

# NEWCASTLE PERSONALITY ASSESSOR (NPA)\*

\*The **Newcastle Personality Assessor** (developed by Daniel Nettle) is a brief tool for assessing the Big Five. While a longer questionnaire will undoubtedly produce even more accurate results. Nettle has developed the NPA by carefully selecting and validating a small number of statements which when tested correlate highly with longer tools. So despite the short assessment the results are pretty helpful. This makes it a great initial tool to use with young people where attention spans may wane quickly!

## How Accurately Can You Describe Yourself?

Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly the same age as you.

**1. Starting a conversation with a stranger.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**2. Making sure others are comfortable and happy.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**3. Creating an artwork, piece of writing, or piece of music.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**4. Preparing for things well in advance.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**5. Feeling blue or depressed.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**6. Planning parties or social events.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**7. Insulting people.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**8. Thinking about philosophical or spiritual questions.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**9. Letting things get into a mess.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**10. Feeling stressed or worried.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**11. Using difficult words.**

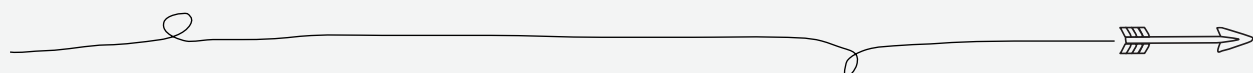
Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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**12. Sympathising with others' feelings.**

Very unlike me      Somewhat unlike me      Neither like or unlike me      Somewhat like me      Very like me

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# CALCULATING AND INTERPRETING YOUR SCORES

## Your Results

	Your Score	Low	Low-Medium	Medium-High	High
<b>Extraversion</b>		2-4	5-6	7-8	9-10
<b>Emotional Stability</b>		2-4	5-6	7-8	9-10
<b>Conscientiousness</b>		2-4	5-6	7-8	9-10
<b>Agreeableness</b>		3-10	11-12	13	14-15
<b>Openness/Creativity</b>		3-8	9-10	11-12	13-15

## Source:

Nettle, D. (2007). **Personality What Makes you the Way you Are?** Oxford, UK: Oxford University Press.

