FPI™ - R
Freiburger Persönlichkeitsinventar

DEVELOPED BY JOCHEN FAHRENBERG, RAINER HAMPEL & HERBERT SELG

RAPORT PREPARED FOR:
JOHN SAMPLE
(Gender: MALE)
UNDERSTANDING THIS REPORT

This report will help in the better understanding of the preferences, attitudes, and behaviors characteristic for the evaluated person in key dimensions of his/her personality.

This report is intended for the use of psychologists, counselors or other specialised professionals in their work with clients.

Although formulated like a stand-alone report, which especially in the second section (detailed report) may also be easily read by persons not trained in the usage of psychological tests, this report has been projected and developed in such a way as to offer assistance to the professional who is interpreting the test results.

These results should only be considered in conjunction with professional judgment, after a careful and detailed analysis, and only after corroborating these data with the results of an interview and, if possible, with other psychometric instruments. Results contained in this report may be subject to alterations and special highlights as a function of such corroborations made by a specialised professional.

This report is based on the FPI-R, a psychometric instrument that has been validated in a wide variety of research programs, including extensive studies in Romania.

The Freiburg Personality Inventory, Revised (FPI-R) is a structured, verbal, omnibus measure of personality traits, that was constructed to measure normal personality characteristics. The questionnaire consists of 138 items, grouped on 10 content scales, and 2 supplementary scales.

WHAT INFORMATION DOES THIS REPORT INCLUDE?

In addition to the introductory section, the report contains two main sections:

1. The FPI-R profile,
2. The Detailed Report.

1. The FPI-R profile

The FPI-R profile section contains charts of the scores characteristic for the evaluated person on the 10+2 scales of the FPI-R. The 12 scales are grouped in the chart downwards and have been pictured together with the numerical scores, a graphical representation of these scores and a short description of the significance of high and low scores.
Please note that all of the 12 FPI-R scales are pictured in the graph in such a way that high scores are placed on the right side and low scores on the left side of the graphic. This is a standard procedure for the FPI-R and for other tests that report standardized scores in stanines.

The scores for all the 12 scales of the FPI-R are represented in stanines. Stanines (from 'standard' and 'nine') are a special category of normalized scores, which comprise 9 classes. Convention states that the first stanine is the smallest and the last the highest. Stanines comprise an unequal but fixed percentage of the subjects from the normative sample. The stanines in this report are computed based on a Romanian normative sample with national representation of N=2400 subjects (1200 males and 1200 females).

Please also note that the FPI-R profile section contains two pages, one based in both scoring and graphic representation on the combined norms and another based on the specific norms, requested during the scoring process. Gender-specific, or more general scores, may be important depending on how the report is being used.

2. The detailed report

The detailed report offers a drilldown of the characteristics ascertained through the FPI-R and already pictured in the charts in the FPI-R profile section. The charts in this section and the subsequent comments are based on the combined norms.

This section has been developed in such a way as to offer assistance to the psychologist who is interpreting the results, as to minimize his/her need of reverting to the test manual.

This section may also be read by the evaluated person as part of a structured discussion or development program he/she is part of. However, consideration of the conclusions of this report should only be done after discussing them with a specialized professional.

This section contains for every one of the 10+2 FPI-R scales one chart, capturing both the stanines (in the middle) and the sample percentages for the respective stanine (below), with a special marker where the evaluated person's score has been computed. Also, below every chart one may read a description of typical behaviors for low and high scorers on the respective scale and in the upper part one may read a short description of the scale, in order to state the interpretive frame.
### THE FPI-R PROFILE

Scoring based on: **THE ROMANIAN MALE NORMS, 21-24 YEARS (N=134ss)**

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#### 1. Life satisfaction
- Discontent, depressed, pessimistic, with a dark vision on life and future
  - Content with life, mirthful, optimistic

#### 2. Social orientation
- Unsympathetic, selfish, lacks social responsibility, believes in everyone's responsibility for their own life conditions
  - Socially responsible, generous, helping, friendly with the others

#### 3. Achievement orientation
- Low achievement orientation, lacks energy, does not like competition, lacks the desire for status
  - Achievement oriented, active, fast in actions, loves competition, eager to come into his own

#### 4. Inhibitedness
- Not inhibited, self confident, looks for contacts
  - Inhibited, unsecure, avoids contacts

#### 5. Excitability
- Calm, balanced, self controlled
  - Excitable, sensitive to instigations, uncontrolled

#### 6. Aggresiveness
- Not aggressive, controlled, reserved
  - Aggressive, spontaneous and reactive behaviour, asserts him/herself

#### 7. Strain
- Unstrained, relaxed, calm, may take charge
  - Strained, overbusy, feels often stressed or burned out

#### 8. Somatic complaints
- Without psychosomatic problems, complains very little
  - With psychosomatic problems, complains a lot

#### 9. Health concerns
- Worries little concerning own health, does not spare him/herself, robust
  - Fear of falling ill, conscious of own health, spares him/herself

#### 10. Frankness
- Oriented towards behavioural and social norms, follows the rules, interested in making a good impression, reserved, introvert
  - Admits openly some of small minuses and minor violations of social rules, reserved, unconventional, franc

#### 11. Extraversion
- Introvert, reserved, serious, cautious
  - Extravert, sociable, impulsive, enterprising, participative

#### 12. Emotionality
- Emotionally stable, controlled, self confident, content with life
  - Emotionally unstable, sensitive, anxious, anguished, with a lot of physical problems and symptoms
### THE FPI-R PROFILE

Scoring based on: THE STANDARD ROMANIAN COMBINED NORMS (N=2400ss)

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<td>fear of falling ill, conscious of own health, spares him/herself</td>
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DETAILED REPORT

* This detailed report is based on the COMBINED norms.

** For usage of this detailed report, please consider the description contained in the introductory text to this file.

A. STRUCTURAL SCALES OF THE FPI-R

LEB: LIFE SATISFACTION / LEBENSZUFRIEDENHEIT

The FPI-R LEB scale is a scale of life satisfaction. Therefore, it captures the feelings of satisfaction and contentment with life, feelings that bring to the evaluated person's open behaviour one high self-acceptance, an optimistic vision of her own future, a sthenic, full of energy, mirth and vivacity behaviour.

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<th>med.-inferior</th>
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Persons with low scores on this scale are often discontent with their past or present life conditions, with their job, career or profession, with their interpersonal relationships, sometimes with their marital relations. They feel that they didn't have the opportunity, and haven't been given the occasion to show what they are really capable of. That is why they tend to dwell a lot on past events, evaluating what they could have done differently and how the situation would have been different if they had done that; they generally show a negative, overwhelmed, sad and unhappy attitude towards life, falling in some extreme cases into depression.

Persons with high scores at this scale emphasise satisfaction with their life and their optimism. They are content about their life partner and are also generally satisfied with their job, career and chosen profession. They are optimistic persons, who look brightly into the future and seem to be content with themselves, being characterized by a high level of self valuation. They display this positive attitude towards life in a healthy self confidence, with emotional stability and good spirit.

SOZ: SOCIAL ORIENTATION / SOZIALE ORIENTIERUNG

The FPI-R SOZ scale was generated for evaluating the social solidarity, especially the evaluated person's social behaviour, the degree to which the persons is generous, friendly, warm, helping and wishing to give help to people around.

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Persons with low scores at this scale emphasize the individual responsibility regarding life conditions and have a selfish and unsympathetic attitude towards other people. They consider that people should help themselves and, when this is not possible, they do not find any reason for helping them themselves. So, they consider that supporting those in need is a responsibility of the state and not so ever theirs. Therefore, they would not engage in charity.

Persons with high scores at this scale feel a strong sympathy for the others. They are generous, compassionate and helping, always ready to help the others, they understand others' problems, they are motivated to help and encourage others in managing their problems. They also have sometimes guilty feelings because of their own welfare and lifestyle and that is why they often get involved in charitable and helping actions, especially through charitable social organizations, but also individually. That is why they consider themselves directly responsible for helping those in need.
The FPI-R LEI scale was generated for evaluating the motivation for personal achievement the evaluated person feels. The achievement orientation is an important notion in psychological diagnosis, which measures a person’s ambition, wish to assert, competition behaviour, activism and determination.

The assessed person scores in this personality dimension as high as a standard score (stanine) of 6 points.

Persons with low scores at this scale have very little ambition and rarely manifest competitive behaviour. They are persons either against the competitive vision of life from principle, or persons for whom the professional and social achievements are not important goals in life.

Persons with high scores at this scale are achievement oriented and motivated to succeed in the actions they undertake. They are ambitious people, fact oriented, who address problems with energy; straightforward, efficient and very involved and interested in having success in what they do. Being in competition with others is their second nature; they enjoy having competitive positioning, either if it is about a serious competition or about the every day life relationships. Therefore, usually their most important concern in their spare time is also the professional one.

The FPI-R GEH scale was generated for evaluating the person’s degree of inhibitedness, this leading to a hesitant and shy behaviour, characterised by withdrawing, inhibition, insecurity, hesitation in contacts, with frequent components of asthenia and anxiety, little development of verbalization capacities, etc.

The assessed person scores in this personality dimension as high as a standard score (stanine) of 7 points.

Persons with low scores at this scale lack inhibitions, are active, eager for social contact, not only opened to social interactions, but also looking for them actively. They easily find people to talk to, being most of the times the ones who initiate the discussions; they are skilled interlocutors and usually behave actively and confidently in social environments.

Persons with high scores at this scale feel inhibited in social situations and in social interaction generally speaking. They express this in behaviour through the fact that they may feel embarrassed entering a room where there already are another persons, they prefer to remain in the background rather than in the foreground when at a party or a social event, they find it difficult to talk in front of a crowd and feel generally uncomfortable and difficult to stand up in front of others. They are easily bludgeoned, are often anxious and embarrassed entering a room where there already are others. They are easily bludgeoned, are often anxious and blush easily. They interact hard and without any pleasure with persons they do not know, they have difficulties making friends and they join discussions with timidity and participate monosyllabically.

The FPI-R ERR scale was generated for evaluating the behavioural excitability, this leading to a sensitive to instigation behaviour, lack of self control, characterised by a very slight aggressive manifestation, both verbal and physical. The behavioural excitability expresses a very strong emotional component to the evaluated person’s manifestations and a high level of activism and energy, which often induce overreactions.

The assessed person scores in this personality dimension as high as a standard score (stanine) of 6 points.

Persons with low scores at this scale are characterized by balance, diplomacy and moderation. Even when they go through a lot of events or disturbances, they cannot be aroused, annoyed or irritated easily. They are patient, calm, well-balanced and calculated, and also rational, reasonable.

Persons with high scores at this scale are sensitive to challenges, easy to incite. They are impulsive, easy to arouse and incite and cannot handle their anger very well. When they get angry and become furious they act aggressively and may easily manifest openly their anger physically or through threats and verbal ways of expression. They cannot relate objectively or less emotionally to the situations they have to deal with, react too sensitively and hastily, even in cases when the significance of the manifestation they dealt with was wrongly perceived or when the situation was not important anyway.
The assessed person scores in this personality dimension as high as a standard score (stanine) of 9 points.

**AGGR: AGGRESSIVENESS / AGGRESSIVITÄT**

RAW SCORE = 11, STANINE = 9

The FPI-R AGGR scale was generated for evaluating the aggressive component in a person's behaviour. This can be expressed in verbal ways, preferring rude jokes or pricking and nasty remarks, and also, at a higher intensity level, by verbal expressivity such as screams, curses, etc. Also, the aggressiveness can also manifest in physical ways. Aggressiveness, as a personality component, does not necessarily mean open aggressiveness (though it is frequently accompanied by it), but shows, in the first place, a spontaneous reactive and dominating behaviour, and the person's tendency of imposing herself.

Persons with low scores at this scale are too little aggressive, they lack this feature both spontaneously, and reactively. They are more reserved and solitary, or more inhibited in expressing themselves, or rather socially passive, therefore they can control their reactions and the aggressive acts are put down. They are not oriented either towards physically aggression, or towards frontal and harsh confrontations for getting their rights.

Persons with high scores at this scale express in their attitude and behaviour a tendency towards an aggressive assertion of their own opinions or interests. Of course, they may manifest this attitude in very different ways, they can for example enjoy calling people's attention to their mistakes, or they may have a sarcastic humour, or they may have a tendency towards rude jokes and farces. Certainly, when they feel offended or in disadvantage or when they feel their rights are violated, they defend themselves firmly and may even make use of physical force. They easily react with fury and lack of control. It is important to mention that high scores at this scale do not necessarily mean obvious aggressiveness.

**BEAN: STRAIN / BEANSPRUCHUNG**

RAW SCORE = 11, STANINE = 8

The FPI-R BEAN scale was generated for evaluating the degree of strain that characterizes a person. The degree to which, subjectively, one person perceives the strain that oppresses over her is important inasmuch as it induces psychological tension, stress, strain, nervousness. In principle, this concept makes the difference between strained persons, having physical symptoms of stress and exhaustion, asthenia and lack of energy and calm, relaxed and unstrained persons.

Persons with low scores at this scale do not feel excessively burdened or stressed out. They can deal efficiently with the assignments and requirements they have and they have an efficient coping style with the difficulties and problems they have to deal with at work, in their everyday life or their personal life. Therefore they function without excessive nervousness or anxiety and have only rarely psychological somatic acts that accompany overstuffing and exhaustion.

Persons with high scores at this scale feel overloaded, they have a lot of assignments, they always live in time emergency and confront with difficult and multiple challenges at work or in personal life. They work hard, but they wish to avoid some of the assignments they feel annoyed by, for example they wish they had more time for themselves at the end of the week, or wish to spare themselves more. The psychological tension and the stress can lead to psychological or physical symptoms, such as nervousness, lack of energy, stress, exhaustion or other manifestations.

**KÖRPER: SOMATIC COMPLAINTS / KÖRPERLICHE BESCHWERDEN**

RAW SCORE = 8, STANINE = 7

The FPI-R KÖRPER scale was generated for evaluating the degree to which the evaluated persons complain about physical symptoms. The scale does not evaluate the degree to which these symptoms are real, but, as other scales measuring physical wellbeing or health, from another personality inventories, makes inductions about a sthenic, full of healthy energy, optimism and activism behaviour, or about an aesthenic, diseased, whining, defeatist, withdrawn, pessimistic one.

Persons with low scores at this scale complain only rarely of physical affections or symptoms and generally do not confront with this kind of manifestations.

Persons with high scores at this scale have a generally disturbed state of health: they can manifest insomnia, are sensitive to weather and the weather changes can induce them asthenia or depressions, they confront with frequent headaches, etc. They often complain about more specific symptoms as well, such as cardiac function irregularities (arrhythmia), heating accesses, sensitive stomach, nervous tics, suffocation sensations, hand trembling, etc.
**GES: HEALTH CONCERNS / GESUNDHEITSSORGEN**

The FPI-R GES scale was generated for measuring the degree to which the evaluated subjects worry about their own health. This scale doesn't allow conclusions about the evaluated subjects' real state of health either, but it describes persons who are very cautious and characterized by stressed worries about their state of health, both present and future, characterized by the fear of rendering sick. All these lead to a behaviour that is cautious, sparing, with hypochondriac tendencies, oriented towards the medical zone, with frequent appeal to medication, with tendency towards food and lifestyle control.

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Persons with low scores at this scale have little worries regarding their own state of health. They are not aware of the risks of their lifestyle for their own health, do not take into account the importance of physical signs received from their own body, they sometimes even ignore them. They are for sure, at the behavioural level, robust persons and do not spare themselves especially.

Persons with high scores at this scale have a very self health conscious behaviour and are very careful to it. They try to reduce, by their lifestyle, the risks of some possible diseases, affections, infections, etc., they also try to reduce the risk of accidents. Because of that, and because of their slightly hypochondriac tendency, they are oriented intensely towards the traditional or sometimes alternative medical area, and therefore they often ask doctor's or therapist's advice.

**OFF: FRANKNESS / OFFENHEIT**

The FPI-R OFF scale was created to differentiate the open, unreserved and unconventional behaviours, that characterised by straightforwardness. These describe persons who have not many things to hide, who admit little deficiencies or behaviours that are at the boundaries of social desirability. Also, the scale proved its importance in the validation of the FPI-R protocol, as it differentiates the attempts of answers distortion, the behaviours characterized by an active impression management, and by lack of self-criticism instances.

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Persons with low scores at this scale take into account strongly in their behaviour the social norms and the conventional behavioural and cohabitation rules. Also, these persons are very interested in making a good impression to other people, being characterised by a very active impression management. The reasons for the low scores can be multiple: lack of some very defined self-criticism, self-idealization resorts, the lack of principle to such questions or the lack of availability to admitting even the smallest norms violation.

Persons with high scores at this scale have the tendency of admitting frankly the deficiencies they have – or at least a part of these, usually the minor ones. They also admit minor violations of behavioural rules or of social cohabitation norms. Examples of such acts, which we probably all have to a certain extent, are: delays, postponements of some important things, joy at hearing somebody else's problems, occasional lies, nasty remarks, etc. So, persons having high scores at Frankness admit these violations frankly and without shame, because they are rules oriented, or because they do not consider them as being flagrant or even noticeable norm breakings.
### E: Extraversion / Extraversion

**RAW SCORE = 12, STANINE = 7**

The FPI-R E scale was generated for evaluating the extraversion – introversion continuum, stated by most of the personality theories as one of its basic dimensions. The FPI-R E scale followed the definition of the two concepts according to Eysenck’s personality theory (Eysenck & Eysenck, 1969, 1975), making the difference between the sociable, impulsive, active and socially present, dynamic and vivid persons, on one hand; and reserved, uncommunicative, controlled, introvert ones, on the other hand.

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Persons with low scores at this scale are reserved in social interaction, feel better when they spend their time alone than in other people's company. They are calm and serious, monosyllabic and less communicative in conversation, rather controlled than impulsive, not enterprising.

Persons with high scores at this scale are sociable and impulsive. They cherish adventure, change, lack of monotony, conversation with other people, they make new friends very easily, feel good in other's people company and behave and act in social environments without feeling restricted. They are full of vitality, communicative, fast and often get up to people's tricks. Being vital and, active and enterprising, they are often in tune for taking over different tasks or the management of some mutual actions.

### N: Emotionality / Emotionalität

**RAW SCORE = 13, STANINE = 9**

The FPI-R N scale was generated for evaluating the emotional stability – emotional lability continuum, considered by a part of the personality theories as one of its essential dimensions. The FPI-R E scale followed the definition of the two concepts according to Eysenck’s personality theory (Eysenck & Eysenck, 1969, 1975), but can also be found as neurotics – emotional stability in Big Five (Costa & McCrae, 1985, 1987), or in Vernon's circumplex model (Vernon, 1953). The scale differentiates between emotionally stable, controlled, optimistic and self confident, content with life persons, on one hand; and neurotic, emotional instable, anxious, with anguish, distress ones, on the other hand.

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Persons with low scores at this scale are relatively content with their own life. They are relaxed, optimistic, approach things without obstinacy. They have a balanced mentality, are very little concerned with worries, anxiety, distress. They are not over sensitive, are relatively free from inner conflicts, do not have health worries or psychosomatic symptoms.

Persons with high scores at this scale prove many inner problems and conflicts. On one hand they are irascible and easy to provoke, on the other hand they feel aesthetic, nervesless, or not participative. Their psychological state is often labile and unbalanced. Even when they are not excessively labile, their primary psychological state is one of stress or anxiety. They think a lot in a pessimistic tone of their life condition, are pessimism oriented, feel misunderstood by their acquaintances or family members. They worry frequently and seriously about their state of health, because they often feel overwhelmed by events and stressed out, edgy and have different psychosomatic symptoms.
ANSWERS TO THE ITEMS

1: 'A'
2: 'F'
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GENERAL STATISTICS (MODUS OPERANDI)

# 'A' answers: 111 out of 138 (80.43%)
# 'F' answers: 27 out of 138 (19.57%)
# missing answers: 0 out of 138 (0.00%)

RAW SCORES

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