**Self-Assessment: Are you Introverted or Extroverted?**

**The source of this scale is: Adapted from instruments described and/or presented in: Goldberg, L. R., Johnson, J. A., Eber, H. W., Hogan, R., Ashton, M. C., Cloninger, C. R., & Gough, H. C. (2006). The International Personality Item Pool and the future of public-domain personality measures. Journal of Research in Personality, 40, 84-96.**

One of the most widely studied and discussed personality dimensions in the Five-Factor (Big Five) model of personality is introversion-extroversion. Introversion characterizes people who tend to be quiet, shy, and cautious. Extroversion characterizes people who tend to be outgoing, talkative, sociable, and assertive.

**Instructions:**

Please read each of the statements below and indicate the extent to which each statement accurately describes you. The official name for this scale is the “IPIP Introversion-Extroversion Scale” This instrument has 10 items.

1. I feel comfortable around people.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I make friends easily.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I keep in the background.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I don’t talk a lot.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I would describe my experiences as somewhat dull.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I know how to captivate people.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I don’t like to draw attention to myself.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I am the life of the party.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I am skilled in handling social situations.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

1. I have little to say.

* Very accurate description of me
* Moderately accurate
* Neither accurate nor inaccurate
* Moderately inaccurate
* Very inaccurate description of me

**Understanding Your Score on the IPIP Introversion-Extroversion**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | High introversion | Moderate introversion | In-between extroversion and introversion | Moderate extroversion | High extroversion |  |
| 0 | 0-6 | 7-20 | 21-27 | 28-34 | 35-40 | 40 |

**Scoring:**

To find where you stand on the “IPIP Introversion-Extroversion Scale,” please refer to the following scoring guide:

**(Extroversion - Questions 1, 2, 6, 8, and 9)**

Very accurate description of me – 4 points

Moderately accurate – 3 points

Neither accurate nor inaccurate – 2 points

Moderately inaccurate – 1 point

Very inaccurate description of me – 0 points

**(Extroversion – Questions 3, 4, 5, 7, 10)**

Very accurate description of me – 0 points

Moderately accurate – 1 points

Neither accurate nor inaccurate – 2 points

Moderately inaccurate – 3 point

Very inaccurate description of me – 4 points

Extroversion characterizes people who are outgoing, talkative, sociable, and assertive. It includes several facets, including friendliness, gregariousness, assertiveness, activity level, excitement-seeking, and cheerfulness. The opposite of extroversion is introversion, which refers to the personality characteristics of being quiet, shy, and cautious. Extroverts get their energy from the outer world (people and things around them), whereas introverts get their energy from the internal world, such as personal reflection on concepts and ideas. Introverts are more inclined to direct their interests to ideas than to social events.

This is the short version of the IPIP Introversion-Extroversion Scale, so it estimates overall introversion-extroversion but not specific facets within the personality dimension. Scores range from 0 to 40. Low scores indicate introversion; high scores indicate extroversion. The norms in the following table are estimated from results of early adults (under 30 years old) in Scotland and undergraduate psychology students in the United States. However, introversion-extroversion norms vary from one group to the next; the best norms are likely based on the entire class you are attending or with past students in this course.