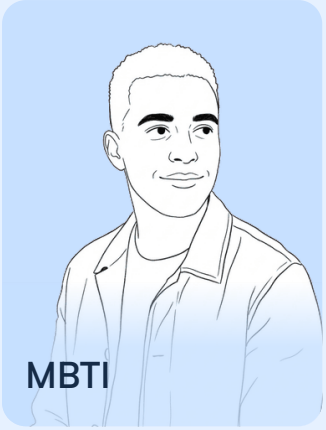


Myers-Briggs Type Indicator (MBTI)

The MBTI is a self-report personality type questionnaire based on four dimensions of psychological preferences: Extraversion or Introversion, Sensing or Intuition, Thinking or Feeling, Judging or Perceiving. The version currently distributed in international and French-speaking contexts is the MBTI Global Step I. The tool is mainly used in counseling, career guidance, coaching, team dynamics and professional development to help formulate a type among 16 profiles and to discuss a person's usual way of perceiving, deciding and organizing.

Number of questions	92 questions
Estimated duration	20 minutes
Language	English
Original name	Myers-Briggs Type Indicator
Target audience	Adolescents and adults
Authors	Katharine Cook Briggs, Isabel Briggs Myers (1943)
Category	General

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Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Each answer contributes to one of the four preference pairs. Scoring of the Global version assigns, for each dichotomy, a reported preference along with a probability index expressed as a percentage, which estimates the likelihood of obtaining the same preference on a new administration. The combination of the four preferences produces a four-letter reported type among 16. Interpretation should remain descriptive, should ideally be confirmed in an interview by identifying the best-fit type for the respondent's experience, and should not be read as a score of severity, normality or competence.

Usage

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

 Elodie C. - CBT Psychologist