

# **big five daily behaviour questionnaire: weekly record**

Please fill out this form at the end of each day. Put "Y" or "N" in the "?" column depending on whether or not you did the described behaviour. Then in the "r" 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 "l" put in a letter indicating your location – "H" (home), "W" (work), "S" (school), "R" (recreation), "E" (elsewhere). Note italicized items are reverse scored. The final "T" column is for totals.

	<b><i>neurotic behaviours</i></b>	<b>?</b>	<b><i>r</i></b>	<b><i>l</i></b>	<b>T</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>																							
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																							

[Cont.]



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	<b><i>conscientious behaviours</i></b>	<b><i>?</i></b>	<b><i>r</i></b>	<b><i>l</i></b>	<b><i>T</i></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																				

When using this record for individual clients (rather than in a research study), one can personalize it by only tracking relevant behaviours and possibly by adding additional individually relevant behaviours in the blank rows or even by deleting an irrelevant item and substituting a more personally relevant one.

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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.

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