



Winnie the Pooh Personality Test Questionnaire

Instructions

Winnie the Pooh Personality Test contains 49 items rated on a 3-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Never (0)	Sometimes (1)	Often (2)
1	Feel a lack of interest or pleasure in activities that you used to enjoy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Speaking without thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Get upset or anxious when there are unexpected changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Jump from one task to another without completing them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Have difficulty maintaining eye contact during conversations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Lose interest in hobbies or social engagements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Find it challenging to listen to others without getting easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Have a strong need for order and organization in your surroundings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Lose or misplace items needed for daily activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Feel fatigued or lacking energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Never (0)	Sometimes (1)	Often (2)
11	Have a fear of losing something important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Notice a decline in personal hygiene or self-care habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Feel irritable or easily annoyed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Struggle with memory problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Make careless mistakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Hear or see things that others don't	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Feel restless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Feel on edge without a clear reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Experience difficulty remembering appointments, obligations, or details	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Experience difficulty concentrating or paying attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Lose track of time or miss deadlines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Experience sudden outbursts or mood swings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Have trouble concentrating or find your mind going blank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Find it difficult to control your worries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Have difficulty understanding sarcasm or jokes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Interrupt or blurt out answers before others finish speaking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Never (0)	Sometimes (1)	Often (2)
27	Avoid situations or activities due to fear or worry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Prefer spending time alone rather than in social situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Check and recheck things such as locks, appliances, or belongings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Spend excessive time cleaning, organizing, or checking things repeatedly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	Have a constant need to be on the move	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	Engage in excessive doubting or checking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Worry about various aspects of your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Have trouble falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Have difficulty making decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Find it challenging to adapt to changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	Have a fear of forgetting important information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38	Experience excessive guilt or self-blame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	Find it challenging to sustain mental effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	Feel hopeless about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	Have repetitive thoughts you cannot stop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Never (0)	Sometimes (1)	Often (2)
42	Prefer routines and become distressed when they change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43	Act without considering consequences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44	Feel detached from reality at times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45	Become absorbed in fantasy or imagination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46	Struggle to understand social cues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47	Find it difficult to make or keep friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48	Feel sad most of the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49	Need constant stimulation or activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Eeyore	1, 10, 35, 38, 40, 48	6
Tigger	2, 13, 17, 22, 26, 31, 43, 49	8
Rabbit	3, 8, 29, 30, 32, 36, 37, 41	8
Pooh	4, 7, 9, 15, 19, 20, 21, 39	8
Roo	5, 25, 28, 42, 46, 47	6
Christopher Robin	6, 12, 14, 16, 44, 45	6
Piglet	11, 18, 23, 24, 27, 33, 34	7

Raw Score Ranges

Scale	Items	Possible Range
Eeyore	6	0–12
Tigger	8	0–16
Rabbit	8	0–16
Pooh	8	0–16
Roo	6	0–12
Christopher Robin	6	0–12
Piglet	7	0–14
Overall Score	49	0–98

Source

Shea, S. E., Gordon, K., Hawkins, A., Kawchuk, J., & Smith, D. (2000). [Pathology in the Hundred Acre Wood: a neurodevelopmental perspective on A.A. Milne](#). *CMAJ* : Canadian Medical Association journal = journal de l'Association medicale canadienne, 163(12), 1557–1559.

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Interactive Version: [Winnie the Pooh Personality Test](#)