have to act quickly?

- Yes  No

40. Do you worry about awful things that might happen?

- Yes  No



**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

41. Are you slow and unhurried in the way you move?

Yes

No

42. Have you ever been late for an appointment or work?

Yes

No

43. Do you have many nightmares?

Yes

No

44. Do you like talking to people so much that you never miss a chance of talking to a stranger?

Yes

No

45. Are you troubled by aches and pains?

Yes

No

46. Would you be very unhappy if you could not see lots of people most of the time?

Yes

No

47. Would you call yourself a nervous person?

Yes

No

48. Of all the people you know, are there some whom you definitely do not like?

Yes

No

49. Would you say that you were fairly self-confident?

Yes

No

50. Are you easily hurt when people find fault with you or your work?

Yes

No



**EYSENCK PERSONALITY INVENTORY** | questionnaire

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**QUESTIONNAIRE**

51. Do you find it hard to really enjoy yourself at a lively party?

- Yes  No

52. Are you troubled by feelings of inferiority?

- Yes  No

53. Can you easily get some life into a dull party?

- Yes  No

54. Do you sometimes talk about things you know nothing about?

- Yes  No

55. Do you worry about your health?

- Yes  No

56. Do you like playing pranks on others?

- Yes  No

57. Do you suffer from sleeplessness?

- Yes  No

*You have reached the end of Eysenck Personality Inventory Questionnaire.*

*Thank you for participating.*

*Your scores will be revealed in the next section.*

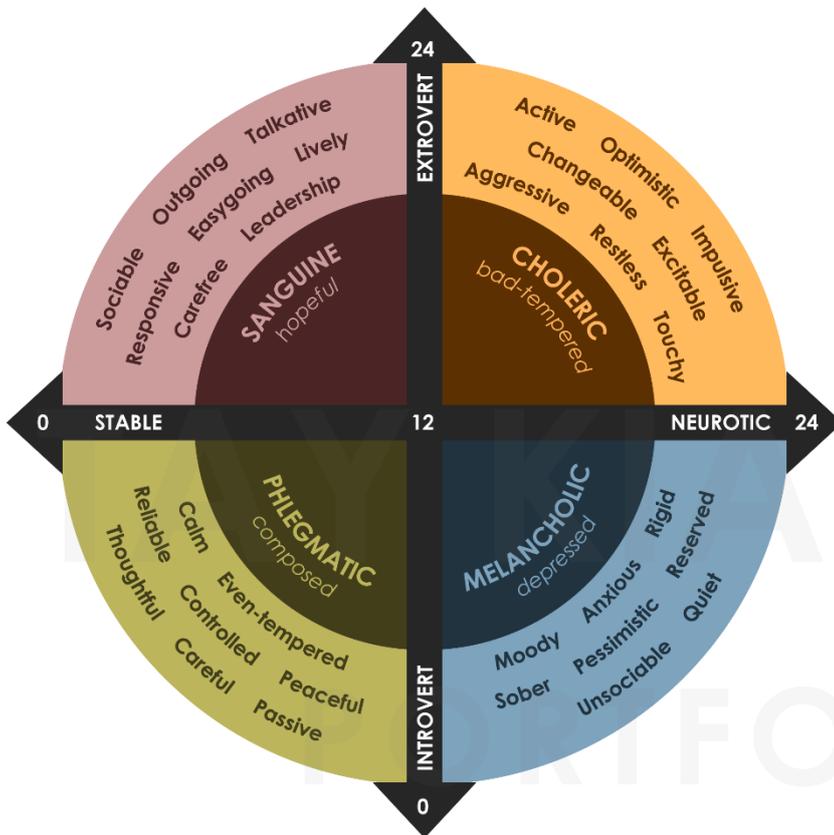


**EYSENCK PERSONALITY INVENTORY** | scores

**EYSENCK PERSONALITY INVENTORY (EPI) – EXTROVERSION / INTROVERSION**

**SCORES**

When you fill out **Eysenck Personality Inventory (EPI)** you get three scores:



**1. LIE SCORE \_\_\_\_ / 9**

The 'Lie score' is out of 9. It measures how socially desirable you are trying to be in your answers. Those who score 5 or more on this scale are probably trying to make themselves look good and are not being totally honest in their responses.

**2. E SCORE \_\_\_\_ / 24**

The 'E score' is out of 24 and measures how much of an extrovert you are.

**3. N SCORE \_\_\_\_ / 24**

The 'N score' is out of 24 and measures how neurotic (*unstable*) you are.

Please note that the EPI is a very simplistic type of personality measurement scale, so if you have come out as a personality that does not match what you thought before you took the test, you are probably right and the test is probably wrong!



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