

IPIP-NEO Assessment Summary and Reaction
Tanya Bray
Department of Mental Health Counseling, Alliance University
GCN 602: Measurement and Assessment
Dr. A'tasha Christian
February 2, 2023

The International Personality Item Pool – Neuroticism, Extraversion and Openness test is an assessment that attempts to measure personality by a self-reported questionnaire. It tests for Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. When this counselor took the test, there were no surprises although there were a few places that the test was not accurate. This counselor found herself, when not careful, fitting herself into the test instead of starting from personal knowledge and then evaluating the results. The assessment also seems useful if used by a trained professional, as a starting place to discussing a client's personality or as a tool to use an outside source for feedback if the client is resistant to feedback from the counselor or a group.

The extraversion segment of the assessment indicated this counselor enjoys time with friends, not large groups of people (gregariousness) but also enjoys time spent alone (extraversion). Also under extraversion, activity level was high which is true. This counselor finds it hard to sit still for amounts of time. Under agreeableness, the test found a concern for others' wishes as average, but not at the expense of self. However there were a few outliers. Level of trust was low which fits since as a Christian, the Bible is very frank about what is within people which this counselor has found to be true. But also as a Christ follower, this counselor finds it not so difficult to love people the way God loves. So trust is low but an evaluation of level of love for people would have been found to be high.

Modesty was high, this counselor believes because believers cannot boast except in Christ and life experience which has shown personal gifts as coming from God. Sympathy level

was high although this counselor would wonder about empathy more so than sympathy. Sympathy is not very useful and separates people from each other by placing values on the differences instead of empathy which encourages us to put ourselves into another's shoes. This counselor would say decisions are made in this area with intellect as well however.

This Counselor's score on Conscientiousness was average showing reliability, organization and self-control even though spontaneity is definitely a part of my personality. Although the score for dutifulness was considered average, it was just one point away from being significantly high and this counselor does, as a Christian, find duty and obligation important although not vital to the detriment of unusual circumstances that would lead to acting outside duty and obligation. This counselor definitely thinks through options before making decisions, cautiousness score was high.

This counselor's score in Neuroticism was low. Although this counselor does have intense emotions, they do not control nor do situations control my emotions. This counselor's score in anxiety was a one. Depression was also scored as low. When this counselor was young the depression score would have been high but little by little God became the center of my life. The low score today is directly connected to this. Self-consciousness was low, again because being centered in Christ means He is the only one whose opinion matters and years of Him asking me to do embarrassing things which led to beautiful things translates into trusting God will take care of my strange behaviors.

This counselor's score on Openness was average across the board. This counselor would have thought emotionality would have been high since this counselor has a clear grasp on my feelings in any situation. It would be interesting to look into the questions that led to this score

and critique what happened there. This would most likely lead to a better understanding of the test when administering it.

All other measurements, friendliness, assertiveness, excitement-seeking, cheerfulness, morality, altruism, cooperation, self-efficacy, orderliness, achievement-striving, self-discipline, anxiety, anger, depression, self-consciousness, vulnerability, immoderation, imagination, artistic interests, emotionality, adventurousness, intellect and liberalism were average indicating a balance between the extremes in each category.

Assessments like these are not exact, nor are they meant to be. When taking the test it was rare for me to say 100% yes that is my answer. Almost every question had me saying, “well I guess this is the answer for me.” I can extrapolate from that that many people have the same experience of approximation when answering. This is one of the reasons trained professionals should be administering these types of tests so that the client doesn’t misread, misconstrue, or act on the results in a way that is not meant. But I found the test to be valid, it tested what it purported to test for the most part.