

Personality Questionnaire

Disclaimer: This questionnaire is intended for educational and self-reflection purposes only. It is NOT an official or diagnostic tool, as there is no single universally recognized personality questionnaire. Personality is complex and influenced by many factors—this assessment provides only a general overview and should not be used to make serious life, clinical, or professional decisions. For a more accurate understanding of personality, consult a licensed mental health professional.

Patient information					
Name:		Date of birth:			
Gender:		Date of assessment:			
Contact information:					
Profession:					
Instructions					
This questionnaire contains 25 statements designed to help you reflect on different aspects of your personality. For each statement, rate how well it describes you on a scale from 1 to 5, where: 1 = Always 2 = Often 3 = Sometimes 4 = Rarely 5 = Never There are no right or wrong answers. Be honest and spontaneous—go with your first instinct.					
Personality Questionnaire					
	1	2	3	4	5
1. I prefer to work in a team rather than working alone.					
2. I often feel energetic and full of life.					
3. I enjoy interacting with new people					
4. I am usually the life of the party.					
5. I prefer solitary activities than socializing with groups.					
6. I remain calm in stressful situations.					
7. I hardly get upset or angry.					
8. I am easily affected by negative events.					
9. Often feel worried or anxious.					

1 = Always | 2 = Often | 3 = Sometimes | 4 = Rarely | 5 = Never

Personality Questionnaire

	1	2	3	4	5
10. I manage my emotions effectively.					
11. I keep my workspace clean and organized.					
12. I tend to procrastinate on my tasks.					
13. I usually complete my tasks ahead of deadlines.					
14. I always follow a strict daily routine.					
15. I enjoy organizing tasks and events.					
16. I consider the feelings of others before making decisions.					
17. I enjoy helping others.					
18. I have a hard time understanding others' perspectives.					
19. I am patient with others.					
20. I can be blunt and insensitive.					
21. I love trying new things.					
22. I enjoy creative tasks.					
23. I stick to what I know.					
24. I have a wide variety of interests.					
25. I dislike changes in my routine.					
Total score:					

Scoring and interpretation

- **80–100:** Your responses may suggest stronger extroverted tendencies, higher emotional stability, and solid organizational skills. You might often thrive in team settings, enjoy new experiences, and handle stress with relative ease.
- **60–79:** Your score could point to moderate extroverted traits, a good balance in emotional regulation, and generally reliable organizational abilities. You may find it easier to adapt to different environments and work effectively with others.
- **40–59:** This range may indicate a balance between introverted and extroverted tendencies, with average emotional stability and organization. You might sometimes prefer social settings and other times solitude, depending on the situation.
- **20–39:** Your responses could suggest a leaning toward introversion, some challenges with stress, or difficulties in organization. You may feel more comfortable in quieter settings or working independently, while finding planning or stressful situations more difficult.
- **0–19:** This score might reflect stronger introverted traits, lower emotional stability, or struggles with organization. You could find social interactions and stress more overwhelming, and prefer flexible rather than structured environments.

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: