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Mmpi test questions online

Personality tests are a great way to explore different aspects of who you are, and uncover layers you perhaps hadn't recognized about yourself before. Being truly self-aware is hard -- while they might not be always 100% accurate, personality tests work well as a starting point for self-discovery by providing results you might not have concluded on your own. There are hundreds of personality tests out there -- some label you with a general personality type, while others delve into your best potential career paths. Some challenge you to look at ink blots, while others ask you detailed multiple choice questions. While many of these tests are unreliable and don't offer any real scientific validation, others can provide potentially astute, psychologically-based insight into your behaviors, ambitions, and temperament in times of conflict. In fact, some online personality tests are thought-provoking indicators into why you make decisions, who you work well with, and how to modify your attitude towards people whose personalities clash with yours. In both your work and personal life, this information can be invaluable. When you've got some downtime and want to explore aspects of who you are, or get some guidance on potential career paths, take a look at the best free online personality tests we've compiled. Whether you're interested in general information about your personality, or emotional intelligence-related insight, you're bound to learn something. Free Myers-Brigg Personality Tests Myers-Briggs is a widely respected and popular personality assessment tool -- first used in the 1940s, the test was developed by Katharine Cook Briggs and her daughter, Isabel Briggs Myers. Initially inspired by Jung's personality theory, the Myers-Briggs test conveniently separates people into 16 categories of personalities, providing each person with a four-letter acronym. The following four tests are broad-stroke indicators of who you are, using inspiration from Myers-Briggs. Among other things, the tests cover your communication styles, your strengths and weaknesses, your desires and ambitions, how you see the world, and how people perceive you. If you've never taken a test based off Carl Gustav Jung's psychological traits, or Myers-Briggs' 16 categories of personalities, I'd suggest you take at least one of these. You'll be surprised by the accuracy of some of the statements, and more importantly, you could gain insight into how your behavior is perceived by others, helping you improve both professional and personal relationships. 1. 16 Personalities 16 Personalities covers five broad personality aspects: mind, energy, nature, tactics and identity. The test is based on Carl Gustav Jung's study of psychological traits (e.g. extroversion vs. introversion) and the Myers-Briggs test, two popular personality theories meant to determine an extensive overview of who you are. Among other things, the test will cover how you communicate and relate to others -- both professionally and personally -- what you value and strive for, and how you make decisions. 16 Personalities has been taken over 126 million times, and is available in 30 languages. 2. Personality Perfect Similar to 16 Personalities, Personality Perfect is also based on Jung's and Myers-Briggs' personality theories, and uses four broad categories -- extraversion vs. introversion, sensing and intuition, thinking and feeling, and judging and perceiving -- to compile a four-letter abbreviation of your personality type (e.g. "INFP"). The test provides a broad overview of how you connect with others, how you behave, and, perhaps most surprising, how you're likely seen by others. 3. Human Metrics If you've ever wondered which famous personalities share your personality type, you're in luck -- Human Metrics shows you that information, along with your four-letter personality type (again, based off Jung and Myers-Briggs theories). With this test, you'll get information about which career paths are most suitable for your personality type. If you're having trouble choosing a career path or doubting the one you've chosen, maybe this test can help you figure it out. 4. TestColor Test Color, a test validated by a team of clinical psychologists, psychoanalysts and mathematicians, asks you just two questions: "Click on the colors you like most," and "Click on the colors you like least." Test Color tells you about your emotional intelligence, your creativity and imagination, your social skills, and your work style, including organization and management styles. I found it to be surprisingly accurate: in two questions, it nailed how I communicate with others and how I act in group settings. Free Disc Personality Tests The DISC assessment determines where you lie on four DISC factors: dominance, influence, steadiness, and compliance. DISC is one of the most popular and authoritative career assessments out there, and many companies encourage their employees to take it. Undoubtedly, personality affects our career ambitions, as well as how we perform in different workplace environments. If you're particularly extraverted, maybe you've chosen a career path that enables you to work daily with large groups of people. If you have certain communication styles that rely on passivity and emotion, perhaps your boss's direct statements sometimes offend you. Arming yourself with a sense of self-awareness could help you find your optimal career path, foster better work relationships, and mitigate work conflict more effectively. Here are four career-focused tests to help you achieve higher work satisfaction. 1. Crystal Crystal provides a free DISC assessment, which tells you (among other things) how your personality fits into your work environment, who you work well with, who you might have conflict with, how you perceive other's behaviors, and how other's perceive yours. The test helps you understand how your own personality biases you towards certain colleagues (i.e. your personality might take another coworker's comments offensively, while the coworker just believes in being direct), which could strengthen your work relationships. Best of all, Crystal also offers an accurate personality test, enabling you to build an extensive personality profile on one website. Plus, when you input your company, Crystal lets you see your colleague's personality profiles -- undeniably critical information when you're looking to empathize with a coworker. driving 4 image by Andrzej Borowicz from Fotolia.com If you're planning on taking the driving permit test, your very first step will involve picking up or download the state-issued driver's manual from your local department of motor vehicles (DMV) or registry of motor vehicles (RMV). Once you've read through the manual cover to cover and studied a few key points, use your common sense and general familiarity with the rules of the road to help you pass with flying colors. A large section of the driver's manual centers on safety laws. While much of this information is highly technical and includes lengthy lists of fees, suspension times and warning suspensions it is important to memorize a few key points. First and foremost, the book will inform you that you should never drive while under the influence of drugs or alcohols, including prescribed medication that could impair your driving. Also, know your state's laws regarding DUIs for both adults and minors--you don't have to know all the details, but pay attention to penalties for minors and for refusing alcohol tests, and blood alcohol level (BAC) limits. Safety questions might also ask about laws pertaining to cell phone use and/or text messaging while driving, child seating requirements and use of headphones. Common questions might include: Which of the following drugs could affect your driving ability? A Marijuana B Tranquilizer C Cold Remedy D All of the above What is the only effective way to reduce your BAC? A Drinking water after every drink B Time: waiting it out C Eating carbs D Drinking beer and not hard liquor Your test will cover the basic rules of the road. Familiarize yourself with common road signs, such as "Yield," "Stop" and "Merging Lane." Understand rules regarding left and right turns at intersections. Know when to turn on your lights and when you can use the brights. Common questions might include: What's the best way to gauge that you are the correct distant from the car in front of you? A You can read all the bumper stickers. B You use a road marker and count the 2 seconds between the time the car in front of you passes the marker and you pass the marker. C You eyeball a distance of 50 feet. D All of the above When is it legal to pass a school bus with blinking lights? A Always B Never C Depends on the time of day D Only during the school year At a four-way intersection without a light, who has the right of way? A The first car to arrive B The car that goes first C There is no right of way. D The biggest car The test will also include questions about tricky situations that come up while driving. After all, much of driving safety centers on using your common sense and preparing yourself for the unexpected. Learn your state's regulations regarding emergency stops on the side of the road, driving in rain and snow, driving in fog, steering failures and getting in accidents. Common questions might include: When is the road the most slippery? A An hour after it's been raining B The first few minutes after rainfall C Only after a heavy rain D When it's been drizzling all day What do you do if you lose control of your steering and your car begins to swerve? A Brake hard and turn against the swerve. B Turn on the emergency brake light. C Apply gas. D Turn the wheel in the direction of the swerve. By Hollan Johnson While many modern computers--PCs and Macs alike--have built-in microphones, many older computers do not. Therefore, if you want to record your voice or talk to people online with your computer, you will have to purchase an external microphone. External microphones for computers come in a few different varieties. Most computer microphones connect to the computer either by USB, Bluetooth or through the "Audio In" line on the computer. If you want to test your microphone online, several websites will allow you to do so. Plug your microphone into your computer if it is an external microphone and turn it on. Go to the Start menu and select the "Control Panel." Choose what type of microphone you are using--headset or a desktop. Adjust your USB microphone accordingly and click "Finish" when you are done. Go to the Online Tutoring System's microphone test page in Resources. Click "Allow" in the flash window and speak into your microphone. If the bubbles move, your microphone works. If the bubbles do not move, adjust the setting in the Control Panel or turn your microphone off and back on again. Go to Midomi's microphone test page in the Resources. Click "Allow" in the flash window on the website. Select your type of microphone from the "Pick your Microphone" menu and press the "Record 5 second sample" button to record your voice. Speak into the microphone for five seconds and listen to the sample. If you can hear your voice, the mic is working. If not, adjust your microphone's settings in the Control Panel. Go to the Johns Hopkins University microphone test page using the link in Resources. The Johns Hopkins University microphone test works for USB microphones only. Click "Allow." Speak into the microphone for a few seconds. The test will let you know if your mic is the right level or not. If not, go to the "Sounds and Audio Devices" in the Control Panel to change it. Software testing is the process of checking the quality and completion of a developed computer software before it reaches the end user. It helps detect errors, gaps, and missing requirements and is executed either manually or with test automation tools, such as Selenium and TestingWhiz. A good software tester has a strong understanding of software testing technical features. They can analyze complex data with attention to detail and have hands-on experience with automation, defect tracking and test management tools. As for the non-technical skills, a software tester should be able to deliver their projects on time and communicate testing results efficiently to managers and customers. You can assess the candidate's technical and soft skills by following these two steps: Ask candidates to complete an exercise that shows their software testing competency and familiarity with testing tools. Ask role-specific and operational questions during the interview to assess how qualified they are for the role. Manual testing interview questions bring additional value to the evaluation process. Software Testing interview questions These are some of the most common software tester interview questions to ask (including some manual testing interview questions): Operational questions What are the differences between a Bug, an Error, a Defect, a Mistake, and a Fault? What is the difference between STLC (Software Testing Life Cycle) and SDLC (Software Development Life Cycle)? Is it possible to do system testing at all stages during SDL? Tell us the testing methods you know. Which one do you prefer and why? Describe briefly the process of manual testing. What tools do you use for bug or defect management? What would you include in a report about a defect? How can you remove product risk in your project? What are the different types of defects you can run into? Role-specific questions How did you get into software testing? What do you find interesting about it? When and how do you know that testing is done? When and how do you know that a project has failed? Do you prefer manual or automatic tests? Explain why. Based on what criteria would you assign tasks to your team members? How well do you work within tight deadlines? You have finished software testing but the developers do not agree with the results. How do you respond? What is your approach when you craft documents? Do you keep them short and concise or prefer to provide more descriptive documentation? Why? Why do you think a risk approach is important in testing? Describe the biggest challenge you faced in software testing. Feel free to download the software testing interview questions PDF below for future use. More resources: Similar interview questions templates include: Share on PinterestThe Minnesota Multiphasic Personality Inventory (MMPI) is one of the most commonly used psychological tests in the world. The test was developed by clinical psychologist Starke Hathaway and neuropsychiatrist J.C. McKinley, two faculty members at the University of Minnesota. It was created to be a tool for mental health professionals to help diagnose mental health disorders. Since its publication in 1943, the test has been updated several times in an attempt to eliminate racial and gender bias and to make it more accurate. The updated test, known as the MMPI-2, has been adapted for use in over 40 countries. This article will take a closer look at the MMPI-2 test, what it's used for, and what it can help diagnose. The MMPI-2 is a self-report inventory with 567 true-false questions about yourself. Your answers help mental health professionals determine whether you have symptoms of a mental illness or personality disorder. Some questions are designed to reveal how you feel about taking the test. Other questions are intended to reveal whether you're being genuine or are under- or over-reporting in an effort to influence the test results. For most people, the MMPI-2 test takes 60 to 90 minutes to complete. A shorter version of the test, the MMPI-2 Restructured Form (RF), has 338 questions. This shortened version takes less time to complete -- between 35 and 50 minutes for most people. Researchers have also designed a version of the test for adolescents ages 14 to 18. This test, known as the MMPI-A, has 478 questions and can be completed in about an hour. There is also a shorter version of the test for teenagers called the MMPI-A-RF. Made available in 2016, the MMPI-A-RF has 241 questions and can be finished in 25 to 45 minutes. Although the shorter tests are less time consuming, many clinicians opt for the longer assessment because it has been researched over the years.MMPI tests are used to help diagnose mental health disorders, but many mental health professionals don't rely on a single test to make a diagnosis. They usually prefer to gather information from many sources, including their own interactions with the person being tested. The MMPI should only be administered by a trained test administrator, but the test results are sometimes used in other settings. MMPI evaluations are sometimes used in child custody disputes, substance abuse programs, educational settings, and even employment screenings. It's important to note that using the MMPI as part of a job qualification process has caused some controversy. Some advocates argue that it violates the provisions of the Americans with Disabilities Act (ADA). The test items on the MMPI are designed to find out where you are on ten different mental health scales. Each scale relates to a different psychological pattern or condition, but there's a lot of overlap between the scales. Generally speaking, very high scores may indicate a mental health disorder. Here's a brief explanation of what each scale evaluates.Scale 1: HypochondriasisThis scale contains 32 items and is designed to measure whether you have an unhealthy concern for your own health. A high score on this scale could mean that worrying about your health is interfering with your life and causing problems in your relationships. For example, a person with a high Scale 1 score might be prone to developing physical symptoms that don't have an underlying cause, especially during periods of high stress. Scale 2: DepressionThis scale, which has 57 items, measures satisfaction with your own life. A person with a very high Scale 2 score could be dealing with clinical depression or having frequent suicidal thoughts. A slightly elevated score on this scale could be an indication that you're withdrawn or unhappy with your circumstances.Scale 3: HysteriaThis 60-item scale evaluates your response to stress, including both your physical symptoms and emotional response to being under pressure. Studies have shown that people with chronic pain may score higher on the first three scales because of prolonged, heightened health concerns.Scale 4: Psychopathic deviateThis scale was originally intended to reveal whether you are experiencing psychopathology. Its 50 items measure antisocial behaviors and attitudes, in addition to compliance or resistance to authority. If you score very high on this scale, you might receive a diagnosis with a personality disorder.Scale 5: Masculinity/femininityThe original purpose of this 56-question test section was to elicit information about people's sexuality. It stems from a time in which some mental health professionals viewed same-sex attraction as a disorder. Today, this scale is used to evaluate how consistently you seem to identify with gender norms. Scale 6: ParanoiaThis scale, which has 40 questions, evaluates symptoms associated with psychosis, particularly: High scores on this scale could indicate that you are dealing with either a psychosis disorder or a paranoid personality disorder. Scale 7: PsychastheniaThis 48-item scale measures:The term "psychasthenia" is no longer used as a diagnosis, but mental health professionals still use this scale as a way of evaluating unhealthy compulsions and the disruptive feelings they cause.Scale 8: SchizophreniaThis 78-item scale is intended to show whether you have, or are likely to develop, a schizophrenia disorder. It considers whether you're experiencing hallucinations, delusions, or bouts of extremely disorganized thinking. It also determines to what degree you may feel alienated from the rest of society.Scale 9: HypomaniaThe purpose of this 46-item scale is to evaluate the symptoms associated with hypomania, including: If you have a high Scale 9 score, you may be having symptoms associated with bipolar disorder.Scale 10: Social introversionOne of the later additions to the MMPI, this 69-item scale measures extroversion or introversion. This is the degree to which you seek out or withdraw from social interactions. This scale considers, among other things, your:competitivenesscomplacenceintimidabilityValidity scales help test administrators understand how genuine a test taker's answers are.In situations where test results could impact a person's life, such as employment or child custody, people might be motivated to over-report, under-report, or be dishonest. These scales help reveal inaccurate answers.The "L" or lie scalePeople who score high on the "L" scale may be trying to present themselves in a glowing, positive light by refusing to acknowledge traits or responses they fear could make them look bad.The "F" scaleUnless they're choosing random answers, people who score high on this scale may be trying to seem in worse condition than they actually are. These test items aim to reveal inconsistencies in answer patterns. It's important to note that a high score on the "F" scale could also indicate severe distress or psychopathology.The "K" scaleThese 30 test items focus on self-control and relationships. They're intended to reveal a person's defensiveness around certain questions and traits. Like the "L" scale, items on the "K" scale are designed to highlight a person's need to be seen positively. The CNS scaleSometimes called the "Cannot Say" scale, this evaluation of the entire test measures how often a person doesn't answer a test item. Tests with more than 30 unanswered questions may be invalidated. The TRIN and VRIN scalesThese two scales detect answer patterns that indicate the person taking the test chose answers without actually considering the question. In a TRIN (True Response Inconsistency) pattern, someone uses a fixed answer pattern, such as five "true" followed by five "false" answers. In a VRIN (Varied Response Inconsistency) pattern, a person responds with random "trues" and "falses." The Fb scaleTo catch a significant change in answers between the first and second halves of the test, test administrators look at 40 questions in the second half of the test that aren't usually endorsed. If you answer "true" to these questions 20 more times than you answer "false," the test administrator may conclude that something is distorting your answers. It could be that you've become fatigued, distressed, or distracted, or that you have begun to over-report for another reason. The Fp scaleThese 27 test items are intended to reveal whether you're intentionally or unintentionally over-reporting, which can indicate a mental health disorder or extreme distress.The FBS scaleThese 43 test items, which are sometimes called the "symptom validity" scale, are designed to detect intentional over-reporting of symptoms. This can sometimes happen when people are pursuing personal injury or disability claims.The "S" scaleThe Superlative Self-Presentation scale takes a look at how you answer 50 questions about serenity, contentment, morality, human goodness, and virtues like patience. This is to see if you could be intentionally distorting answers to look better. If you under-report in 44 of the 50 questions, the scale indicates that you may be feeling a need to be defensive.The MMPI-2 has a total of 567 test items, and it will take you between 60 and 90 minutes to finish. If you're taking the MMPI2-RF, you should expect to spend between 35 and 50 minutes answering 338 questions. There are booklets available, but you can also take the test online, either by yourself or in a group setting. The test is copyrighted by the University of Minnesota. It's important that your test is administered and scored according to the official guidelines. To be sure that your test results are interpreted and explained to you accurately, it's a good idea to work with a clinical psychologist or psychiatrist specially trained in this kind of testing. The MMPI is a well-researched and respected test designed to help mental health professionals diagnose mental health disorders and conditions. It's a self-reporting inventory that evaluates where you fall on 10 scales related to different mental health disorders. The test also uses validity scales to help test administrators understand how you feel about taking the test and whether you've answered the questions accurately and honestly. Depending on which version of the test you take, you can expect to spend between 35 and 90 minutes answering the questions. The MMPI is a reliable and widely used test, but a good mental health professional won't make a diagnosis based solely on this one assessment tool.

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