

# Scientists say your personality can be deconstructed into 5 basic traits

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Think "OCEAN."

[Flickr/Michael Mooney](#)

Business Insider's Kevin Loria recently [spotlighted a test](#) that can give you a scientifically accurate assessment of your personality.

The test — the International Personality Item Pool, [available online in both long and short versions](#)— rates you on five personality traits, known to psychologists as the "Big Five."

You can remember them using the acronym OCEAN: openness to experience,

conscientiousness, extroversion, agreeableness, and neuroticism.

Each of the five personality traits breaks down into multiple facets. We consulted some of the [original research](#) on the Big Five personality traits, published in the 1980s, and looked at what [a psychologist](#) and [a social worker](#) have written about the Big Five more recently.

Here's what the test measures, and a bit about what your score on each trait might say about you:

## Openness to experience

A high score means you're:

- original
- imaginative
- daring
- you have broad interests
- you generally prefer variety over fixed routines

One [review of studies](#) found that, in business settings, openness is a strong predictor of who will become and succeed as a leader.

[Another study](#) found that you can tell how open someone is based on their selfie — specifically based on whether they display positive emotion.

## Conscientiousness

A high score means you're:

- hardworking
- ambitious
- energetic

- persevering
- you like planning things in advance

[Psychologists say](#) conscientiousness is the best predictor of both personal and professional success. It's also the [strongest predictor of leadership](#) in different contexts, including business, government, and school.

## Extroversion

This trait is sometimes called "surgency." A high score means you're:

- sociable
- fun-loving
- affectionate
- friendly
- talkative
- you derive energy from social activity

Extroversion is another [strong predictor](#) of who will become a leader — though psychologists are increasingly discovering that [introverts can do just as well](#) in leadership roles.

## Agreeableness

A high score means you're:

- sympathetic
- kind
- affectionate
- you're likely to engage in pro-social behavior and volunteerism

Research suggests that agreeable people [tend to be happier](#), possibly because they try to avoid negative experiences. On the other hand, *disagreeable*

people may be more likely to [succeed at work](#) because they're better at getting their ideas heard.

Interestingly, [one study](#) found that people who have a looser gait tend to be [more agreeable](#) (and less conscientious).

## Neuroticism

A high score means:

- you worry a lot
- you're insecure
- self-conscious
- temperamental

That same selfie study mentioned above found that neurotic people are more likely to make a duck face. Go figure.

As a reminder, [you can take either version of the personality test here](#).