

Questions for the Cattell test for teenagers (12-18 years old):

The Cattell test is a multifactorial technique that allows you to evaluate all aspects of a normally developed and psychologically stable person. Also, the test can help determine the personality problems of the individual, and most importantly, give an answer to the question of how to help him solve such problems.

Cattell test for teenagers (12-18 years old)

1. Did you fully understand the instructions?

- a) yes;
- b) no;
- c) not sure.

2. If a wizard turned you into a tree, would you rather be: A

- a) a lonely, majestic pine tree on the top of a cliff;
- b) an apple tree in an orchard; **2**
- c) not sure.

3. Do you have more friends than some of your classmates? A

- a) yes; **2**
- b) no;
- c) maybe.

4. When you work, do you usually: C

- a) you hardly force yourself to start;
- b) you sit down without delay and immediately get down to business; **2**
- c) hard to say.

5. Before an exam / or other exciting event / is your appetite worse than usual? C

- a) yes, not worse; **2**
- b) no, the appetite is worse;
- c) the average between a) and b).

6. When talking sometimes with people you don't like, do you weigh your words? C

- a) yes;
- b) no; **2**
- c) maybe.

7. Your parents say that you usually: D

- a) sleep well;
- b) tossing and turning or talking in your sleep; **2**
- c) the average between a) and b).

8. Do you think that about 10-15 of your classmates after school will do better than you: E

- a) yes;
- b) no; **2**
- c) average.

9. Do you agree when you are chosen as the leader in any game? E

- a) yes; **2**
- b) no;
- c) the average between a) and b).

10. Do you usually consider yourself: F

- a) a person who tends to come up with something new /for example, new rules of the game/; **2**
- b) a person who constantly and strictly observes the established rules;
- c) hard to say.

11. Would you rather spend half an hour reading a book: **G**
a) about travel and discoveries; **2**
b) funny and cheerful;
c) hard to say.
12. Did it happen that before going to bed you sometimes saw human faces and figures in the dark? **H**
a) yes;
b) no; **2**
c) not sure.
13. Do you like subjects such as mathematics /or science/ more than literature /or humanities/? **I**
a) yes;
b) no; **2**
c) not sure.
14. Why are you being reprimanded? **J**
a) for your excessive activity and sociability;
b) for isolation from common affairs and lack of sociability; **2**
c) hard to say.
15. Do you feel embarrassed if you have to ask friends for help that you really need? **J**
a) yes; **2**
b) no;
c) maybe.
16. You are usually: **O**
a) in the stable mood;
b) in an elevated state and full of strength, then you feel exhausted; **2**
c) hard to say.
17. To enjoy a sporting event, do you usually need to root for a team, or is it enough to watch the general game with interest? **Q2**
a) yes, be sure to get sick;
b) no, it is enough to observe; **2**
c) hard to say.
18. Would you rather go: **Q2**
a) to a museum where you can see something interesting; **2**
b) in a crowded company;
c) hard to say.
19. Do you often change one hobby for another? **Q3**
a) yes;
b) no; **2**
c) the average between a) and b).
20. When senior people correct you in something, can you listen to their comments without interrupting? **Q4**
a) yes;
b) no; **2**
c) the average between a) and b).
21. When others interfere with your work, are you sometimes so angry that you could push them away? **Q4**
a) yes; **2**
b) no;
c) maybe.

22. If someone uses your things without permission, then you usually: **A**
a) you say you don't mind; **2**
b) very angry;
c) hard to say.
23. Have you ever acted in such a way that you were entrusted with a secret, and for some reason you could not keep it? **B**
a) yes;
b) no; **1**
c) maybe. **1**
24. Have you ever violated the rules of conduct at school? **B**
a) yes;
b) no; **1**
c) maybe. **1**
25. If the circumstances are very disturbing, and you need to remain calm at all costs, do you succeed every time? **C**
a) yes; **2**
b) no;
c) maybe.
26. Do you sometimes have a desire to become a different person, not the same as you are? **C**
a) yes;
b) no; **2**
c) maybe.
27. When something difficult and interesting is explained to you, then you: **D**
a) you notice that you are distracted and thinking about something; **2**
b) you just get bored and wait for the end of the explanation;
c) the average between a) and b).
28. If you /ever/ do not succeed, then you: **E**
a) looking for someone to help you;
b) you try to cope by yourself at any cost; **2**
c) hard to say.
29. Are you sure that you really weigh your words, and do not speak hastily and thoughtlessly, like some people? **F**
a) yes;
b) no; **2**
c) maybe.
30. What kind of people do you like more: **F**
a) those who are to some extent cheerful and very unrestrained; **2**
b) reasonable, restrained, closed;
c) the average between a) and b).
31. Will you agree to approach a new student to get to know him and introduce him to others? **G**
a) yes; **2**
b) no;
c) maybe.
32. Do you think your life is more fun than the lives of other members of your family and your friends? **H**
a) yes; **2**
b) no;
c) maybe.

33. Do you often feel anxious looking back at the past day? **I**
a) yes; **2**
b) no;
c) maybe.
34. Despite the danger, would you like to hunt a tiger? **I**
a) yes;
b) no; **2**
c) maybe.
35. If you pick up a book that you absolutely must read, but find it boring, then you usually: **J**
a) you rarely read it to the end;
b) usually you still read it to the end; **2**
c) hard to say.
36. Do you get upset when people call you careless or inattentive? **O**
a) yes; **2**
b) no;
c) sometimes.
37. Do you think that many of your classmates consider you their close friend /girlfriend/? **Q2**
a) yes;
b) no; **2**
c) not sure.
38. When you have a lively argument with friends, do you often not express your opinion, even if you think that it is better than the opinion of others? **Q2**
a) yes; **2**
b) no;
c) maybe.
39. When making decisions, you try to take into account everything to the smallest detail: **Q3**
a) yes; **2**
b) no;
c) maybe.
40. Can you work without stopping, even when there is noise and fuss all around? **Q4**
a) yes;
b) no; **2**
c) maybe.
41. You often want to do the opposite of what is required of you: **Q4**
a) yes; **2**
b) no;
c) maybe.
42. You are offended by friends if they laugh at your little oddities or dissimilarity to others, especially when it comes to your clothes: **A**
a) yes;
b) no; **2**
c) sometimes.
43. You eat everything that they give you: **B**
a) yes; **1**
b) no;
c) hard to say. **1**
44. Do you sometimes like to show off: **B**

- a) yes;
 b) no; **1**
 c) maybe. **1**
45. If you make any plans, you are always completely sure that everything that you have in mind will go well: **C**
 a) yes; **2**
 b) no;
 c) maybe.
46. If someone gets angry and yells at you for nothing, then you: **D**
 a) you usually remain calm;
 b) you often lose your temper and answer him the same way; **2**
 c) hard to say.
47. Before some exciting event, you: **D**
 a) you experience this event in advance, you are tense and very nervous; **2**
 b) remain usually calm;
 c) the average between a) and b).
48. If everything is going well for you, that is, successfully, then you: **E**
 a) you feel happy, but outwardly you remain calm; **2**
 b) ready to literally scream with joy;
 c) the average between a) and b).
49. Do you prefer to spend the evening: **F**
 a) in a noisy company; **2**
 b) one to do some of your favorite things;
 c) the average between a) and b).
50. Do you enjoy doing desperate things and surprising people with them? **F**
 a) yes; **2**
 b) no;
 c) sometimes.
51. Are you usually patient with people who speak very fast or very slowly: **G**
 a) yes; **2**
 b) no;
 c) sometimes.
52. If you still had to work at a school, would you prefer to be: **H**
 a) a librarian responsible for lending books;
 b) a physical education teacher; **2**
 c) hard to say.
53. Who would you admire more: **I**
 a) a great poet or writer who is considered contemporary among your peers; **2**
 b) a pilot-cosmonaut;
 c) hard to say.
54. It happens that new thoughts and ideas constantly overwhelm you, that you just need to tell everyone about it: **I**
 a) rarely;
 b) quite often; **2**
 c) sometimes.
55. Would you rather spend two weeks of summer vacation: **J**
 a) watching the life of birds and walking in the countryside with one or two friends; **2**
 b) as a leader in a camping trip of the whole class;

c) hard to say.

56. Usually you are: 0

a) in a very good mood;

b) somewhat sad; **2**

c) hard to say.

57. If your unsuccessful school essay were put on public display, then you: 0

a) would prefer to hide; **2**

b) would not mind;

c) hard to say.

58. You can fool around and hang out with a group of friends on a crowded street: 02

a) yes;

b) no; **2**

c) sometimes.

59. If your parents condemn you for something, you secretly still think that you are right: 03

a) yes, as a rule;

b) no, almost never; **2**

c) maybe.

60. If people try to teach and command you, then you usually: 04

a) calmly continue to do your own thing;

b) argue and put them in their place; **2**

c) hard to say.

61. Would you rather listen to: 04

a) a brass band playing dance music; **2**

b) a lecture by a lecturer on a topic that is very interesting to you;

c) hard to say.

62. In disputes with classmates, do you freely express to a person what you think? A

a) yes; **2**

b) no;

c) maybe.

63. Do you sometimes make noise in the classroom if there is no teacher there? B

a) yes;

b) no; **1**

c) maybe. **1**

64. Do you always do what your elders tell you? B

a) yes; **1**

b) no;

c) maybe. **1**

65. Has it ever happened that you almost regretted that you were born? C

a) yes;

b) no; **2**

c) maybe.

66. Do you feel unpleasant irritation when people do not pay attention to you, even if you understand that they do not do it on purpose? D

a) never feel;

b) usually feel; **2**

c) maybe.

67. If people chat during music, then you: D

a) you feel that the music is spoiled for you; **2**

- b) you listen to music so much that you do not notice this chatter;
c) the average between a) and b).
68. Do you answer politely, even if you are asked indiscreet questions that, in your opinion, should not be asked? **E**
- a) yes;
b) no; **2**
c) maybe.
69. Do your friends consider you a quiet, calm person? **F**
- a) yes;
b) no; **2**
c) maybe.
70. If people say that doing this is wrong and harmful, does it always make you want to still experience it yourself? **F**
- a) yes; **2**
b) no;
c) not sure.
71. What subjects do you like best? **G**
- a) those that do not require any effort from you;
b) those that require you to give your full strength and in which you can show your abilities; **2**
c) hard to say.
72. Is it easy for you to express your thoughts in words? **H**
- a) yes, usually easy; **2**
b) no, usually difficult;
c) the average between a) and b).
73. If you had the opportunity to visit distant countries, what would you like to see: **I**
- a) the inhabitants of these countries, in order to learn the customs and peculiarities of life; **2**
b) the technology of these countries and famous sights;
c) hard to say.
74. Do you agree that you shouldn't usually cry over a sad movie or a sad book? **I**
- a) yes;
b) no; **2**
c) not sure.
75. If you know that some person has been unfair to you, can you still forget about it? **J**
- a) yes;
b) no; **2**
c) maybe.
76. Can you easily and freely discuss issues that concern you at school with your teachers? **O**
- a) yes;
b) no; **2**
c) maybe.
77. Do you sometimes get tired because of your own experiences? **O**
- a) yes; **2**
b) no;
c) maybe.
78. Do you avoid participating in group activities that require a lot of your time? **O2**
- a) yes; **2**
b) no;
c) maybe.

79. Do you often spend more time preparing your homework than is required? **Q3**

a) yes; **2**

b) no;

c) maybe.

80. Would you enjoy a sporting event more (for example, boxing, tennis, or a football match):

Q3

a) if you argued with someone about who would win;

b) if not arguing, but simply following the competition; **2**

c) not sure.

81. If it seems to you that you are tired of others, then you: **Q4**

a) you remain as if nothing had happened in their society;

b) you always leave their company, you are very angry, dissatisfied; **2**

c) hard to say.

82. When you tell your friends about something exciting, do you usually find it difficult to interest them? **A**

a) yes; **2**

b) no;

c) maybe.

83. Do you always do everything as you are told? **B**

a) yes; **1**

b) no;

c) maybe. **1**

84. Are you very angry, irritable? **B**

a) yes;

b) no; **1**

c) not sure. **1**

85. If you are being watched, can you also work quickly and not make mistakes? **C**

a) yes; **2**

b) no;

c) not sure.

86. If at a class meeting someone suggested that you be chosen as the head of the class, and another was chosen during the voting: **D**

a) it would not affect me at all;

b) it would be somewhat unpleasant; **2**

c) hard to say.

87. Does it happen that in a dream you lose loved ones, friends, relatives? **D**

a) yes; **2**

b) no;

c) not sure.

88. Do you easily manage to hide your attitude from others to anyone? **E**

a) yes; **2**

b) no;

c) maybe.

89. Do you prefer: **F**

a) when your clothes have a normal appearance;

b) when your clothes are bright, fashionable, very beautiful; **2**

c) the average between a) and b).

90. In the museum you love: **G**

- a) look at what attracted you, and finish as soon as you get tired;
- b) join a group where there is a guide who tells, and find out what you cannot find out on your own; **2**
- c) hard to say.

91. Do you think those who know you well consider you a person who works very hard, that you are very interested in work? **G**

- a) yes; **2**
- b) no;
- c) hard to say.

92. If someone asks you to prove the thought that you expressed, then you: **H**

- a) you begin to worry at the same time and with difficult to find the right words;
- b) always have a ready answer; **2**
- c) the average between a) and b).

93. Do you like to be in companies where about half of the strangers among friends: **H**

- a) yes; **2**
- b) no;
- c) not sure.

94. If you offended someone, then you think to yourself: **I**

- a) nothing, soon everything will be forgotten;
- b) you worry when you think about it; **2**
- c) the average between a) and b).

95. What do you like more: **J**

- a) look after smaller children; **2**
- b) listen to someone who understands in the question worse than you;
- c) hard to say.

96. You can sometimes keep calm and stay in a good mood if they start criticizing and condemning you for something: **O**

- a) yes;
- b) no; **2**
- c) maybe.

97. When you work quickly and carefully, you see that your friends: **O**

- a) some still overtake you; **2**
- b) very many people lag behind and work not so confidently;
- c) hard to say.

98. If you decided to work in the summer, would you prefer to become: **Q2**

- a) a member of the rescue team on the beach;
- b) a forester; **2**
- c) hard to say.

99. Have you ever been told that you do things that cannot be expected from a person like you?

Q3

- a) yes; **2**
- b) no;
- c) not sure.

100. If you have to do some work, then you usually: **Q3**

- a) work non-stop until you're done;
- b) you work hard for a while, then you rest and work again; **2**
- c) the average between a) and b).

101. If the one you are waiting for does not come for a long time, you are nervous and prefer to leave rather than stay: **Q4**

- a) yes, I almost always leave; **2**
- b) I almost never leave;
- c) hard to say.

102. Having the opportunity to choose, would you prefer to live: **A**

- a) in a secluded house in the countryside;
- b) in a city crowded apartment; **2**
- c) difficult to decide.

103. When a newcomer / boy or girl / comes to the class, then, as a rule, does he / she / get to know you as quickly as with everyone else? **A**

- a) yes; **2**
- b) no;
- c) the average between a) and b).

104. Would you ever say bad things about someone? **B**

- a) yes;
- b) no; **1**
- c) not sure. **1**

105. When you are happy, can any little thing spoil your mood? **C**

- a) yes;
- b) no; **2**
- c) maybe.

106. If your comrades go somewhere, suddenly not inviting you, then you: **D**

- a) you think that they forgot;
- b) you start to get very worried and angry; **2**
- c) hard to say.

107. When you join a new company, you: **E**

- a) communicate friendly with everyone;
- b) you look for a while and decide who is really worth getting to know; **2**
- c) the average between a) and b).

108. Do you think that most of your peers are more childish and less mature than you? **E**

- a) yes; **2**
- b) no;
- c) maybe.

109. Do you prefer to have: **F**

- a) one friend; **2**
- b) many friends, although less close;
- c) hard to say.

110. In the process of work, you control yourself in order to do this work correctly: **G**

- a) rarely;
- b) often; **2**
- c) maybe.

111. Would you like to study at a school where you don't have to go to all the lessons, but only to those that seem the easiest to you? **G**

- a) yes;
- b) no; **2**
- c) maybe.

112. You feel frightened at the thought that you forgot to do what you should have done: **H**

- a) often;
- b) rarely; **2**
- c) maybe.

113. If you are invited to a company, you are always happy to go there and are confident enough that you will behave as you should: **H**

- a) yes; **2**
- b) no;
- c) maybe.

114. Once in Spain of the 19th century, you would prefer: **I**

- a) go to a vintage guitar concert and listen to cheerful Spanish songs; **2**
- b) watch the battle of soldiers, which often ended in human casualties;
- c) not sure.

115. If one of your classmates was punished more severely than he deserved, you would always stand up for him: **J**

- a) yes;
- b) no; **2**
- c) maybe.

116. Do you think that most people are so unreasonable that they do not even know what is good for them and what is bad? **J**

- a) yes; **2**
- b) no;
- c) not sure.

117. Is it easy for you to make new friends? **O**

- a) yes;
- b) no; **2**
- c) not sure.

118. If you are shown a new game, you are waiting for: **Q2**

- a) until you see how others play it; **2**
- b) help from others;
- c) the average between a) and b).

119. Do you think you are considered a person who, in all circumstances, remains cool and maintains his composure? **Q3**

- a) yes; **2**
- b) no;
- c) not sure.

120. Does it often happen that you did something that you shouldn't have done? **Q3**

- a) yes;
- b) no; **2**
- c) not sure.

121. Do you think that parents /educators/ have the right to severely punish children if they are rude to them? **Q4**

- a) yes;
- b) no; **2**
- c) maybe.

122. If you spent the summer at the seaside, what would you like more: **A**

- a) collect sea shells;
- b) engage in water skiing; **2**

c) hard to say.

123. If a group of friends needs one person to speak out for everyone, you usually do this: **A**

a) yes; **2**

b) no;

c) sometimes.

124. Have you ever told a lie? **B**

a) yes;

b) no; **1**

c) not sure. **1**

125. If you have to make a decision in a hurry, are you satisfied with this decision? **C**

a) usually yes; **2**

b) very rarely;

c) sometimes.

126. If you are studying, for example, completing a test, and there is noise around: **D**

a) you get irritated; **2**

b) just keep working;

c) the average between a) and b).

127. If you were a journalist, would you prefer to write? **E**

a) new performances;

b) about some important political events; **2**

c) the average between a) and b).

128. Regarding your plans and intentions, you usually: **E**

a) never tell anyone; **2**

b) do not mind if those who are interested in them know about them;

c) the average between a) and b).

129. Do you like guys better: **F**

a) thoughtful, calm, reasonable;

b) always noisy, lively, restless; **2**

c) hard to say.

130. Do you think that it is unreasonable to take on extra chores just for the sake of being polite:

G

a) yes;

b) no; **2**

c) hard to say.

131. If you started a business, then everyone knows that you will bring it to the end? **G**

a) yes; **2**

b) no;

c) maybe.

132. Does it happen that when you are about to speak in front of a class, your hands begin to tremble a little and your heart pound? **H**

a) yes;

b) no; **2**

c) maybe.

133. If you do something stupid in front of people, can you get away with a joke and behave as if nothing had happened? **H**

a) yes; **2**

b) no;

c) maybe.

134. Would you rather receive as a gift: I

- a) a book of poems and plays; **2**
- b) a book about athletes /gymnastics or hockey/;
- c) I can't say.

135. If the guys play someone, then you: J

- a) often join to have fun with them;
- b) you consider it childish, a bad deed; **2**
- c) the average between a) and b).

136. Have you thought about what would happen if you got lost while traveling or camping? J

- a) yes; **2**
- b) no;
- c) hard to say.

137. Are you sometimes disturbed by worthless thoughts from which you cannot escape? O

- a) yes; **2**
- b) no;
- c) the average between a) and b).

138. If you have a few minutes to spare, would you rather: Q2

- a) talk to a friend;
- b) read something interesting; **2**
- c) hard to say.

139. Do you think it's stupid to always follow the fashion: Q2

- a) yes; **2**
- b) no;
- c) not sure.

140. Reading about great deeds or heroes, you experience: Q3

- a) as a rule, the desire to make them yourself; **2**
- b) you often think that such things are not for you;
- c) maybe.

141. You are sometimes so nervous and excited that you are annoyed by sudden sounds: Q4

- a) yes; **2**
- b) no;
- c) maybe.

142. Are you sure you answered all the questions?

- a) yes;
- b) no;
- c) maybe.

Processing the results of the Cattell questionnaire for adolescents.

1. In the course of diagnostics, the number of matches between the testee's answers and the key is counted. 2 points are awarded for each match. The exception is factor B, where 1 point is given for each match of the answer with the key, and 1 point is awarded for the answer "c".

2. The received sum of points is compared with the normative data according to the table and, in relation to these data, the result is interpreted as a low or high mark.

Key to the Teenage Cattell Test:

- 1. A (schizothymia-affectothymia)
- 2. B (false)
- 3. C (degree of emotional stability)
- 4. D (phlegmatic-excitabile)
- 5. E (subordination-dominance)

6. F (caution-frivolity)
7. G (degree of acceptance of moral norms)
8. H (shy-adventurous)
9. I (realism-sensitivity)
10. J (neurasthenia, Hamlet factor)
11. O (self-confidence-tendency to feel guilty)
12. Q2 (degree of group dependence)
13. Q3 (degree of self-control)
14. Q4 (degree of internal stress)

Standards for the adolescent version of the Cattell test. Boys.

фактор	12 лет	13 лет	14 лет	15 лет	16 лет	17 лет	18 лет
A	12,9	11,1	12,6	12,9	12,3	13,6	12,9
B	5,3	4,2	4,4	4,8	4,2	4,2	4,2
C	13,5	12,4	12,9	14,9	11,4	13,6	12,6
D	12,0	13,3	13,5	13,6	11,9	10,9	12,3
E	14,1	13,7	13,6	15,2	14,9	14,0	12,9
F	12,7	13,5	14,1	13,6	13,0	14,6	15,4
G	15,0	13,4	13,8	14,7	13,2	14,4	14,1
H	14,8	15,2	14,7	14,7	12,3	13,6	15,2
I	9,6	10,8	11,3	11,2	4,2	4,2	11,2
J	12,5	13,1	12,6	13,3	11,4	13,6	10,2
O	12,6	14,6	14,8	14,7	11,9	10,9	14,3
Q2	13,2	13,3	13,9	14,8	14,9	14,0	13,1
Q3	14,5	14,5	13,9	15,4	13,0	14,6	13,8
Q4	12,2	13,4	12,8	13,2	13,2	14,4	13,5

Standards for the adolescent version of the Cattell test. Girls.

фактор	12 лет	13 лет	14 лет	15 лет	16 лет	17 лет	18 лет
A	13,1	13,0	14,2	13,8	12,7	12,7	13,3
B	6,7	5,5	4,9	3,8	3,2	4,5	5,4
C	13,0	11,1	12,1	10,4	10,2	10,2	9,2
D	12,4	13,1	14,2	14,5	14,3	13,4	15,4
E	13,6	13,4	14,4	13,5	13,2	14,3	12,7
F	13,1	13,2	14,7	14,2	15,6	14,7	14,4
G	15,2	14,7	14,8	12,8	12,3	14,6	14,9
H	13,0	12,3	13,6	12,4	12,7	12,7	11,9
I	14,1	15,1	14,6	16,0	3,2	4,5	15,7
J	12,6	12,2	12,7	11,4	10,2	10,2	12,2
O	15,3	15,0	15,5	15,6	14,3	13,4	16,5
Q2	13,6	13,9	13,9	13,2	13,2	14,3	13,2
Q3	14,8	14,5	14,6	13,1	15,6	14,7	13,6
Q4	12,2	13,6	14,2	15,4	12,3	14,3	14,0

Interpretation of the results of the Cattell technique for adolescents.

Factor A /schizotomia-affectomia/

High marks- more than 14 points, low marks - less than 11.

Low scores: restrained, isolated, critical, cold, prone to rigidity, skepticism, aloofness. Things and ideas attract more than people. We prefer to work alone. Avoids compromise. Hard, unbending, cruel. Accuracy and rigidity are manifested in actions and attitudes. The indicator is somewhat correlated with schizoidness.

High scores: the person is turned outward. Easy to communicate, friendly, emotionally rich. Inclined to cooperation, attentive to people, soft-hearted. It adapts well, flexible installations are inherent, which are easy to change. A well-developed sense of empathy. Realistic tendencies are inherent in thinking. In activities, he prefers socially significant situations that are associated with people. Easily joins active groups. In personal relationships, generous, open, not afraid of criticism.

Factor B / lie scale /

This scale shows how sincerely the respondent answered the questions, whether he tried to give socially approved answers or the answers that are expected from him. If the scores on the scale are greater than 5, this indicates that the respondent was not always honest, which could not but affect the accuracy of the test results.

Factor C /degree of emotional stability/

High marks- more than 15 points, low marks - less than 10.

Low scores: sensitive, emotionally less stable. Easily upset. Changeable in behavior, in emotions. Avoids the demands of the environment. Irritable, emotionally excitable, neurotically tired. Actively responds to the satisfaction or dissatisfaction of their needs. Requires immediate solution of problems, satisfaction of needs.

High marks: emotionally stable. mature type. Realistic attitude towards life. Unperturbed. The ability to comply with group moral norms is developed. Submission to unresolved problems / without negative emotions from dissatisfaction / can be shown. Flexible behavior in stressful situations. Able to choose the best course of action. Not rigid.

Factor D /phlegmatic-excitability/

High marks- more than 15 points, low marks - less than 10.

Low scores: restrained, inert, cautious, complacent, stoic, unhurried. Not prone to harshness. Easily embarrassed. Prone to self-deprecation. Calm. Very constant in his interests, affections. Persistent in achieving the goal.

High scores: excitable, impatient, demanding, overactive, unrestrained. Attracting attention, posing, prone to jealousy. Self-confident, egocentric. Easily distracted and showing many nervous symptoms /sleeping restlessly, easily offended, angry when agitated in a situation of restriction/.

Factor E /passivity-dominance/

High marks- more than 15 points, low marks - less than 12.

Low scores: compliant, obsessive in behavior. Depends on others. Strive to confess, open up to others. Behavior is correct. Low grades are often found in neurotics.

High grades: in relation to others acts as a leader. But this does not correlate with true leadership and real ability. They can be temporary leaders in extreme situations or in informal groups. Democratic. High perseverance in the fight against norms, attitudes in the group / if something does not suit /. Prone to self-assertion. Adhere to their views, attitudes. Domineering, authoritarian, expect independence from others.

Factor F /caution-frivolity/

High marks- more than 15 points, low marks - less than 12.

Low grades: sober, cautious, silent, unhurried. Caution sometimes appears in combination with gloominess and pessimism. Impressive, prone to subdepression. They can be relied upon, but are not effective as organizers. In secondary roles they function very well.

High marks: careless, impulsive, lively, cheerful, enthusiastic, active, talkative. They are often the soul of society. Easily switch from one activity to another. They tend to change places frequently. Operative, characterized by high labor productivity. Good organizational skills are inherent. activity may have no real effect. A high score on this factor correlates with a low score on the "Degree of acceptance of moral standards" factor.

Factor G /degree of acceptance of moral norms/

High marks- more than 15 points, low marks - less than 12.

Low scores: instability in achieving the goal, surface. Avoids rules, feels little responsibility. Does not make efforts in solving group problems, fulfilling social and cultural requirements. Egoists work for themselves and for themselves. Usually high ambition. Free from group influence. Refusal to obey the rules of the group may correlate with a low level of somatic diseases /fewer sick/. Great resistance to stress.

High grades: conscious, persistent, you can rely on them. Degree in behavior, demanding of themselves. Obligatory, persistent, guided by a sense of duty, responsible, full of plans. Not easy to communicate. Pedantic. Conflicts may arise when entering another culture, another society. Executive. They don't like job changes. Avoid help from others. Satisfied with the resources of their own personality. Good leaders. They delve into the details and are sensitive to violations of moral and ethical standards.

Factor H /timidity, shyness - courage, adventurism/

High marks- more than 15 points, low marks - less than 12.

Low scores: shy, reserved, fearful, evasive, keeping a low profile. Subconscious feelings of guilt and inferiority appear. Speech is slow, difficult to express. Avoids professions with personal contacts. Not inclined to maintain relationships with everyone around them. Difficulty joining general activities. Avoids his bright appearance in public, self-expression.

High marks: adventurous, socially bold, not inhibited. Very lively and direct in emotional reactions. May be careless about details. Does not respond to danger signals. Punching. The tendency to be interested in the opposite sex. The factor correlates positively with leadership. Usually academic performance is low. Willingly experiences new emotions, enthusiastically rushes into them. Spends a lot of time in conversations.

Factor I /realism - sensitivity/

High marks: for 12-15 years old - more than 16 points, for 16-17 years old - more than 6 points, for 18 years old - more than 16 points.

Low scores: for 12-15 years old - less than 10 points, for 16-17 years old - less than 3 points, for 18 years old - less than 10 points.

Low grades: practical, self-satisfied. Contribute to the cohesion of the integration of the group, realistic, courageous, independent. They show skepticism towards the cultural, social aspects of life, towards everything that is subjective. Sometimes they can be ruthless and cruel. In the group, they are guided by real activity, and not by subjective relationships. Mostly rely on themselves. Do not tolerate meaningless work.

High scores: high emotional sensitivity. Usually do not show altruism. There is a tendency to avoid responsibility in work and personal relationships. Characteristic unreasonable anxiety. The factor correlates with the anxiety scale. Productive in creative activity, have artistic abilities, subtlety of feelings. In life they are impatient, impractical, weak, easily influenced by others, not independent enough, dependent, capricious, demanding attention from others. They need and are waiting for help. Poorly tolerate rudeness and rough work. Slow down the activity of the group.

J factor /neurasthenia, Hamlet factor/

High marks- more than 14 points, low marks - less than 10.

Low scores: enterprising, prefer group activities. They love attention and are energetic. Accepting general norms and assessments. For them, the totality of people is important.

High scores: individualistic, internally reserved, introspective. In general, they are not very effective, as they are very fastidious. They are very cold in their assessments. Usually, they have their own opinion / they do not impose it and often do not tell others /. Narrow circle of friends. Don't forget injustice. Intellectually developed, they think about their mistakes, trying to avoid new ones. Cold neurotics.

Factor O / self-confidence - a tendency to feel guilty /

High marks- more than 16 points, low marks - less than 11.

Low scores: serene, trusting, calm mood prevails, unperturbed. Mature confidence in yourself and your loved ones. There is no sense of threat to the extent that personal relationships or group activities may not notice changes. Self-confident, often cause obvious hostility of others.

High grades: depressive, bad mood prevails. Characterized by gloomy forebodings, reflections, anxiety, anxiety in difficult situations, a subjective feeling that the group does not accept him. Ineffective speakers.

Factor Q2 /degree of group dependence/

High marks- more than 15 points, low marks - less than 12.

Low scores: addicts, followers, callers, joiners. They prefer to make decisions together with other people. They love the process of communication. They love to be admired. Lacks decisiveness. Group support needed. close to conformism. There is a herd feeling.

High marks: independent, inclined to go their own way, make their own decisions, act independently. They do not take into account public opinion. They don't always dominate. It cannot be said that they have a negative attitude towards other people, they simply do not need

their approval and support. They prefer their own opinion and decision. They work poorly in a group, saying that they waste a lot of time when working in a group.

Factor Q3 / degree of self-control /

High marks- more than 16 points, low marks - less than 13.

Low grades: low volitional control. In his behavior is not guided by volitional control. Doesn't care about social demands. Low integration. Doesn't care about social demands. Low interiority. There is no whole person. Not overly sensitive, but impulsive in their behavior and therefore prone to error. They often feel inadequate for life.

High scores: high control of behavior, socially accurate behavior, corresponding to the image of one's self. Socially very sensitive. Characterized by self-respect, concern for one's own reputation. Sustainable interests, forms of behavior. Tends to be stubborn. Insensitive in the field of feelings, inoffensive. The image of the Self is built by themselves, but it almost coincides with the requirements of society. Strong-willed, self-confident, work well in a group. Fairly objective to others. They often have good oratory skills. Balanced, reliable.

Factor Q4 /degree of internal stress/

High marks- more than 16 points, low marks - less than 13.

Low scores: prone to satisfaction. Relaxation can lead to laziness, to low achievement. The motivation for activity is usually reduced. Easily adaptable. If work or life requires high stress, their activity is low effective. The ideal condition for work is a constant rhythm.

High scores: overactive, excitable, restless, impatient. When working in groups, they are not very pleasant. Usually dissatisfied with the order, management. Frustrated type. Emotionally explosive. Very highly motivated. Low frustration threshold, which is associated with high excitability. The factor correlates well with high academic performance.