

# **big five daily behaviour questionnaire**

Please fill out this form at the end of each day or after all daily activities have been completed. Put "Y" or "N" in the "Y/N" column depending on whether or not you did the described behaviour. Then in the "rshp" column put in a letter(s) indicating who else was present – "A" (alone), "F" (family), "P" (romantic partner), "S" (stranger), "Ac" (acquaintance), "F" (friend). In the "lctn" put in a letter indicating your location – "H" (home), "W" (work), "S" (school), "R" (recreation), "E" (elsewhere). Note italicized items are reverse scored.

	<b><i>neurotic behaviours</i></b>	<b>y/n</b>	<b>rsh</b>	<b>lctn</b>
1	Felt anxious about work that needed to be done			
2	Experienced a lot of stress			
3	Acted moody			
4	Felt sad			
5	Put myself down			
6	Complained about a problem I was having			
7	Broke down when a problem arose			
8	Felt jealous of someone			
9	<i>Kept an even mood during some difficulty (r)</i>			
10	Gave in to a bad habit when I was nervous			
	<b><i>extraverted behaviours</i></b>	<b>y/n</b>	<b>rsh</b>	<b>lctn</b>
1	Talked a lot			
2	Hugged someone			
3	Went out to socialize			
4	Chatted with strangers			
5	Took the lead in organizing a project or activity			
6	Expressed my own opinion			
7	Smiled and laughed with others			
8	Felt cheerful and happy			
9	Mixed well at a social function			
10	Introduced myself to someone new			
	<b><i>openness-to-experience behaviours</i></b>	<b>y/n</b>	<b>rsh</b>	<b>lctn</b>
1	Enjoyed some art			
2	Read a play or novel			
3	Thought about my emotional reactions to something			
4	Experienced some intense feelings			
5	Listened to or read with interest a news story about another country			
6	Discussed politics			
7	Listened with interest to someone whose values or beliefs differed from mine			
8	Tried out a new activity for the sake of doing something different			
9	Discussed an issue from all points of view			
10	Read poetry			

**[Cont.]**

Put "Y" or "N" in the "Y/N" column depending on whether or not you did the described behaviour. Then in the "rshp" column put in a letter(s) indicating who else was present – "A" (alone), "F" (family), "P" (romantic partner), "S" (stranger), "Ac" (acquaintance), "Fr" (friend). In the "lctn" put in a letter indicating your location – "H" (home), "W" (work), "S" (school), "R" (recreation), "E" (elsewhere). Note italicized items are reverse scored.

	<b><i>disagreeable behaviours</i></b>	<b>y/n</b>	<b>rsh</b>	<b>lctn</b>
1	<i>Said/did something to hurt someone's feelings (r)</i>			
2	<i>Criticized someone (r)</i>			
3	<i>Made a decision without consulting the others involved (r)</i>			
4	<i>Yelled at someone (r)</i>			
5	<i>Accused someone of talking behind my back (r)</i>			
6	<i>Got into an argument (r)</i>			
7	<i>Had doubts about someone's honesty (r)</i>			
8	<i>Felt someone betrayed my trust (r)</i>			
9	<i>Got what I wanted by withholding the truth from someone (r)</i>			
10	<i>Made a rude comment about a person passing (r)</i>			
	<b><i>conscientious behaviours</i></b>	<b>y/n</b>	<b>rsh</b>	<b>lctn</b>
1	Checked out every detail on a task I completed			
2	Put my clothes neatly away			
3	<i>Did not put away my things when I finished a project or an activity (r)</i>			
4	<i>Did poorly on an assignment or exam (r)</i>			
5	Did an important task well			
6	Finished a task on time			
7	<i>Forgot about an appointment (r)</i>			
8	Finished everything I planned to do today			
9	<i>Skipped a class, work, or other scheduled activities on a whim (r)</i>			
10	Reflected on the consequences of an action before going ahead with it			

Church, A. T., M. S. Katigbak, et al. (2008). "Prediction and cross-situational consistency of daily behavior across cultures: Testing trait and cultural psychology perspectives." *J Res Pers* 42(5): 1199-1215. Trait and cultural psychology perspectives on the cross-situational consistency of behavior, and the predictive validity of traits, were tested in a daily process study in the United States (N = 68), an individualistic culture, and the Philippines (N = 80), a collectivistic culture. Participants completed the Revised NEO Personality Inventory (Costa & McCrae, 1992) and a measure of self-monitoring, then reported their daily behaviors and associated situational contexts for approximately 30 days. Consistent with trait perspectives, the Big Five traits predicted daily behaviors in both cultures, and relative (interindividual) consistency was observed across many, although not all, situational contexts. The frequency of various Big Five behaviors varied across relevant situational contexts in both cultures and, consistent with cultural psychology perspectives, there was a tendency for Filipinos to exhibit greater situational variability than Americans. Self-monitoring showed some ability to account for individual differences in situational variability in the American sample, but not the Filipino sample.