

Behavioral Health and Personality

The following questions ask about your behavioral health and personality. Participating in this survey will help us understand behavioral health concerns and how they affect overall health. This survey will take approximately 5 minutes to complete. At the completion of this survey, you will have the option to review individual results about your personality if you choose. The report is based on answering all questions in the personality traits section.

Please answer each question as honestly as possible. We are looking for your own answers, and not what you think your doctors, family, or friends want you to say.

Don't feel like you must spend a long time over each question. The first answer that comes to you is usually the best one. If you aren't sure how to answer a question, choose the best answer from the options given. Some questions also let you say if you don't know an answer or would rather not answer. Some of the questions may be sensitive. You can choose not to answer any question.

Attention and focus

Everyone has different abilities to pay attention and get things done. These abilities can change over time. Sometimes they can even change over the course of a day. Answering these next questions may help researchers learn more about the brain and attention. During the past 6 months,

How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?¹

[Original source question text: How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?]

- Never
- Rarely
- Sometimes
- Often
- Very often

How often do you have difficulty getting things in order when you have to do a task that requires organization?¹

[Original source question text: How often do you have difficulty getting things in order when you have to do a task that requires organization?]

- Never
- Rarely
- Sometimes
- Often
- Very often

How often do you have problems remembering appointments or obligations?¹

(Help Text: *Obligations: Duties, responsibilities, or commitments.*)

[Original source question text: How often do you have problems remembering appointments or obligations?]

- Never
- Rarely
- Sometimes
- Often
- Very often

When you have a task that requires a lot of thought, how often do you avoid or delay getting started?¹

[Original source question text: When you have a task that requires a lot of thought, how often do you avoid or delay getting started?]

- Never
- Rarely
- Sometimes
- Often
- Very often

How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?¹

[Original source question text: How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?]

- Never
- Rarely
- Sometimes
- Often
- Very often

How often do you feel overly active and compelled to do things, like you were driven by a motor?¹

[Original source question text: How often do you feel overly active and compelled to do things, like you were driven by a motor?]

- Never
- Rarely
- Sometimes
- Often
- Very often

Shifts in mood, energy, and activity

People often experience changes in their mood or energy levels. Changes in mood that are unusual or last for a long time can affect overall physical and mental well-being. Sharing details about your mood experiences could help researchers discover new ways to treat mood-related conditions in the future. The next questions ask about unusual moods you may have had.

Have you ever had a period of time when you were feeling so good, “high”, “excited”, or “hyper” that other people thought you were not your normal self or you were so “hyper” that you got into trouble?²

[Original source question text: Have you ever had a period of time when you were feeling so good, “high”, “excited”, or “hyper” that other people thought you were not your normal self or you were so “hyper” that you got into trouble?]

- Yes
- No
- Don’t know
- Prefer not to answer

Have you ever had a period of time when you were so irritable that you found yourself shouting at people or starting fights or arguments?²

(Help Text: *Irritable: Becoming easily angry or losing one's temper easily.*)

[Original source question text: Have you ever had a period of time when you were so irritable that you found yourself shouting at people or starting fights or arguments?]

- Yes
- No
- Don’t know
- Prefer not to answer

Branching Logic: If “No” is selected for both of the previous questions, then skip to the “Unusual experiences and perceptions: section. If “Yes,” is selected for either question then continue to the next question:

Please try to remember a period when you were in a “high” or “irritable” state and select all of the following that apply:²

[Original source question text: Please try to remember a period when you were in a “high” or “irritable” state and select all of the following that apply:]

- I was more active than usual
- I was more talkative than usual

- I needed less sleep than usual
- I was more creative or had more ideas than usual
- I was more restless than usual
- I was more confident than usual
- My thoughts were racing
- I was easily distracted
- None of the above
- Prefer not to answer

What is the longest time that these “high” or “irritable” periods have lasted?²

[Original source question text: What is the longest time that these “high” or “irritable” periods have lasted?]

- Less than 24 hours
- At least a day, but less than four days
- At least four days in a row but less than a week
- A week or more
- Don’t know
- Prefer not to answer

If “At least four days in a row but less than week” or “A week of more” are selected, then:

How old were you the FIRST time that you had a period of at least four days like this? If you don’t know, please use your best guess.²

[Original source question text: How old were you the FIRST time that you had a period of at least four days like this?]

- _____ Years of age when first felt this way
- Prefer not to answer

How much of a problem have these “high” or “irritable” periods caused you?²

[Original source question text: How much of a problem have these “high” or “irritable” periods caused you?]

- No problems
 - Needed treatment or caused problems with work, relationships, finances, the law or other aspects of life
 - Don’t know
 - Prefer not to answer
-

Unusual experiences and perceptions

Some people see or hear things that others do not see or hear. These are unusual experiences that could be a sign of a mental health condition that can be treated. The next section asks about these and other unusual experiences. Your answers could help researchers better understand why these experiences happen and how to help people who have them.

With that in mind, did you ever in your life have any of the following experiences?

Did you ever see something that wasn't really there that other people could not see? Please do not include any times when you were dreaming or half-asleep or under the influence of alcohol or drugs.²

[Original source question text: Did you ever see something that wasn't really there that other people could not see? Please do not include any times when you were dreaming or half-asleep or under the influence of alcohol or drugs.]

- Yes

Branching Logic: when "Yes" selected, then:

About how many times in your life did this happen?²

[Original source question text: About how many times in your life did this happen (when you were not dreaming, not half-asleep, and not under the influence of alcohol or drugs)?]

-
- Too many to count
 - Don't know
 - Prefer not to answer

- No
- Prefer not to answer

Did you ever hear voices that other people did not hear like voices coming from inside your head talking to you or about you, or voices coming out of the air when there was no one around?³

[Original source question text: The next one is hearing voices that other people did not hear like voices coming from inside your head talking to you or about you, or voices coming out of the air when there was no one around. Did you ever have this experience?]

- Yes

Branching Logic: when "Yes" selected, then:

About how many times in your life did this happen?²

[Original source question text: About how many times in your life did this happen (when you were not dreaming, not half-asleep, and not under the influence of alcohol or drugs)?]

- Too many to count
- Don't know
- Prefer not to answer
- No
- Prefer not to answer

Did you ever think some force was trying to communicate directly with you by sending special signs or signals, like through the radio or television, that you could understand but that no one else could understand?³

[Original source question text: Did you ever think some force was trying to communicate directly with you by sending special signs or signals, like through the radio or television, that you could understand but that no one else could understand?]

- Yes

Branching Logic: when "Yes" selected, then:

About how many times in your life did this happen?²

[Original source question text: About how many times in your life did this happen (when you were not dreaming, not half-asleep, and not under the influence of alcohol or drugs)?]

-
- Too many to count
 - Don't know
 - Prefer not to answer
 - No
 - Prefer not to answer

Did you ever believe there was a plot to harm you or to have people follow you, but your friends or family did not think this was true?³

(Help Text: *Plot: A secret plan or scheme*)

[Original source question text: Did you ever believe there was a plot to harm you or to have people follow you, but your friends or family did not think this was true?]

- Yes

Branching Logic: when "Yes" selected, then:

About how many times in your life did this happen?²

[Original source question text: About how many times in your life did this happen (when you were not dreaming, not half-asleep, and not under the influence of alcohol or drugs)?]

-
- Too many to count
 - Don't know
 - Prefer not to answer
 - No
 - Prefer not to answer

Branching Logic: If “No” is selected for any of the previous psychosis questions, then skip to the “Experiences of panic and anxiety” section. If “Yes,” is selected for any of the previous psychosis questions, then:

About how old were you when you first had one of these experiences (seeing a vision, hearing a voice, believing that something strange was trying to communicate with you, or there was a plot against you)? If you don’t know, please use your best guess.³

[Original source question text: How old were you the very first time you had any of the unusual experiences you just mentioned)?]

_____ Years Old

How distressing did you find having any of these experiences (such as seeing a vision, hearing a voice, believing that something strange was trying to communicate with you, or there was a plot against you)?²

(Help Text: *Distressing: Upsetting*)

[Original source question text: How distressing did you find having any of these experiences (seeing a vision, hearing a voice, or believing that something strange was trying to communicate with you, or there was a plot against you)?]

- Not distressing at all. It was a positive experience
- Not distressing, a neutral experience
- A bit distressing
- Quite distressing
- Very distressing
- Don't know
- Prefer not to answer

Did you ever talk to a doctor, counselor, psychiatrist or other health professional about any of these experiences (such as seeing a vision, hearing a voice, believing that something strange was trying to communicate with you, or there was a plot against you)?²

[Original source question text: Did you ever talk to a doctor, counselor, psychiatrist or other health professional about any of these experiences (seeing a vision, hearing a voice, or believing that something strange was trying to communicate with you, or there was a plot against you)?]

- Yes
- No
- Don't know
- Prefer not to answer

Were you ever prescribed a medication by a health professional for any of these experiences (such as seeing a vision, hearing a voice, or believing that something strange was trying to communicate with you, or there was a plot against you)?²

[Original source question text: Were you ever prescribed a medication by a health professional for any of these experiences (such as seeing a vision, hearing a voice, or believing that something strange was trying to communicate with you, or there was a plot against you)?]

- Yes
- No
- Don't know
- Prefer not to answer

Experiences of panic and anxiety

The next section asks about panic attacks. Panic attacks are also called anxiety attacks. These are sudden, strong feelings of fear that reach their peak within a few minutes. When a person is having an anxiety attack, they usually have physical symptoms, too. When these symptoms happen, they can be severe and frightening, so much so that people may think they are having a heart attack. Your answers to these next questions may help researchers understand how to better prevent and treat these attacks.

With this definition in mind, did you ever in your life have a panic attack?³

[Original source question text: With this definition in mind, did you ever in your life have a panic attack?]

- Yes
- No

Branching Logic: If “No” is selected for the previous question, then skip to “Recurring thoughts and behavior” section. If “Yes,” is selected, then:

Have any of these panic attacks occurred “out of the blue” for no apparent reason?³

[Original source question text: How many of your panic attacks occurred “out of the blue” for no apparent reason – all, most, some, or none?]

- Yes
- No
- Don't know
- Prefer not to answer

After these attacks started, did you worry a lot about having another attack or do anything differently to avoid having another attack?³

[Original source question text: After having one of these attacks, did you ever in your life have a time lasting 1 month or longer when you often worried that you might have another attack or that something terrible might happen because of the attacks like an accident, heart attack, or that you might lose control? After having one of these attacks, did you ever in your life have a time lasting 1 month or longer when you changed your everyday activities because of fear about having another attack?]

- Yes
- No

About how many panic attacks have you ever had in your life?³

[Original source question text: About how many panic attacks did you ever have in your life?]

- 1 or 2
- More than 2 but less than 10
- 10 or more times
- Don't know
- Prefer not to answer

How old were you the first time you had a panic or anxiety attack? If you don't know, use your best guess.³

[Original source question text: How old were you when you had that attack/the very first time you had a panic attack?]

- _____ Years Old

Recurring thoughts and behavior

Everyone double-checks things. We might double-check that the door is locked, or the oven is off. Some people have the urge to double-check things over and over again, even if they don't want to. Not being able to control thoughts and behaviors can be a sign of a mental health condition that can be treated. In the next section, we ask about thoughts and behaviors that may be hard to control and can cause anxiety.

Have you ever been bothered with thoughts, images, or urges that kept coming back over and over, even when you didn't want them to, like concerns with germs, order, or experiencing horrific images or intrusive sexual thoughts, or urges to knock or touch objects, or harming a loved one?⁴

(Help Text: *Intrusive: Not wanted.*)

[Original source question text: Have you ever been bothered with thoughts that kept coming back to you even when you didn't want them to, like being exposed to germs or dirt or needing everything to be lined up in a certain way? How about having images pop into your head that you didn't want like violent or horrible scenes or something of a sexual nature? How about having urges to do something that kept coming back to you even though you didn't want them to, like an urge to harm a loved one?]

- Yes
- No

Was there ever anything that you had to do over and over again and was hard to resist doing, like hand washing, checking the stove, or repeating something over and over a certain number of times or until it feels just right?⁴

[Original source question text: Was there ever anything that you had to do over and over again and was hard to resist doing, like washing your hands again and again, repeating something over and over again until it “felt right,” counting up to a certain number, or checking something many times to make sure that you’d done it right?]

- Yes
- No

Have you ever been unable to stop picking at your skin?³

[Original source question text: Did you ever repeatedly pick your skin enough to cause sores?]

- Yes
- No

Have you ever been unable to stop pulling out your hair, eyebrows or eyelashes?³

[Original source question text: Did you ever repeatedly pull out your hair enough to cause hair loss?]

- Yes
- No

Feelings of fear in certain situations

For some people, being in social settings can make them feel a lot of fear and anxiety. The next few questions ask about feelings of fear and anxiety in different social settings. Your answers may help researchers better identify and help people with social anxiety disorder or agoraphobia. Agoraphobia is commonly known as a fear of being outside the home alone.

Were you ever in your life so painfully shy or scared of social situations (like attending a party, speaking to strangers, eating in public) that you avoided social situations whenever you could?³

[Original source question text: Was there ever a time in your life when you got much more fearful or anxious than others nearly every time you were in any of the following social situations?]

- Yes
- No

Do you worry more than most people about being embarrassed, looking stupid, or being judged by other people?⁴

[Original source question text: Do you worry more than most people about being embarrassed, looking stupid, or being judged by other people?]

- Yes
- No

Branching Logic: when "Yes" is selected for either of the previous two questions, then:
About how old were you the very first time this happened? If you don't know, please use your best guess.³

[Original source question text: How old were you the very first time you became fearful or anxious when you were in social or performance situations?]

_____ Years Old

Did this ever last for more than 6 months?³

[Original source question text: Did this ever last for more than 6 months?]

- Yes
- No

Some people have a lot of fear or anxiety about things like going out of the house alone, being in a crowd, standing in lines, going over bridges, or traveling by bus, train or car. Were you ever in your life so frightened by any of these situations that it got in the way of you having a normal life?³

[Original source question text: Some people with phobias get very fearful or anxious when they are away from home in situations where they might not be able to escape or get help if they need it. Did you ever in your life have that kind of phobia about any of the following situations?]

- Yes

Branching Logic: when "Yes" selected, then:

About how old were you the very first time you became very fearful or anxious in situations like these? If you don't know, please use your best guess.³

[Original source question text: How old were you the very first time you became very fearful or anxious when you were in situations where you might be unable to escape or get help?]

○ _____ Years Old

Did these feelings of fear or anxiety in situations like these ever last for more than 6 months?³

[Original source question text: Did these feelings of fear or anxiety in situations like these ever last for more than 6 months?]

- Yes
- No
- No

Personality traits

This section asks about statements that may or may not apply to your personality. Please choose the answer that best describes you.

I am someone who tends to be quiet.⁵

[Original Source Question Text: I am someone who tends to be quiet.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is compassionate, has a soft heart.⁵

[Original Source Question Text: I am someone who is compassionate, has a soft heart.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who tends to be disorganized.⁵

[Original Source Question Text: I am someone who tends to be disorganized.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who worries a lot.⁵

[Original Source Question Text: I am someone who worries a lot.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is fascinated by art, music, or literature.⁵

[Original Source Question Text: I am someone who is fascinated by art, music, or literature.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is dominant, acts as a leader.⁵

[Original Source Question Text: I am someone who is dominant, acts as a leader.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is sometimes rude to others.⁵

[Original Source Question Text: I am someone who is sometimes rude to others.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who has difficulty getting started on tasks.⁵

[Original Source Question Text: I am someone who has difficulty getting started on tasks.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who tends to feel depressed, blue.⁵

[Original Source Question Text: I am someone who tends to feel depressed, blue.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who has little interest in abstract ideas.⁵

[Original Source Question Text: I am someone who has little interest in abstract ideas.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is full of energy.⁵

[Original Source Question Text: I am someone who is full of energy.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who assumes the best about people.⁵

[Original Source Question Text: I am someone who assumes the best about people.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is reliable, can always be counted on.⁵

[Original Source Question Text: I am someone who is reliable, can always be counted on.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is emotionally stable, not easily upset.⁵

[Original Source Question Text: I am someone who is emotionally stable, not easily upset.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

I am someone who is original, comes up with new ideas.⁵

[Original Source Question Text: I am someone who is original, comes up with new ideas.]

- Disagree strongly
- Disagree a little
- Neutral; no opinion
- Agree a little
- Agree Strongly

Thank you for answering these questions. Providing this information will help researchers better understand mental health and well-being. Your privacy is very important to us. Your name and identity will be separated from your answers before information is shared with approved researchers. You can view your personality report by going to “My Data” in your *All of Us* account should you choose to view your personality report.

For more information on mental health topics and research:

<https://www.nimh.nih.gov/health/index.shtml>

If you or someone you care about needs help:

NIMH Getting Help page: <https://www.nimh.nih.gov/health/find-help/index.shtml>

SAMHSA Treatment Locator: <https://findtreatment.samhsa.gov/>

Call, text, or chat 988 for free, and available 24/7/365, connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors.

Source Information

1. Kessler RC, Adler L, Ames M, Demler O, Faraone S, Hiripi E, et al. [The World Health Organization Adult ADHD Self-Report Scale \(ASRS\): a short screening scale for use in the general population](#). Psychol Med. 2005 Feb;35(2):245–56.
 - a. Year of Original Source: 2005
 - b. Brief Description of Source: The Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist was designed for healthcare professionals to use as a tool to help screen for ADHD in adult patients.
2. [UK Biobank](#). Stockport, UK: UK Biobank. Available from: <https://www.ukbiobank.ac.uk/>
 - a. Year of Original Source: 2011
 - b. Brief Description of Source: UK Biobank recruited 500,000 people across the country aged between 40 and 69 years from 2006 to 2010. These half a million participants agreed to have their health followed so scientists across the globe can help improve the prevention, diagnosis and treatment of a wide range of diseases. Assessments were undertaken in 22 centres in Scotland, England and Wales. There were five parts to the UK Biobank assessment process, which lasted between 2-3 hours. These included: Written consent Touch screen questionnaires i.e. detailed diet recall Face-to-face interview with a study nurse Measurements i.e. hand grip, spirometry and bone density Sample collection of blood, urine and saliva In addition to information collected during the baseline assessment, 100,000 UK Biobank participants have worn a 24-hour activity monitor for a week, 20,000 have undertaken repeat measures, and nearly 50,000 have had their heart, brain and abdomen scanned as part of a major imaging project. UK Biobank has grown exponentially since this initial assessment and has become a powerful research resource. The database, which is regularly augmented with additional data, is globally accessible to approved researchers and scientists undertaking vital research into the most common and life-threatening diseases. anywhere in the world.
3. [WHO WMH-CIDI – The World Health Organization World Mental Health Composite International Diagnostic Interview](#) . Available from: <https://www.hcp.med.harvard.edu/wmhcdi/>
 - a. Year of Original Source: ????
 - b. Brief Description of Source: CIDI is a comprehensive, fully-structured interview designed to be used by trained lay interviewers for the assessment of mental disorders according to the definitions and criteria of ICD-10 and DSM-IV.
4. Developed for use by *All of Us*
 - a. Year of Original Source: Not Applicable
 - b. Brief Description of Source: Not Applicable
5. Soto CJ, John OP. [Short and extra-short forms of the Big Five Inventory–2: The BFI-2-S and BFI-2-XS](#). Journal of Research in Personality. 2017 Jun 1;68:69–81.
 - a. Year of Original Source: 2017

- b. **Brief Description of Source:** The Big Five Inventory-2 Extra Short Form is a 15-item shortened version of The Big Five Inventory-2. It is meant to provide a measure of five personality domains, extraversion, agreeableness, conscientiousness, negative emotionality, and open-mindedness.