

## **Adjective Checklist (ACL)**

by **James Lani**

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The [Adjective Checklist \(ACL\)](#) contains 300 person-descriptive adjectives and adjectival phrases such as "absent-minded", "active", "dominant", "adaptable", and "jolly". It offers 37 standard trait assessment scales such as Communality, Endurance, Self-Control, Masculine/Feminine, etc. Scoring is adjusted according to which items are checked, and variation in endorsement (number of items checked) is itself viewed as a personality variable.

The checklist may be filled out as a self-report or as an observation of another person, such as in a clinic, counseling center, research laboratory, or in marketing or sociological research. It is a flexible and multidimensional instrument that has been researched and validated across cultures. Translations are available. Administration time varies from ten to fifteen minutes.

### **Authors**

Harrison G. Gough & Alfred B. Heilbrun, Jr.

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