

ACADEMIC TESTING CENTER (AVAILABLE TESTS*)

*Note: This list does not necessarily reflect what is available for academic users. We are continuously revising the existing tests in Psychtests as well as adding new ones. To confirm the availability of a test(s) that interests you, or if you are looking for an assessment that is not listed below, please contact us for more information

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Test Descriptions

ACCIDENT PRONENESS TEST

12 situations, 36 questions, 15-20 min, Situational questions

What it measures: Accident proneness; how risky the test-taker's decisions are, whether he or she takes unnecessary chances, and how likely s/he is to have an accident. Personality, behavioral, and attitudinal scales are included in the test.

Sub-scores: Sensation-seeking, Harm-avoidance, Conscientiousness, Attitude towards safety, Attentiveness, Challenger, Past Accidents, Responsibility, Safety Risk, Rule-breaking Risk, Negligence Risk

AMPM PERSONALITY PROFILE

187 questions, with 107 additional ones, 45-60 min, Situational and self-assessment questions

What it measures: The Advanced Multidimensional Personality Matrix (AMPM) is our most comprehensive personality test to date. Measuring 37 distinct personality traits that are classified under 5 major characteristics - this test provides insight into what makes you the person you are. It even assesses how well your current personality traits are aligned with your ideal personality traits. Armed with knowledge about who you are and how you want to be, the AMPM can help you increase personal satisfaction and success in life..

Sub-scores: Emotional Stability, Extraversion, Openness, Agreeableness, Conscientiousness

Advice: This section highlights the personality traits that are different in your current self and your ideal self. The advice is designed to help you become your ideal self.

ANGER PROFILE

12 situations, 36 questions, 15-20 min, Situational questions

What it measures: Style of anger in three different types of situations: emotionally loaded, moderately loaded, and benign. Measures both external reaction and internal feelings of anger. Also determines how long a person dwells on bad feelings and how in touch s/he is with feelings overall.

Sub-scores: Angry Emotions, Angry Behavior, Anger by Emotional Load, Anger by Seriousness of Consequences, Reality Check, and Dwelling

Advice: Suggestions on how to manage anger.

ANXIETY TEST

30 questions, 10-15 min, Self-assessment questions

What it measures: How high one's level of overall level of anxiety is, how well s/he copes with life's stressors, and whether s/he shows the physical signs of anxiety. This test can help determine whether one should seek help for dealing with anxiety.

General score: Overall level of anxious feelings and whether they are affecting a person's ability to function.

Sub-scores: Generalized Anxiety, Existential Anxiety, Physiological Anxiety (somatic manifestations of anxiety), Mood stability, and Sleep disturbance.

Advice: How to alleviate or deal with anxiety on a personal level and when dealing with others.

ARGUING STYLE TEST

40 questions, 20-25 min, Self-assessment questions

What it measures: This test examines the way one approaches arguing/conflict in a relationship with a partner. Pinpoints constructive tendencies, unhealthy behaviors, and habits that could potentially damage the relationship.

Features: General score on a spectrum from constructive to destructive, Description of Arguing Style - both strengths and

Advice: Rules for Constructive Arguing.

ASSERTIVENESS TEST

32 questions, 15-20 min, Self-assessment questions

What it measures: This test will examine how well people assert themselves in specific types of situations, like work/school and in their personal lives. Determines whether there is a need to build up assertiveness skills and suggests how to do so.

General score: Overall ability to be assertive.

Sub-scores: Dealing with authority, Standing up for oneself, Fear of being vulnerable.

Advice: How to build assertiveness.

ATTENTION TEST

20 questions, 10 min, Self-assessment and Situational questions

What it measures: Problems with sustaining attention, concentrating when there are distractions in the environment, difficulty in reaching personal goals as a result. Assesses or pre-screens for Attention Deficit Disorder.

General score: Overall score with interpretation.

Advice: How to improve your attention.

BURNOUT TEST (FOR THOSE IN JOBS INVOLVING SERVICE OF PEOPLE)

35 questions, 15-20 min, Self-assessment questions

What it measures: Due to heavy workloads and high stress, burnout is on the rise. This test detects signs of burnout and measures how severe the symptoms are.

Sub-scores: Emotional exhaustion, Detachment/Dehumanization of clients, Overwhelmed feeling and loss of interest, General exhaustion.

Advice: Preventing Burnout.

BURNOUT TEST 2 (FOR THOSE IN JOBS NOT INVOLVING INTERACTION WITH CLIENTS)

30 questions, 15-20 min, Self-assessment questions

What it measures: This test detects signs of burnout and measures how severe the symptoms are.

Sub-scores: Emotional exhaustion, Overwhelmed feeling and loss of interest, General exhaustion.

Advice: Preventing Burnout.

CAREER ADVANCEMENT TEST

41 questions, 12-20 minutes, Situational and Self-assessment questions

What it measures: Whether one is ready to move up in his/her career (through a promotion or increase of responsibilities). Evaluates drive and initiative, ability to take on more responsibility, and reaction to challenge. Provides information on the person's strengths, potential strengths and limitations so as to develop a career plan to get going in the right direction.

General score: How ready one is for added responsibility.

Sub-scores: Untapped potential, Readiness for responsibility, Challenge seeking, Self-confidence, Leadership potential, Risk-taking, Aspiration, Adaptability, Drive and initiative.

Advice: how to take your career to a higher level.

CAREER MOTIVATION TEST

41 questions, 12-20 minutes, Situational

What it measures: This test was designed to determine which components, out of 16 identified motivators, a person values as essential to career fulfillment. Pinpoints all major, minor and insignificant motivators, along with a detailed breakdown on what that means to the person and how the person can develop full potential by taking advantage of natural drive.

Results: Explanation of major, minor and insignificant career motivators, with motto, detailed description, possible drawbacks and ways to integrate each motivator into career.

CLASSICAL INTELLIGENCE TEST

60 questions, 45-60 min, Questions

Question types: Logical reasoning, math skills, general knowledge, classification, analogies and among concepts or things.

What it measures: This IQ test measures several factors of intelligence, namely logical reasoning, math skills and general knowledge. It also measures ability to classify things according to various attributes, and to see analogies and relations among concepts or things. It doesn't take into consideration verbal, social, or emotional intelligence.

General score: Raw IQ score, plus score adjusted for age and for gender.

Sub-scores: Pattern recognition, Classification, Making analogies, Arithmetic, General Knowledge, Logic.

COMMUNICATION SKILLS

34 questions, 15-20 min, Self-assessment

What it measures: How well one communicates in different types of situations, and what habits s/he may have that are barriers to effective communication. Suggest specific changes that can be made to improve communication, listening, assertiveness and management of emotions.

Sub-scores: Listening skills, Ability to get the message across, Insight to the communication process, Emotional management in the communication process, Assertive

communication, Communication Barriers **Advice:** Steps to improving communication skills in different areas of life.

CONFLICT MANAGEMENT STYLE

42 questions, 30-40 min, Situational

What it measures: Style of dealing with conflict in general, as well as with family/friends, in relationships, with colleagues/fellow students and acquaintances/strangers. Pinpoints any unhealthy tendencies and provides suggestions for working on them.

General score: Predominant conflict management style.

Sub-scores: Conflict Management Style... With family/friends; In romance; With strangers/acquaintances; In

low charge situations; In medium charge situations; In high charge situations

Advice: Tips for improving approaches to conflict management, plus pointers on dealing with other people's conflict management styles.

COPING SKILLS TEST

45 questions, 20-25 min, Self-assessment

What it measures: How well one is able to deal with life's rough patches, setbacks and stress. Evaluates the various attitudes and strategies that contribute to good coping, such as flexibility, reaction to stress and self-reliance. Provides suggestions for building coping skills in specific areas. .

Sub-scores: Adaptive reaction to stress, Ability to assess situations, Self-reliance, Resourcefulness, Adaptability and flexibility, Proactive attitude, Ability to relax

Advice: How to improve coping skills.

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CREATIVE PROBLEM SOLVING TEST

30 questions, 10-15 minutes, Self-assessment and situational

What it measures: This test was designed to evaluate your creative problem-solving potential. It measures not only the number of alternatives that you can generate when problem-solving but also the uniqueness of those alternatives. Creativity is linked to fundamental qualities of thinking, such as flexibility, tolerance of ambiguity or unpredictability, and the enjoyment of things heretofore unknown. The Creative Problem-Solving Test suggests whether you have these fundamental qualities of thinking

Results: A general creative problem-solving score along with a detailed description of sub-scores on comfort with decision-

making, attitude toward the problem-solving process, and overall problem-solving behavior

Advice: Includes tips on building your creative potential with detailed creative thinking strategies; tips on building your decision-making confidence; and a breakdown of the strengths and limitations of the both highly creative and highly pragmatic individuals.

CUSTOMER SERVICE JOB FIT TEST

183 questions, with 244 additional ones, 45-50 minutes, Self-assessment and situational

What it measures: This test will assess whether a test-taker's skills and personality traits match those required to work in the Customer Service field. The following Scales are used to measure compatibility: the Communications Skills Scale, the Social Skills Scale, the Self-control Scale, the Coping Skills Scale and the Work Habits Scale.

What you get: General score, subscores, graphs, strengths, potential strengths, limitations, advice.

CULTURE-FAIR IQ TEST

4 parts, 20 questions in total, 20-40 min, Spatial intelligence and pattern recognition (images)

What it measures: The Culture-Fair IQ test is designed to test IQ while minimizing cultural or educational background unfairness. It is based on image patterns, thus avoiding the biases inherent in other intelligence tests.

General score: IQ score.

DEPRESSION TEST

85 questions, 20 - 30 min, Self-assessment

What it measures: Whether one has, or is at risk for developing, a depressive disorder. Checks for symptoms and criteria established in the Diagnostic and Statistical Manual of Mental Disorder - Fourth edition, or DSM-IV (APA, 1994).

Features A brief overview of depression and its causes, General score with graph displaying your overall score;

Extensive interpretation of test results; List of depressive symptoms detected by the test

Tentative diagnosis: Verification of diagnostic criteria for three different types of depressive illness (major depression, minor depression and dysthymia)

Advice: Suggestions on how to manage depression

DRIVING PERSONALITY TEST

14 questions, 15-20 min , Situational questions

What it measures: What driving personality is and whether one shows any signs of road rage. Includes driving trips for avoiding precarious situations.

Driving index: Spectrum of calm to road rage.

Sub-scores: Frequency of road rage behavior

Advice: How to stay calm behind the wheel.

EATING DISORDERS AND EMOTIONAL EATING TEST

62 questions, 30-35 min, Situational and Self-assessment

What it measures: The Eating Disorders and Emotional Eating Test assesses eating habits to determine whether one's relationship with food is mentally healthy or damaging. It will also assess whether one has tendencies towards certain documented eating disorders such as Anorexia Nervosa and Bulimia Nervosa.

Features Body Mass Index, Anorexia Nervosa Index, Coping strategies for Anorexia Nervosa, Bulimia Nervosa Index, Coping Strategies for Bulimia Nervosa.

EGOISM/ALTRUISM TEST

23 questions, 10-15 min, Situational questions

What it measures: How much people are able to put themselves in the shoes of others, and whether they tend to give or focus most attention on themselves.

Egoism/Altruism Score: Results on a spectrum from egoist to altruist.

EMOTIONAL INTELLIGENCE TEST

70 questions, 35-40 min, Self-assessment and Situational questions

What it measures: Emotional Intelligence is the ability to recognize and label one's feelings and needs, and reconcile those needs with both one's long-term goals and the needs of other people. People with a high EIQ know how to control their emotions, and are also able to motivate themselves and mobilize their internal resources (energy, effort, etc.) along with their external (social networks, empathy, etc.) to be

successful in life. It's not "smarts" in the typical IQ meaning of the word, but it is equally powerful.

Features General score, Behavioral score, Knowledge score

Sub-scores: Emotional insight into self, Goal orientation and motivation, Emotional expression, Social insight and empathy

Advice: how to improve specific skills of EIQ (specific for each sub-score).

EXERCISE MYTH TEST

10 questions, 5 min, Knowledge questions

What it measures: One's level of knowledge regarding the best way to work out and get fit.

Features Exercise Savvy Index, Correct answers with explanation.

EXTROVERSION/INTROVERSION TEST

40 questions, 15-20 min, Situational and Self-assessment

What it measures: Whether one is oriented towards the outer or inner world and the implications of this tendency.

Features Introduction - About Extroversion/Introversion,

Extroversion/Introversion Index - score on the spectrum from introvert to extrovert, including interpretation.

FITNESS TEST

21 questions, 10-15 min, Situational questions

What it measures: This test is designed to evaluate knowledge of fitness facts, such as stretching, effects of aerobic activity, muscle strengthening and more.

Features Score with interpretation, Correct answers with explanation

GIVER/TAKER TEST

16 questions, 8-12 min, Situational questions

What it measures: If there is a healthy balance between giving and taking in your relationship.

Features Information About Generosity; Score on the giver/taker spectrum, with interpretation.

GOAL-SETTING EXERCISE

4 parts: 40 square in each, 15 sec per task; total time 5 min, Interactive Exercise

What it measures: Using a timed practical exercise, the Goal Setting Exercise measures whether one sets reasonable goals and adjusts them reasonably based on performance.

Features Introduction to Goal-Setting

GOAL-SETTING TEST

21 questions, 7-12 min, Self-assessment

What it measures: Whether one has knowledge of effective goal-setting techniques and puts them into practice. Provides practical suggestions for improving approaches to aspiration.

Features Introduction to Goal-Setting

General score: Whether one has knowledge of effective

goal-setting techniques and puts them into practice.

Advice: Goal-Setting Advice, with specific guidelines for developing strategies for achieving goals.

HONESTY TEST

59 questions, 30 min, Self-assessment and Situational

What it measures: Whether your attitudes, behavior and perceptions indicate that you are someone who can be trusted.

Features Detailed sub-scores and interpretations, attitude towards dishonest behavior, self-reported behavior, rationalizing of dishonest behavior.

General score: Overall level of honesty

The results also indicate which behaviors the test-taker is particularly likely to take part in.

IT JOB FIT TEST

126 questions, with 60 additional ones 30-40 min, Situational and Self-assessment

What it measures: This test will examine how well the test-taker is suited for a career in the IT industry, based on scores from the following subscales: Meticulousness, Concentration, Patience, Prioritization, Time Management, Creative Problem-solving, Attitude Towards Teamwork, Team vs. Individual Preference, Adaptability, Reaction to Stress,

Attitude Towards Dishonesty, Pattern Recognition, Classification, Analogies and Logic.

Advice The advice is designed to help you improve your suitability to this career.

INTELLIGENCE TYPE TEST

49 questions, 20-25 min, Situational and Self-assessment

What it measures: This test was designed to measure Gardner's Seven Intelligence Types in individuals. It assesses multiple intelligence and associates each intelligence type with a specific set of strengths and interests.

Features Introduction to Multiple Intelligences

Sub-scores: Bodily-Kinesthetic Intelligence, Logical-Mathematical Intelligence, Linguistic Intelligence, Spatial

Intelligence

Musical Intelligence, Intrapersonal Intelligence, Interpersonal Intelligence

Additional Information: Capacities and strengths, likes and interests, and famous people who exhibit each Intelligence Type

JEALOUSY TEST FOR GAY MEN

65 questions, 25-30 min, Situational and Self-assessment questions

What it measures: How strong ones feelings of jealousy are in various degrees of jealousy-inducing situations, and whether their behaviors as a result of those feelings are potentially damaging to their relationships. Also evaluates whether one may have dependency, control or self-esteem issues that contribute to jealousy. Includes suggestions for reducing and controlling jealousy.

Features Introduction About Jealousy

Sub-scores: Jealous thinking patterns, Jealous behavior, Irrational jealousy, Dependency issues, Self-esteem issues, Control issues.

Advice: Overcoming jealousy.

JEALOUSY TEST FOR GAY WOMEN

65 questions, 25-30 min, Self-assessment and situational questions

What it measures: How strong a people's feelings of jealousy are in various degrees of jealousy-inducing situations, and whether their behaviors as a result of those feelings are potentially damaging to their relationship. Also evaluates whether they may have dependency, control or self-esteem issues that contribute to jealousy. Includes suggestions for reducing and controlling jealousy.

Features Introduction About Jealousy

Sub-scores: Jealous thinking patterns; Jealous behavior; Irrational jealousy; Dependency issues; Self-esteem issues; Control issues.

Advice: Overcoming jealousy.

JEALOUSY TEST FOR HETEROSEXUAL MEN

65 questions, 25-30 min, Self-assessment and situational, Abridged available

What it measures: How strong people's feelings of jealousy are in various degrees of jealousy-inducing situations, and whether their behaviors as a result of those feelings are potentially damaging to their relationship. Also evaluates whether they may have dependency, control or self-esteem issues that contribute to jealousy. Includes suggestions for

reducing and controlling jealousy.

Features Introduction About Jealousy

Sub-scores: Jealous thinking patterns; Jealous behavior; Irrational jealousy; Dependency issues; Self-esteem issues; Control issues.

Advice: Overcoming jealousy.

JEALOUSY TEST FOR HETEROSEXUAL WOMEN

65 questions, 25-30 min, Self-assessment and Situational questions

What it measures: How strong people's feelings of jealousy are in various degrees of jealousy-inducing situations, and whether their behaviors as a result of those feelings are potentially damaging to their relationship. Also evaluates whether they may have dependency, control or self-esteem issues that contribute to jealousy. Includes suggestions for reducing and controlling jealousy.

Features Introduction About Jealousy

Sub-scores: Jealous thinking patterns; Jealous behavior; Irrational jealousy; Dependency issues; Self-esteem issues; Control issues.

Advice: Overcoming jealousy.

LEADERSHIP TEST

40 questions, Situational questions

What it measures: Whether a person has the right attitudes, behaviors and skills to be an effective leader. Includes various elements such as the ability to inspire, active listening, confidence and the talent for mobilizing human potential...plus more.

Features Introduction to Leadership

Sub-scores: Ability to Inspire; Empowering Others; Active Listening; Visionary Outlook; Maximizing Human Potential; Confidence.

LISTENING SKILLS TEST

57 questions 15-20 min, Likert and Scenario questions

What it measures: The Listening Skills Test measures how attentive people are when listening to a speaker. It will assess how physically attentive (body language and verbal cues), as well as how mentally attentive (perceiving and processing the information, and paying attention) a listener is..

Features General score, subscores, graphs, strengths, potential strengths, limitations

Advice: Tips on how to improve your listening skills..

LOCUS OF CONTROL & ATTRIBUTION STYLE

30 questions, 10-15 min, Self-assessment

What it measures: A locus of control orientation is a belief about whether the outcomes of our actions depend on what we do (internal control orientation) or on events outside our personal control (external control orientation). Our attribution style determines which forces we hold responsible for our successes and failures. Both locus of control and attribution styles have a major influence on our motivation, expectations, self-esteem, risk-taking behavior, and even on the actual outcome of our actions.

Features About Locus of Control and Attribution Style; Locus of Control score.

Sub-scores: Success Attribution Style (Internal vs. External Forces and Stable vs. Unstable Forces); Failure Attribution Style (Internal vs. External Forces and Stable vs. Unstable Forces)

Advice: Changing a self-defeating locus of control.

LOGIC IQ TEST

20 questions, 25-40 min, Textual and numerical logic problems

What it measures: The test will assess the person's ability to logically discern numerical patterns and to apply them to new contexts, to complete numerical computations and to solve geometrical, mathematical and logic word problems. The test does not require a mathematical education above

the high school level. For the most part, it does not evaluate acquisition of specific formulas or procedures.

Features About Logic IQ; Logic IQ score

Application: Popular for HR testing and training, and personal interest.

LOVE DIAGNOSTIC TEST

34 questions, 10-20 min, Situational questions

What it measures: It compares one's relationship to standard healthy relationships on characteristics like trust, security, conflict resolution and sexual compatibility. Identifies any potential problem areas in one's present relationship.

Score: Overall score on Healthiness of Relationship.

Sub-scores: Trust; Security; Conflict Resolution; Sexuality

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MANAGEMENT STYLE TEST

49 questions, 15-20 minutes, Self-assessment questions

What it measures: This test was designed to determine an individual's overall management style. It assesses factors such as management focus, overall approach to management, and various attitudes associated with different management styles.

Features Introduction to management styles
Sub-scores and Advice: Product Orientation; People Orientation; Goal Orientation; Directive Orientation; Participatory Orientation; Adaptive Orientation; Change Orientation; Positivity Orientation; Proactive Orientation

MENTAL TOUGHNESS (HARDINESS) TEST

26 questions, 10-15 min, Likert and Situational

What it measures: The Mental Toughness Test (Hardiness) measures the different traits that make up the "hardy" personality. These include commitment, control and challenge. These three traits work in concert with each other to make an individual vulnerable or resistant to stress.

Features: Introduction to the topic of hardiness and personalized results.

Advice: Tips on developing a hardier personality..

METICULOUSNESS TEST

21 questions, 7-10 min, Self-assessment questions

What it measures: How detail-oriented a person is, how well s/he is able to focus on the small things, level of precision, and whether s/he has developed the necessary habits for efficient, meticulous work.

Features Introduction to Meticulousness

General score: How well one is able to pay attention to the small details of tasks.

Advice: Learning to be more meticulous.

NUTRITION QUOTIENT TEST

34 questions, 10-20 min, Knowledge-type questions

What it measures: Evaluates your general knowledge of nutrition.

Features About Healthy Eating; Nutrition Quotient score; Detailed explanation of all the correct answers.

OPTIMISM/PESSIMISM TEST

30 questions, 10-15 min, Situational questions

What it measures: Whether one has a negative or positive outlook, and how that perspective may be affecting outcomes in life.

Features About Optimism/Pessimism; Optimism/Pessimism score with interpretation.

Advice: Increasing optimism.

ORGANIZATION SKILLS TEST

65 to 119 questions, 20-30 min, Self-report and Situational questions

What it measures: How well organization skills are developed in terms of seven different areas, including time management, neatness, and prioritization, among others. This test has an additional section testing work (volunteer, or school) organization

Features Detailed interpretation of scores.

Advice: Tailored to improving the test-takers organization skills

PERFECTIONISM TEST

44 questions, 20-25 min, Situational and Self-assessment

What it measures: Whether or not one has strong perfectionism tendencies and what affect that could have on life. Identifies if perfectionism is directed towards one's own self or others, and whether one thinks others expect perfection from him/her.

Features Introduction About Perfectionism

Sub-scores and Advice: Self-oriented perfectionism; Other-oriented perfectionism; Socially-prescribed perfectionism.

POWER PROFILE

15 questions, 8-12 min, Situational and Self-assessment questions

What it measures: Whether one seeks or avoids power, and how this might play out in interactions with others.

Features Introduction About Power; Power score with interpretation.

Application: Popular for personal interest.

Validation study: Sample size 50,000

Statistics performed: Descriptive stats and reference values/norms; correlations with various factors; reliability (Spearman-Brown split-half, Guttman split-half, Cronbach alpha), criterion-related validity (concurrent validity, method of contrasted groups); construct-related validity (internal consistency, inter-correlations of subtests, factor analysis, convergent and discriminant validity)

PROCRASTINATION TEST

30 questions, 10-15 min, Situational and Self-assessment questions

What it measures: Whether one procrastinates, and to what degree, in the various areas of life: household chores, work or school, personal health and well-being, and personal relationships. Provides tips on beating the procrastination habit.

Features Introduction About Procrastination, Overall Procrastination score with interpretation.

Sub-scores: Procrastination of Household Chores; Procrastination in Work or School; Procrastination in Personal Health and Well-being; Procrastination in Personal Relationships; Reasons for Procrastinating

Advice: How to kick the procrastination habit.

RELATIONSHIP ATTACHMENT TEST

30 questions, 10-15 min, Self-assessment questions

What it measures: Codependency issues in romantic relationships, such as losing sight of identity, fear of rejection, focus on others and a desire to please. Includes suggestions for lessening dependency in each area.

Features Introduction About Dependency; General Dependency index.

Relationship Attachment Details: Identity (Loss of identity

when in relationships); Fear of rejection; Focus (Pouring all energy and attention to partner's needs); Pleasing (Desire to please partner)

Advice: Breaking the dependency habit.

RELATIONSHIP SATISFACTION TEST

96 questions, 35-40 min, Self-assessment

What it measures: How happy people are with the different aspects of their relationships. Pinpoints the areas that they should cherish, potential problems to look out for, and elements of the relationship that need work. Examines everything from feelings of love and appreciation and freedom to conflict resolution and dependency issues, plus more.

Features Introduction About Relationship Satisfaction

Sub-scores and Advice: Feeling fulfilled, appreciated and loved; Feelings and love for partner; Support and security; Meeting the need to communicate and share; Decision-making and division of responsibility; Conflict resolution; Sex life; Compatibility of goals; Spending time together; Social life of the couple; Parenting Issues (if applicable); Freedom; Dependency issues; Financial issues

RISK TAKING TEST

80 questions, 30 min, Situational and Self-assessment questions

What it measures: The degree of risk you are comfortable with in general, and more specifically in terms of your career

General Score: Overall risk-taking score with interpretation.

Sub scores: Sensation Seeking, Harm Avoidance, Conscientiousness, Locus of Control, Comfort with Ambiguity, Reward dependence.

Advice: Tips for making wise risk-taking decisions.

SALES PERSONALITY TEST

70 questions, 35-40 min, Self-assessment questions

What it measures: Whether one has the skills, attitudes and motivation to make it in a sales career. Includes where a person fits on various elements related to sales, like soft skills, success orientation, mental toughness, organizational skills and perfectionism.

Features Sales Personality Index - a general overview of results.

Sub-scores: Soft Skills, Success orientation, Toughness, Organization skills, Perfectionism

Advice: suggestions on how to improve selling.

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SELF DISCLOSURE TEST

20 questions, 15-20 min, Situational questions

What it measures: How much test-takers open up and reveal about their own thoughts, opinions and experiences to other people, broken down into specific categories; family, friends, acquaintances, and strangers. Discusses how this may affect relationships.

Features Introduction About Self-Disclosure; Overall Self-disclosure score

Sub-scores: Self-disclosure with: Family, Friends, Acquaintances, Strangers

Advice: How to open up.

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SELF DISCLOSURE TEST FOR COUPLES

17 questions, 10-15 min, Situational questions

What it measures: How much people open up and reveal about their own thoughts, opinions and experiences to their partners in a romantic relationship. Includes how vulnerable each person is willing to be and their level of comfort with conflict.

Features About Self-Disclosure in Relationships; Self-disclosure score with interpretation.

Sub-scores: Vulnerability; Comfort with conflict.

Advice: Judging when to open up.

SELF ESTEEM TEST

30 questions, 10-15 min, Self-assessment questions

What it measures: How high one's feelings of self-worth are, and how one's beliefs may be affecting life as a whole. Includes a breakdown of the various factors that could contribute to self-esteem, such as unrealistic expectations, need for approval, proactive attitude and others.

Features Introduction About Self Esteem; Self-esteem index score.

Sub-scores: Self-love and Self-worth; Feeling of Inadequacy; Self-deprecating Statements; Unrealistic Expectations of Self; Social Comfort; Need for Approval; Beliefs and Attitudes; Proactive Attitude

Advice: Tips for building and keeping a high self-esteem.

SENSITIVITY TO CRITISISM TEST

71 questions, 15-20 min, Likert and scenario questions

What it measures: The Sensitivity to Criticism Test measures how defensive people are in reaction to constructive feedback. It will assess the test-taker's externally-directed thoughts (what they think of the critic and the critique) internally-directed thoughts (what the test-taker thinks of him/herself in light of the feedback) other-directed emotions (emotions directed to the critic), internally -directed

emotions (emotions directed to the self), overt behavioral reactions (test-taker's reactions blatant reactions immediately after criticism has been delivered), and covert reactions (test-taker's subtle reactions after criticism delivery).

Features General score, table of subscores, graphs, table of Ideal vs. Natural reactions, advice.

SLEEP HYGIENE TEST

20 questions, 20-25 min, Self-assessment and situational questions

What it measures: Whether daily routines and nighttime habits are helping the test-takers get the rest that their bodies need. Includes guidelines for getting a good night's sleep.

Features Score on the Sleep Hygiene Index, with interpretation.

Advice: Sleep guidelines and tips.

SOCIAL ANXIETY TEST

25 questions, 10-15 min, Self-assessment questions

What it measures: Whether one shows the signs of social anxiety, and to what degree. Social anxiety is a fear of social situations that involve interaction with other people: more specifically, the dread of being negatively judged and evaluated by other people leading to feelings of inadequacy, embarrassment, humiliation, and depression.

Features Introduction About Social Anxiety; Score on the Social Anxiety Index

SPATIAL IQ

10 questions, 20-40 min, Images

What it measures: Ability to mentally manipulate 3D objects. Spatial IQ is valuable for occupations that involve the manipulation of tangible objects (such as engineering, mechanical, technical, and design fields) and for everyday activities and problems, from space orientation (reading maps, orienting oneself in a strange environment) to practical

tasks (re-arranging furniture, fitting a lot of things into the closet).

Features Introduction About Spatial Intelligence, Spatial IQ score

SUCCESS LIKELIHOOD TEST

40 questions, 15-20 min, Self-assessment questions

What it measures: Whether one has the necessary attitudes and behaviors to achieve success. Includes fear of success and social consequences of success, drive and ambition, and fear of failure.

Features Success Likelihood Ratio

Sub-scores: Fear of success/success avoidance; Fear of

social consequences of success; Drive/ambition; Fear of failure.

Advice: Increasing likelihood of success.
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TEAM ROLES TEST

40 questions, 20-25 min, Self-assessment and Situational assessment questions

What it measures: The role or roles one can and typically assume as a team member. Includes a breakdown of the various roles that the test taker can but only occasionally fills when working as part of a team.

Features Introduction: General information about team roles

Detailed Sub-scores: Scores, interpretation, description of each role, with strengths and weaknesses: Coordinator; Go

Getter; Cheerleader; Questioner; Team Worker; Verifier; Networker; Peacemaker; Thinker; Brainstormer

Role similarities: Belbin's, Margerison-McCann's, and/or MTR-I's role descriptions.

Advice: Characteristics of an effective team member.
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TEAM VS. INDIVIDUAL ORIENTATION TEST

86 questions, 15-20 min, Self-assessment and Situational assessment questions

What it measures: How well one is able to estimate the time needed to complete a series of tasks, and how closely performance matches those predictions. Involves practical application of time management skills.

Sub-scores: Motivation by teamwork, Attitude towards teamwork, Intrapersonal skill, Teamwork concerns

Features I general information about team and individual work orientations and the characteristics of independent and team oriented workers.
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TIME MANAGEMENT PRACTICAL TEST

8 short exercises, 30 min, Interactive, timed exercises

What it measures: The Team vs. Individual Orientation Test was developed to measure a person's preferred work orientation. The assessment identifies the work setting in which a person is most motivated, his/her attitude and beliefs concerning teamwork, and his/her intrapersonal and interpersonal skills. Teamwork concerns are also identified. Armed with knowledge about his/her preferred work orientation, a person can increase his/her success and

satisfaction at work. S/he can make more suitable career choices and management can utilize the information to ensure an employee is placed in an environment that will allow him/her to thrive..

Features Introduction to Time Management; General score of one's overall ability to manage time effectively when completing the exercises.
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TIME MANAGEMENT TEST

21 questions, 7-12 min, Self-assessment questions

What it measures: Whether one has developed and employs effective time management strategies and habits, and how the approach may be helping or hindering work performance.

Features Introduction to Time Management; General score - your overall ability to manage your time well.

Advice: Strategies and tips for increasing ability to manage time.

TYPE A PERSONALITY TEST

86 questions, 20-25 min, Self-assessment and situational assessment

What it measures: Whether one has the characteristic traits of a Type A, Type B, or Type C person, and how these inclinations may be affecting life. A Type A person is someone who tends to be competitive and highly driven (maybe to the point of obsession), has a strong sense of urgency (always "in a hurry"), finds it difficult to relax, and is reward oriented.

Features: About Type A, B and C personality; General score on a spectrum from Type C to Type A.

Sub-scores: Scores and interpretations on: Competitiveness; Time Urgency; Hostility/Anger; Negativity; Perfectionism; Tough-Mindedness; Relaxation; Reward Orientation; Drive; Workaholism

Advice and Tips: Transforming a Type A personality for a healthier, more balanced life.

TYPE A PERSONALITY TEST – ADULT SIMPLIFIED

17 questions, 10-15 min, Self-assessment questions

What it measures: Whether one has the characteristic traits of a Type A person, and how these inclinations may be affecting life. A Type A Person is someone who tends to be competitive and highly driven (maybe to the point of obsession), has a strong sense of urgency (always "in a hurry"), finds it difficult to relax, and is generally tense.

Features: About Type A and B personality; Score on a spectrum from Type B to Type A.

Application: Popular for personal interest, counseling and therapy purposes, and HR testing.
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VALUES TEST

29 questions, 20-25 min, Situational, opinion and preference type questions

What it measures: The dominant values that determine test-taker's attitudes and beliefs.

Features: Intro to values: an introduction into the topic of values.

General Score: An overview of the values apparent in the test-taker's responses. The dominant types will be summarized, and characteristics resembling the moderately influential types listed in bullet format.

Work Values: The values important in professional life

Personal Life Values: The values that underlie the test-taker's activities in free time, their likes and dislikes, and attitude about themselves and the world around them.

Crisis/Core Values: Shows what test-takers ultimately desire to achieve in their lifetime, which values they should be living in accordance with in order to be satisfied with what they have accomplished.

VERBAL IQ TEST: VERSION A

70 questions, 30-35 min, Questions

Question Types: Word definitions, synonyms, finding relationships between words, choosing the best word, scrambling words, expressions, and reading comprehension.

What it measures: Assesses your overall verbal abilities, plus your level of vocabulary, reading comprehension, ability to understand word analogies, fitting words into context, anagrams (unscrambling words), and understanding of expressions. Please note that this test is meant for those whose first language is English.

Features: Introduction About Verbal Intelligence, General score - your overall Verbal IQ.

Sub-scores: Vocabulary, Reading Comprehension, Anagrams, Idioms and Expressions, Analogies, Information/General Knowledge.

Advice: how to improve your skills for each specific sub-score.

VERBAL IQ TEST: VERSION B

70 questions, 30-35 min, Questions

Question Types: Word definitions, synonyms, finding relationships between words, choosing the best word, scrambling words, expressions, and reading comprehension.

What it measures: Assesses your overall verbal abilities, plus your level of vocabulary, reading comprehension, ability to understand word analogies, fitting words into context, anagrams (unscrambling words), and understanding of expressions. Please note that this test is meant for those whose first language is English.

Features Introduction About Verbal Intelligence, General score - your overall Verbal IQ.

Sub-scores: Vocabulary, Reading Comprehension, Anagrams, Idioms and Expressions, Analogies, Information/General Knowledge

Advice: How to improve skills for each specific sub-score.