

The Big Five of Personality: Take the Free Test!



(image credit: <https://www.rewireme.com/happiness/big-five-personality-test/>)

Psychologists are an argumentative bunch, they seem happiest challenging ideas and assumptions about such ideas as the structure of personality. In 1992 psychologists Paul Costa Jr. and Robert McCrae published [a new personality measure](#) which challenged prior assumptions in the area. It defined the 'Big Five' dimensions of personality – Open-mindedness, Conscientious, Extroversion, Agreeableness and Neuroticism which has been turned into the acrostic OCEAN.

Since 1992 a [wealth of sound research](#) has shown tests based around these 'Big Five' dimensions are much more accurate than those developed before this time such as the Myers Briggs (MBTI 1943), the DISC (1956), and the Herrmann Brain Dominance Instrument (HBDI 1978).

While the OCEAN type tests have been found to be extremely useful in a wide range of area these measures are generally too long and detailed to be popular with the public. The recent breakthrough is the development of a [short measure](#) of the Big Five – which captures the essence of personality in a few minutes.

Stewart Forsyth and Iain McCormick are currently working with a royalty free version of the short OCEAN test. If you are interested in checking your personality profile (or that of your friend or partner) – contact stewart@fxc.co.nz for the free assessment.