PSY 361
Personality Study

Prof. Jack Bauer
Fall 2015
INSTRUCTIONS

Please follow these instructions so that your confidentiality is preserved.

1) Read and sign the consent form if you wish to participate.

2) Use the scantron answer form to respond to all questions on the survey that follows.

3) After completing the survey, make sure you put the survey booklet (with consent form) and the scantron back into the envelope

4) Seal the envelope

5) Return envelope to the student who administered your survey no later than:

Thank you for your participation.
# Informed Consent To Participate In A Research Project

**Project Title:** PSY 361 Fall 2015 Personality Study  
**Investigator(s):** Jack Bauer, Ph.D.  
**Description of Study:** This study will examine how you characterize some aspects of yourself. You will take a collection of questionnaires that ask about your personality characteristics, personal preferences, personal evaluations of yourself and your life, demographic descriptions, and political orientation.  
**Adverse Effects and Risks:** There is a possibility that you will experience negative feelings such as anxiety or personal dissatisfaction when answering some of these questions. If you feel any discomfort or distress while participating in this study, or for any other reason, you are free to terminate your participation. Contact information for the university’s counseling center is provided below. The UD Counseling Center provides free services to UD undergraduate students.  
**Duration of Study:** The study should take approximately 30 minutes to complete.  
**Confidentiality of Data:** Your confidentiality will be protected by the separation of this informed consent form from survey responses. The survey asks for no identifying information beyond basic demographics. This study is part of a course requirement for PSY 361 – Personality. The student-researcher who is administering this survey has received strict instruction on research ethics. This person is at no time to match survey responses (data) with names of participants—or in any other way to decipher your responses. The student is to retain no record of your survey after this course project is completed. I will retain no record of your survey after this project is completed. Still, there exists a possibility that a combination of atypical responses could make a participant’s identity become apparent.  
**Contact Person:** If you have any questions about the research project, please contact: Dr. Jack Bauer, St. Joseph Hall, Room 303, (937) 229-2617, jack.bauer@udayton.edu  
If you have questions concerning your rights as a research participant, please contact: Dr. Lee Dixon, Chair, Research Review and Ethics Committee, 229-2160, St. Joseph Hall Room 310. Email: leejdixon@gmail.com.  
If any of the content in this experiment has caused any discomfort or distress and you would like to seek professional counseling, please contact the University of Dayton Counseling Center, Gosiger Hall, 937-229-3141. Services are free to University of Dayton undergraduates.  
**Consent to Participate:** I have voluntarily decided to participate in this study. The investigator named above has adequately answered any and all questions I have about this study, the procedures involved, and my participation. I understand that the investigator named above will be available to answer any questions about research procedures throughout this study. I also understand that I may voluntarily terminate my participation in this study at any time. I also understand that the investigator named above may terminate my participation in this study if s/he feels this to be in my best interest. In addition, I certify that I am 18 (eighteen) years of age or older.

| Signature of Student | Student’s Name (printed) | Date |
TIPI

Here are a number of personality traits that may or may not apply to you. Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

<table>
<thead>
<tr>
<th>Disagree strongly</th>
<th>Disagree moderately</th>
<th>Disagree a little</th>
<th>Neither agree nor disagree</th>
<th>Agree a little</th>
<th>Agree moderately</th>
<th>Agree strongly</th>
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</thead>
<tbody>
<tr>
<td>a</td>
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*I see myself as:*

1. Extraverted, enthusiastic.
2. Critical, quarrelsome.
3. Dependable, self-disciplined.
4. Anxious, easily upset.
5. Open to new experiences, complex.
6. Reserved, quiet.
7. Sympathetic, warm.
8. Disorganized, careless.
For each of the following items, please answer the extent to which you agree with the following items. Please be as accurate and as honest as you can.

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<thead>
<tr>
<th></th>
<th>a</th>
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<tbody>
<tr>
<td>Strongly Disagree</td>
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<tr>
<td>Strongly Agree</td>
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</table>

11. My aim is to completely master material presented in class.
12. I am striving to do well compared to other students.
13. My goal is to learn as much as possible.
14. My aim is to perform well relative to other students.
15. My aim is to avoid learning less than I possibly could.
16. My goal is to avoid performing poorly compared to others.
17. I strive to understand the content of my courses as thoroughly as possible.
18. My goal is to perform better than the other students.
19. My goal is to avoid learning less than it is possible to learn.
20. I am striving to avoid performing worse than others.
21. I am striving to avoid an incomplete understanding of course material.
22. My aim is to avoid doing worse than other students.
GMI

Please rate how often you do the following things on a scale of 1 to 7. Please consider each item individually.

<table>
<thead>
<tr>
<th>a</th>
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</thead>
<tbody>
<tr>
<td>Never</td>
<td>Periodically</td>
<td>Always</td>
<td></td>
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23. I make sure to do things in everyday life that are personally enjoyable, interesting, or engaging.

24. The activities in my work life are activities that I love to do.

25. The important activities in my life are activities that involve the people I love.

26. I make sure to spend time with people who are dear to me.

27. I actively seek new conceptual or philosophical perspectives from which to think about life, even if they mean I’ve been wrong all along.

28. I ask people what they think about various social issues (on topics like politics, religion, culture, economics, lifestyles) in order to understand divergent points of view and to develop my ability to think about life.

29. I choose new projects or activities based on whether I can develop intellectually from them.

30. I consciously think about my relation to society and culture and history, so that I might better contribute to them.
**SWLS**

Below are 5 statements that you may agree or disagree with. Using the 5-point scale below, indicate your agreement with each item.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Slightly Disagree</th>
<th>Neither agree nor disagree</th>
<th>Slightly Agree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
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</table>

31. In most ways my life is close to my ideal.
32. The conditions of my life are excellent.
33. I am satisfied with my life.
34. So far I have gotten the important things I want in life.
35. If I could live my life over, I would change almost nothing.
First, think about a specific activity that you like, that is important to you, and in which you invest a significant amount of time on a regular basis. Then use the 7-point scale below to answer the following questions about that specific activity.

<table>
<thead>
<tr>
<th>Do not agree at all</th>
<th>Completely agree</th>
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<tbody>
<tr>
<td>a</td>
<td>g</td>
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<td>b</td>
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<td>f</td>
<td>b</td>
</tr>
<tr>
<td>g</td>
<td>a</td>
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</table>

36. This activity is in harmony with the other activities in my life.
37. I have difficulties controlling my urge to do my activity.
38. The new things that I discover with this activity allow me to appreciate it even more.
39. I have almost an obsessive feeling for this activity.
40. This activity reflects the qualities I like about myself.
41. This activity allows me to live a variety of experiences.
42. This activity is the only thing that really turns me on.
43. My activity is well integrated in my life.
44. If I could, I would only do my activity.
45. My activity is in harmony with other things that are part of me.
46. This activity is so exciting that I sometimes lose control over it.
47. I have the impression that my activity controls me.
PWB

We would like you to rate each of the following statements on a six-point scale, ranging from “strongly disagree” (rate “a”) to “strongly agree” (rate “f”). For each of the following statements, indicate how much you agree or disagree with it by writing the corresponding number in the preceding blank. For each statement, write the number:

a if you strongly disagree with the statement
b if you disagree with the statement
c if you slightly disagree with the statement
d if you slightly agree with the statement
e if you agree with the statement
f if you strongly agree with the statement

48. In general I feel that I am in charge of the situation in which I live.

49. I am not interested in activities that will expand my horizons.

50. Most people see me as loving and affectionate.

51. When I look at the story of my life, I am pleased with how things have turned out.

52. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.

53. The demands of everyday life often get me down.

54. Maintaining close relationships has been difficult and frustrating for me.

55. I live life one day at a time and don’t really think about the future.

56. In general, I feel confident and positive about myself.

57. My decisions are not usually influenced by what everyone else is doing.

58. I do not fit very well with the people and the community around me.

59. I often feel lonely because I have few close friends with whom to share my concerns.

60. I have a sense of direction and purpose in life.

61. I feel like many of the people I know have gotten more out of life than I have.

62. I tend to worry about what other people think of me.

63. I am quite good at managing the many responsibilities of daily life.
64. I enjoy personal and mutual conversations with family members or friends.
65. I often feel overwhelmed by my responsibilities.
66. I think it is important to have new experiences that challenge how you think about yourself and the world.
67. My daily activities often seem trivial and unimportant to me.
68. I like most aspects of my personality.
69. I tend to be influenced by people with strong opinions.
70. When I think about it, I haven’t really improved much as a person over the years.
71. I don’t have a good sense of what it is that I am trying to accomplish in life.
72. In many ways, I feel disappointed about my achievements in life.
73. I enjoy making plans for the future and working to make them a reality.
74. I have confidence in my own opinions, even if they are contrary to the general consensus.
75. I have the sense that I have developed a lot as a person over time.
76. People would describe me as a giving person, willing to share my time with others.
77. It’s difficult for me to voice my own opinions on controversial matters.
78. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.
79. I have not experienced many warm and trusting relationships with others.
80. Some people wander aimlessly through life, but I am not one of them.
81. My attitude about myself is probably not as positive as most people feel about themselves.
82. For me, life has been a continuous process of learning, changing, and growth.
83. I sometimes feel as if I’ve done all there is to do in life.
84. I know that I can trust my friends, and they know they can trust me.
85. I have difficulty arranging my life in a way that is satisfying to me.
86. I gave up trying to make big improvements or changes in my life a long time ago.

87. When I compare myself to friends and acquaintances, it makes me feel good about who I am.

88. I judge myself by what I think is important, not by the values of what others think is important.

89. I have been able to build a home and a lifestyle for myself that is much to my liking.
On the items below, indicate the degree to which each statement represents your personal reactions or feelings. Marking 5 would indicate that the statement is definitely true of your personal reactions. Marking 1 would indicate that the statement is definitely untrue of your reactions.

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not at all</td>
<td>Neutral</td>
<td>Very much</td>
<td>Like me</td>
<td>Like me</td>
<td></td>
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</table>

90. I've spent a great deal of time thinking seriously about what I should do with my life.

91. When I discuss an issue with someone, I try to assume their point of view and see the problem from their perspective.

92. I've spent a lot of time and talked to a lot of people trying to develop a set of values that make sense to me.

93. When I have a personal problem, I try to analyze the situation in order to understand it.

94. I find it's best to seek out advice from professionals (e.g., clergy, doctors, lawyers) when I have problems.

95. I've spent a lot of time reading and trying to make some sense out of political issues.

96. I find that personal problems often turn out to be interesting challenges.

97. When I have to make a decision, I like to spend a lot of time thinking about my options.

98. I like to have the responsibility for handling problems in my life that require me to think on my own.

99. I've spent a good deal of time reading and talking to others about religious ideas.

100. When making important decisions I like to have as much information as possible.
Please check the one option in each category that best describes you

101. Your gender:
   a) Male  b) Female

102. Your age:
   a) 18  b) 19  c) 20  d) 21  e) 22  f) 23+

103. Your year in college:
   a) Freshman  b) Sophomore  c) Junior  d) Senior

104. Your ethnicity (please enter one on the scantron; if multiple, please circle below all those that apply to you)
   a) European American
   b) Hispanic or Latino American
   c) African American
   d) Asian American
   e) Middle-East American
   f) Native American
   g) Other American: ________________________
   h) Other Non-American: ________________________

105. Your major:
   a) Psychology
   b) Social Sciences (other than Psychology)
   c) Physical Sciences
   d) Arts & Humanities
   e) Engineering
   f) Business
   g) Education/Allied Professions

106. Your GPA:
   a) < 2.0  b) 2.0–2.4  c) 2.5–2.9  d) 3.0–3.4  e) 3.5+

107. Politics: How would you characterize your political beliefs, generally speaking?
   a) Strongly conservative
   b) More conservative than liberal
   c) More liberal than conservative
   d) Strongly liberal
**DEBRIEFING – You May Detach This Page for Your Records**

**Information about the Study**

This study asks questions about well-being, meaning-making, broad personality traits (like extraversion and openness to experience), and motivation for personal growth and various forms of achievement. This study has no particular hypothesis, as the student-researchers who are taking PSY 361 – Personality are to generate their own hypotheses, collect data, and report their findings. However, the measures in this study are suitable for addressing many research questions in personality psychology, such as: How do people’s personal characteristics and motivations relate to well-being? Research has shown, for example, that motivations for personal growth relate to well-being. By participating in this study and studies like these, you are contributing to the field of psychology’s understanding of how personality works. With your help, students in this class are receiving hands-on experience with almost all phases of the process of survey research, which is essential to the field of personality psychology.

**References**


**Assurance of Privacy**

We are studying general principles of behavior and are not evaluating you personally in any way. The responses you have given will be kept confidential and only identified by a participant number in the data set along with other participants’ numbers.

**Contact Information**

If you have any questions about the research project, please contact: Dr. Jack Bauer, 229-2617, Department of Psychology, St. Joseph Hall, Room 303. Email: jack.bauer@udayton.edu.

If you have questions concerning your rights as a research participant, please contact: Dr. Lee Dixon, Chair, Research Review and Ethics Committee, 229-2160, St. Joseph Hall Room 310. Email: leejdixon@gmail.com.

Some of the items on the questionnaires addressed a lack of psychological well-being (e.g., “I do not fit very well with the people and the community around me,” “My attitude about myself is probably not as positive as most people feel about themselves”) and negative feelings (e.g., “I see myself as anxious, easily upset”). If you endorsed these or similar items on the questionnaires or if reflection on these narrative questions caused you significant concern, you may wish to talk with a mental health professional. The UD Counseling Center provides free services to undergraduate students at the university. An appointment can be made by calling 937-229-3141. If you call after hours, the on-call professional will return your call.

**Thanks and Credit**

Thank you for your participation and cooperation. This study would not have been possible without willing participants and you are greatly appreciated.