

## MEASUREMENT SCALES

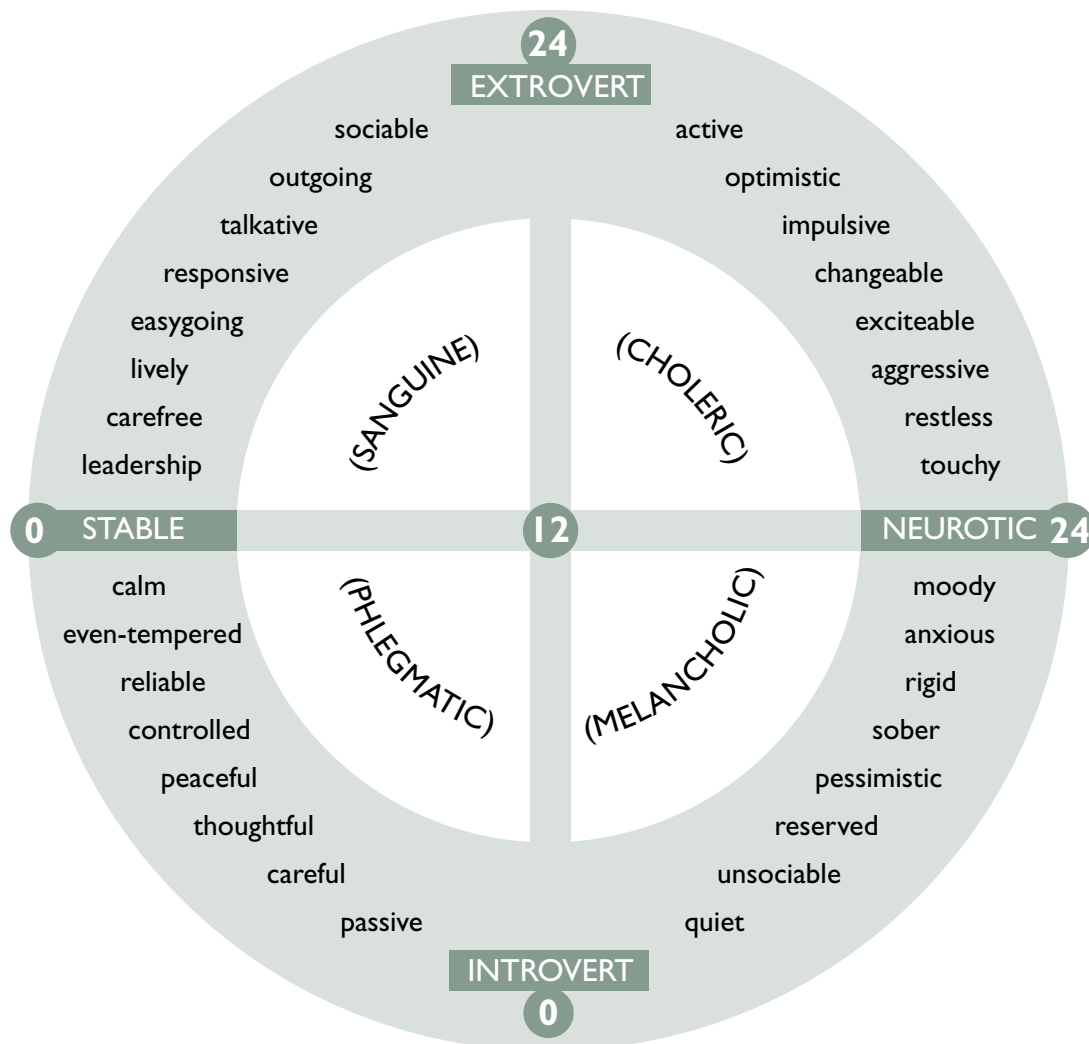
### Eysenck's Personality Inventory (EPI) (Extroversion/Introversion)

When you fill out Eysenck's Personality Inventory (EPI) you get three scores.

- 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.
- The 'E score' is out of 24 and measures how much of an **extrovert** you are.
- The 'N score' is out of 24 and measures how **neurotic** 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!



## The E P I Instructions

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

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 shouldn't take more than a few minutes. Be sure not to omit any questions.

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

YES      NO

- 1 Do you often long for excitement?
- 2 Do you often need understanding friends to cheer you up?
- 3 Are you usually carefree?
- 4 Do you find it very hard to take no for an answer?
- 5 Do you stop and think things over before doing anything?
- 6 If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so?
- 7 Do your moods go up and down?
- 8 Do you generally do and say things quickly without stopping to think?
- 9 Do you ever feel 'just miserable' for no good reason?
- 10 Would you do almost anything for a dare?
- 11 Do you suddenly feel shy when you want to talk to an attractive stranger?
- 12 Once in a while do you lose your temper and get angry?
- 13 Do you often do things on the spur of the moment?
- 14 Do you often worry about things you should have done or said?
- 15 Generally do you prefer reading to meeting people?
- 16 Are your feelings rather easily hurt?
- 17 Do you like going out a lot?
- 18 Do you occasionally have thoughts and ideas that you would not like other people to know about?
- 19 Are you sometimes bubbling over with energy and sometimes very sluggish?
- 20 Do you prefer to have few but special friends?
- 21 Do you daydream a lot?

- 22 When people shout at you do you shout back?
- 23 Are you often troubled about feelings of guilt?
- 24 Are all your habits good and desirable ones?
- 25 Can you usually let yourself go and enjoy yourself a lot at a lively party?
- 26 Would you call yourself tense or 'highly strung'?
- 27 Do other people think of you as being very lively?
- 28 After you have done something important, do you come away feeling you could have done better?
- 29 Are you mostly quiet when you are with other people?
- 30 Do you sometimes gossip?
- 31 Do ideas run through your head so that you cannot sleep?
- 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?
- 33 Do you get palpitations or thumping in your hear?
- 34 Do you like the kind of work that you need to pay close attention to?
- 35 Do you get attacks of shaking or trembling?
- 36 Would you always declare everything at customs, even if you knew you could never be found out?
- 37 Do you hate being with a crowd who play jokes on one another?
- 38 Are you an irritable person?
- 39 Do you like doing things in which you have to act quickly?
- 40 Do you worry about awful things that might happen?
- 41 Are you slow and unhurried in the way you move?
- 42 Have you ever been late for an appointment or work?
- 43 Do you have many nightmares?
- 44 Do you like talking to people so much that you never miss a chance of talking to a stranger?
- 45 Are you troubled by aches and pains?
- 46 Would you be very unhappy if you could not see lots of people most of the time?

- 47 Would you call yourself a nervous person?
- 48 Of all the people you know, are there some whom you definitely do not like?
- 49 Would you say that you were fairly self-confident?
- 50 Are you easily hurt when people find fault with you or your work?
- 51 Do you find it hard to really enjoy yourself at a lively party?
- 52 Are you troubled by feelings of inferiority?
- 53 Can you easily get some life into a dull party?
- 54 Do you sometimes talk about things you know nothing about?
- 55 Do you worry about your health?
- 56 Do you like playing pranks on others?
- 57 Do you suffer from sleeplessness?

### Scoring for Form A of the E.P.I.

Check through your answers to Form A and place an E by the side of any answers which match those given in the E score table below. If your answer does not match that in the table write nothing. For example, if you have answered YES to question 1, place an E beside your answer. If, however, you answered NO, write nothing and move on to score the next question.

### E Score Table for Form A

Question:		Question:	
1	Yes	29	No
3	Yes	32	No
5	No	34	No
8	Yes	37	No
10	Yes	39	Yes
13	Yes	41	No
15	No	44	Yes
17	Yes	46	Yes
20	No	49	Yes
22	Yes	51	No
25	Yes	53	Yes
27	Yes	56	Yes

Count up the number of E's that you have and this gives you your E scale score for Form A of the E.P.I.

Now score the N scale in the same way but this time put an N next to any question which matches those in the N score table below:

## N Score Table for Form A

Question:

2 Yes  
4 Yes  
7 Yes  
9 Yes  
11 Yes  
14 Yes  
16 Yes  
19 Yes  
21 Yes  
23 Yes  
26 Yes  
28 Yes

Question:

31 Yes  
33 Yes  
35 Yes  
38 Yes  
40 Yes  
43 Yes  
45 Yes  
47 Yes  
50 Yes  
52 Yes  
55 Yes  
57 Yes

Again, count the number of N's you have and this gives you your N scale score for Form A of the E.P.I.

## Lie Scale

Question

6 Yes  
12 No  
18 No  
24 Yes  
30 No  
36 Yes  
42 No  
48 No  
54 No