

Research Study: A Network Analytic Approach to the Personality Inventory for the DSM-5 Brief Form (PID-5-BF)

Hello and a big **WELCOME**

INTRODUCTION

You are invited to participate in a South African-based research study on personality functioning and personality pathology.

In order to participate you need to meet the following **eligibility criteria**:

- 1. Be 18 years or older**
- 2. Have a good understanding of the English language**
- 3. Reside within South Africa**

PURPOSE

This is **the first research study** to validate the PID5-BF questionnaire for use in **South Africa**. Additionally, the study aims to understand how personality and personality pathology function by looking at it from a network perspective, meaning, exploring how different personality traits influence one another directly and can lead to possible personality dysfunction.

PARTICIPATION

It will take **approximately 10-15 minutes** to complete the survey, depending on your reading speed. Your participation in this study is **completely voluntary** and you are free to withdraw from the study at any point.

CONFIDENTIALITY

It is very important for the study to **receive your most honest responses**, and therefore, no identifying information will be requested. Your survey responses will be coded and therefore **remain entirely anonymous and confidential**. All data gathered from this research study will only be used by the researcher. If you have questions about this study, you may contact the researcher, **Esmarilda Dankaert**, directly via email at **esmarildad@gmail.com**.

INFORMED CONSENT

By **selecting to start** this questionnaire, you are **directly consenting** to participating in this research study.

When you are ready, you can proceed to answering the questionnaire by clicking on the "Next" button below.

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Biographical Information

* How old are you at present?

* What is your gender?

- ☐ Female
- ☐ Male
- ☐ Transgender
- ☐ Do not want to specify
- ☐ Other

* What is your race or ethnicity?

- ☐ Asian
- ☐ Black
- ☐ Coloured
- ☐ Indian
- ☐ White
- ☐ Multiracial or Multiethnic
- ☐ Other (Please specify below):

* What is your highest level of education?

- ☐ School-based education only
- ☐ National Senior Certificate / Grade 12 (NQF 4)
- ☐ Post-Matric Certificate / Higher Certificate (NQF 5)
- ☐ College degree / Diploma (NQF 6)
- ☐ Graduate degree (NQF 7-9)
- ☐ Doctorate degree (NQF 10)

* Which of the following best describes your current occupation?

- ☐ Management Occupations
- ☐ Business and Financial Operations Occupations
- ☐ Computer and Mathematical Occupations
- ☐ Architecture and Engineering Occupations
- ☐ Life, Physical, and Social Science Occupations
- ☐ Community and Social Service Occupations
- ☐ Legal Occupations
- ☐ Education, Training, and Library Occupations
- ☐ Arts, Design, Entertainment, Sports, and Media Occupations
- ☐ Healthcare Practitioners and Technical Occupations
- ☐ Healthcare Support Occupations
- ☐ Protective Service Occupations
- ☐ Food Preparation and Serving Related Occupations
- ☐ Building and Grounds Cleaning and Maintenance Occupations
- ☐ Personal Care and Service Occupations
- ☐ Sales and Related Occupations
- ☐ Office and Administrative Support Occupations
- ☐ Farming, Fishing, and Forestry Occupations
- ☐ Construction and Extraction Occupations
- ☐ Installation, Maintenance, and Repair Occupations
- ☐ Production Occupations
- ☐ Transportation and Materials Moving Occupations
- ☐ Student
- ☐ Other (please specify)

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QUESTIONNAIRE 1

Below is a list of things people generally say about themselves. We are interested in how you would describe yourself. There are no right or wrong answers. Please answer as honestly as possible. All your responses are confidential. Please take your time to read each statement carefully and select the response that best describes you.

* Plenty of people are out to get me.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I feel like I act totally on impulse.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I change what I do depending on what others want.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I usually do what others think I should do

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I usually do things on impulse without thinking about what might happen as a result.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Even though I know better, I can't stop making rash decisions.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I really don't care if I make other people suffer.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I always do things on the spur of the moment.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* Nothing seems to interest me very much.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* People have told me that I think about things in a really strange way.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I almost never enjoy life.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I am easily angered.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I have no limits when it comes to doing dangerous things.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* To be honest, I'm just more important than other people.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* It's weird, but sometimes ordinary objects seem to be a different shape than usual.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I do a lot of things that others consider risky.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I worry a lot about being alone.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I often make up things about myself to help me get what I want.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I keep approaching things the same way, even when it isn't working.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I do what other people tell me to do.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I like to take risks.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

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QUESTIONNAIRE 1 (continues)

* Others seem to think I'm quite odd or unusual.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I love getting the attention of other people.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I worry a lot about terrible things that might happen.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I have trouble changing how I'm doing something even if what I am doing isn't working well.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* The world would be better off if I were dead.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I keep my distance from people.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I don't get emotional.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I prefer to keep romance out of my life.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I don't show emotions strongly.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I have a very short temper.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I get fixated on certain things and can't stop.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* If something I do isn't absolutely perfect, it's simply not acceptable.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I often have unusual experiences, such as sensing the presence of someone who isn't actually there.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I am good at making people do what I want them to do.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm always worrying about something.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm better than almost everyone else.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm always on my guard for someone trying to trick or harm me.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I have trouble keeping my mind focused on what needs to be done.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm just not very interested in having sexual relationships.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I get emotional easily, often for very little reason.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* Even though it drives other people crazy, I insist on absolute perfection in everything I do.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I almost never feel happy about my day-to-day activities.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* Sweet-talking others helps me get what I want.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I fear being alone in life more than anything else.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I get stuck on one way of doing things, even when it's clear it won't work.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm often pretty careless with my own and others' things.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I am a very anxious person.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I am easily distracted.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I "seem" like I'm always getting "a raw deal" from others.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I don't hesitate to cheat if it gets me ahead.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

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QUESTIONNAIRE 1 (continues)

* I don't like spending time with others.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I never know where my emotions will go from moment to moment.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I have seen things that weren't really there.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I can't focus on things for very long.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I steer clear of romantic relationships.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I'm not interested in making friends.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I'll do just about anything to keep someone from abandoning me.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Sometimes I can influence other people by just sending my thoughts to them.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Life looks pretty bleak to me.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I think about things in odd ways that don't make sense to most people.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I don't care if my actions hurt others.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Sometimes I feel "controlled" by thoughts that belong to someone else.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I make promises that I don't really intend to keep.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Nothing seems to make me feel good.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I get irritated easily by all sorts of things.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I do what I want regardless of how unsafe it might be.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I often forget to pay my bills.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I'm good at conning people.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* Everything seems pointless to me.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I get emotional over every little thing.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* It's no big deal if I hurt other peoples' feelings.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I never show emotions to others.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I have no worth as a person.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I am usually pretty hostile.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I've skipped town to avoid responsibilities.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I like being a person who gets noticed.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'm always fearful or on edge about bad things that might happen.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I never want to be alone.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I keep trying to make things perfect, even when I've gotten them as good as they're likely to get.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* My emotions are unpredictable.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

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QUESTIONNAIRE 1 (continues)

* I don't care about other people's problems.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I don't react much to things that seem to make others emotional.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I avoid social events.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I deserve special treatment.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I suspect that even my so-called "friends" betray me a lot.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I crave attention.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* Sometimes I think someone else is removing thoughts from my head.

Very False	Mostly False	Mostly True	Very True
☐	☐	☐	☐

* I simply won't put up with things being out of their proper places.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I often have to deal with people who are less important than me.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I get pulled off-task by even minor distractions.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I try to do what others want me to do.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I prefer being alone to having a close romantic partner.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I often have thoughts that make sense to me but that other people say are strange.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I use people to get what I want.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I've had some really weird experiences that are very difficult to explain.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I like to draw attention to myself.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* Things around me often feel unreal, or more real than usual.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* I'll stretch the truth if it is to my advantage.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

* It is easy for me to take advantage of others.

Very False

Mostly False

Mostly True

Very True

☐☐☐☐

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QUESTIONNAIRE 2

INSTRUCTIONS: Over the last 2 weeks, how often have you been bothered by any of the following problems?

* Little interest or pleasure in doing things.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Feeling down, depressed, or hopeless.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Trouble falling/staying asleep, sleeping too much.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Feeling tired or having little energy

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Poor appetite or overeating.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Feeling bad about yourself or that you are a failure or have let yourself or your family down.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Trouble concentrating on things, such as reading the newspaper or watching television.

Not at all	Several days	More than half of the days	Nearly every day
☐	☐	☐	☐

* Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual.

Not at all

Several days

More than half of the days

Nearly every day

☐☐☐☐

* Thoughts that you would be better off dead or of hurting yourself in some way.

Not at all

Several days

More than half of the days

Nearly every day

☐☐☐☐

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QUESTIONNAIRE 3

INSTRUCTIONS: Below are a number of characteristics that may or may not apply to you. *For example, do you agree that you are a person who likes to spend time with others?*

Please select how much you agree or disagree with each statement below.

Read each statement starting with: "I SEE MYSELF AS A PERSON WHO ... "

* is talkative

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* tends to find fault with others

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* does a thorough job

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is depressed and/or blue

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is original, comes up with new ideas

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is reserved

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is helpful and unselfish with others

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* can be somewhat careless

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is relaxed, handles stress well

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is curious about many different things

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is full of energy

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* starts quarrels with others

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is a reliable worker

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* can be tense

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is ingenious, a deep thinker

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* generates a lot of enthusiasm

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* has a forgiving nature

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* tends to be disorganized

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* worries a lot

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* has an active imagination

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* tends to be quiet

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is generally trusting

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* tends to be lazy

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is emotionally stable, not easily upset

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is inventive

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* has an assertive personality

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* can be cold and aloof

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* perseveres until the task is finished

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* can be moody

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* values artistic, aesthetic experiences

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is sometimes shy, inhibited

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is considerate and kind to almost everyone

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* does things efficiently

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* remains calm in tense situations

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* prefers work that is routine

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is outgoing, sociable

Strongly Disagree	Disagree a little	Neither Agree or Disagree	Agree a little	Strongly agree
☐	☐	☐	☐	☐

* is sometimes rude to others

Strongly Disagree

Disagree a little

Neither Agree or
Disagree

Agree a little

Strongly agree



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QUESTIONNAIRE 4

INSTRUCTIONS: Please read each action below, and select the answer that is most true for you.

* Do you **smoke**?

- ☐ No
- ☐ Yes, I enjoy it and I am happy with how much I smoke
- ☐ Yes, I enjoy it, but I would prefer to smoke less or stop entirely
- ☐ Yes, but I dislike it, and wish I could smoke less or stop entirely

* Do you drink **alcohol**?

- ☐ No
- ☐ Yes, I enjoy it and I am happy with how much alcohol I drink
- ☐ Yes, I enjoy it, but I would prefer to drink less alcohol or stop entirely
- ☐ Yes, but I dislike it, and wish I could drink less alcohol or stop entirely

* Do you watch **pornographic material**?

- ☐ No
- ☐ Yes, I enjoy it and am comfortable with the amount of pornographic material I watch
- ☐ Yes, I enjoy it, but I would prefer to watch less pornographic material or stop entirely
- ☐ Yes, but I dislike it, and wish I could watch less pornographic material or stop entirely

* Do you **exercise**?

- ☐ No
- ☐ Yes, I enjoy it and am comfortable with the amount of I exercise I do
- ☐ Yes, I enjoy it, but I would prefer to exercise less or have a healthier relationship with exercise
- ☐ Yes, but I dislike it, and wish I could exercise less or have a healthier relationship with exercise

* Do you use **illegal substances**?

- ☐ No
- ☐ Yes, I enjoy it and I am comfortable with the amount that I use
- ☐ Yes, I enjoy it, but wish I could use less or stop entirely
- ☐ Yes, but I dislike it, and wish I could use less or stop entirely

* Do you **gamble**?

- ☐ No
- ☐ Yes, I enjoy it and am comfortable with the amount of gambling I engage in
- ☐ Yes, I enjoy it, but would prefer to gamble less or stop entirely
- ☐ Yes, but I dislike it, and would prefer to gamble less or stop entirely

* Do you use **social media**?

- ☐ No
- ☐ Yes, I enjoy it and I am comfortable with how much time I spend on social media
- ☐ Yes, I enjoy it, but would prefer to spend less time using social media or stop entirely
- ☐ Yes, but I dislike it, and would prefer to spend less time using social media or stop entirely

* Do you have **unhealthy eating behaviours**?

- ☐ No
- ☐ Yes, but I feel I am able to control these behaviours
- ☐ Yes, but wish I had more control over these behaviours as they negatively impact some areas of my life
- ☐ Yes, but I wish I had complete control over these behaviours as they negatively impact all areas of my life

* Do you **play video/online games**?

- ☐ No
- ☐ Yes, I enjoy it, and am comfortable with the amount that I play
- ☐ Yes, I enjoy it, but would prefer to play less or stop entirely
- ☐ Yes, but I dislike it, and would prefer to play less or stop entirely

* Do you **enjoy shopping**?

- ☐ No
- ☐ Yes, I enjoy it and am comfortable with the amount of shopping I do
- ☐ Yes, I enjoy it, but would prefer to shop less or stop shopping entirely
- ☐ Yes, but I dislike it, and would prefer to shop less or stop shopping entirely

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QUESTIONNAIRE 5

INSTRUCTIONS: Please indicate how much you agree or disagree with the following statements.

* I strive to be as perfect as possible.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* People are disappointed in me whenever I don't do something perfectly.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Disagree
☐	☐	☐	☐	☐

* Everyone expects me to be perfect.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* I have a strong need to be perfect.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* My value as a person depends on being perfect.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* I always need to be aiming for perfection to feel "right" about myself.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* I could never respect myself if I stopped trying to achieve perfection.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* I never settle for less than perfection from myself.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* It is important to me to be perfect in everything I attempt.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* People make excessive demands of me.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* Striving to be as perfect as possible makes me feel worthwhile.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* My opinion of myself is tied to being perfect.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* I do things perfectly, or I don't do them at all.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐

* People expect too much from me.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
☐	☐	☐	☐	☐



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THE END!

Thank you so much for participating in this research study! Your time is greatly valued.