

## 2019 NPA Competition II

Below are 13 Cases of the NPA personality test where the subjects have submitted their diagnoses and comments. Each Case consists of two or more subjects for which the results of the NPA personality test are nearly identical.

The objective of the competition is to deduce what were the *actual NPA personality types* of the subjects in each Case based on the information given. Each Case corresponds to a single specific NPA type. This is slightly different from the last competition, where you were asked to deduce what the *test results* would be for each of the Cases.

For this Competition, the possible choices are given in the list of 11 below. All of the choices are used at least once.

### **Dominant types (S score <40)**

- N sanguine
- NP sanguine perfectionist
- NA sanguine aggressive
- NPA sanguine perfectionist aggressive
- PA non-sanguine perfectionist aggressive
- A non-sanguine aggressive

### **Passive Aggressive types**

- NPA– or NPA= sanguine perfectionist (S score >40)
- NA– or NA= sanguine non-perfectionist (S score >40)

### **Resigned and Borderline/detached types**

- N–A sanguine non-perfectionist (former NA or NA– type), *or* –N (former N type)
- PA– or PA= non-sanguine perfectionist (S score >40)
- A non-sanguine non-perfectionist (former A type)

This time the NPA– and NPA=, as well as the NA– and NA=, categories are combined. For example, a particular Case can comprise a mix of NPA– and NPA= tests where the various S scores can be anywhere in the range of 40 to 100. The correct answer for that Case would be “NPA– or NPA= type”, or “NPA–/=”.

Individuals undergoing a life change after maturity are denoted by a “– sign” before either N or A.

For example, in a Resigned type, N–A would indicate, impaired expression of trait A having an onset after maturity.

Borderline/detached types have only one of the components, N or A, and even that component is inhibited, by either genetics or environment.

For example, in a Borderline/detached type, –N would indicate, impaired expression of trait N having an onset after maturity in an individual who was a former N type in adolescence.

The NPA dominant type is aka the “NPA+ type” for clarity.

Bonne chance!

Case #1	<u>diagnosis</u>	<u>gender</u>	<u>age</u>	<u>Comment</u>
1a	ADD	female	under 21	<p>“The test was accurate in quite a few ways. I can be a narcissistic person, I'm constantly worried about my appearance and what people think of me. It actually causes quite a bit of anxiety for me, but I'm moving past that. As you can and will see, I also talk about myself a lot without realizing it. I'm moderate when it comes to submissiveness, extroversion, and aggression. I do not, however, see myself as an aggressive person. If I am pushed, I react, (as you will see in my score for reactivity) but I do not go out of my way to attack or harm someone in any way. I think this test would've been more accurate if there were more questions that pertain to maternal/paternal instincts, like caring for others. I also think it would benefit to have a question or two that ask if the test taker ever notices any personality "changes" when they go into different social situations (ie, do they display an almost completely different personality when around friends vs. coworkers, etc).”</p>
1b	depression, on medication	female	41-50	<p>“trying to figure out a pattern of behavior our family has which is seemingly a fight or flight reaction, kind of an attacking rage unchecked, some in my family have bipolar, schizophrenia, but this feeling of obsessing over a situation, depression, passivity, seems to be genetic, my mother would rage and caused me to have massive anxiety, passivity, low self esteem, and she could also have my back, which showed me that that behavior got things done. I really have had a tough time, and that behavior more than any other I have a hard time dealing with.”</p>
1c	(French version) OCD	female	21-30 years old	<p>« Je crois vraiment être extrêmement narcissique mais personne ne le sait à part moi, je le cache énormément (m'invente de faux complexes ou exagère mes défauts...). On dit toujours que je suis trop gentille et je n'embête pratiquement JAMAIS personne. Très discrète en général. Oui, merci c'est un super test! Je ne pensais pas être soumise à ce point, c'est ma grande anxiété et ma dépression qui ont fait monter "S" à ce point! Autrement je dois dire qu'en plus de n'être presque JAMAIS agressive je me reconnais à 100% dans le perfectionnisme contrairement à ce que déclarent ces résultats... »</p> <p>“I really think I'm extremely narcissistic but nobody knows it except me, I hide it a lot (I invent fake complexes or exaggerate my faults ...). People always say that I am too nice and I NEVER bother anyone. Very discreet in general. Yes, thank you it's a great test! I did not think myself of being submissive to this degree, it is my great anxiety and depression that made the "S" score rise so high! Otherwise I must say that in addition to being almost NEVER aggressive I recognize myself 100% in perfectionism contrary to what these results declare ...”</p>
1d	(French version) thyroid disorder	male	21-30	<p>« J'ai énormément de mal à dire non, que ce soit au travail comme avec la famille, ou amis, je préfère ne pas répondre au téléphone, ou sortir discrètement pour ne pas à avoir à dire non. Dans mon enfance à partir de l'âge de 11 ans j'avais extrêmement peur de mon père, j'ai eu des périodes où je ne pensais qu'à lui de peur. J'ai eu une aventure à l'âge de 18 ans avec une fille qui s'est mal passée, elle était très amoureuse de moi, et moi aussi j'étais très amoureux, mais elle était très jalouse, elle m'a trahi, je ne l'ai pas accepté et nous nous sommes séparés mais je suis resté très très amoureux d'elle, pendant des années je n'arrivais pas à l'oublier je culpabilisais en me disant que c'était ma faute et que je l'ai faite souffrir en la quittant puisqu'elle en a pleuré et souffert énormément... Des années plus tard nous nous sommes remis ensemble nous avons vécu ensemble 2 ans, et ça été la pire relation de ma vie, je la regrette plus que tout, Elle m'a mangé de l'intérieur ... »</p> <p>“I have a lot of trouble saying no, whether at work, with family, or friends, I prefer not to answer the phone, or leave quietly so as not to have to say no. In my childhood from the age of 11 I was extremely afraid of my father, I had periods where I could think of him only in fear. I had an adventure at the age of 18 years with a girl which went very badly, she was very much in love with me, and I too was very in love, but she was very jealous, she betrayed me, I did not tolerate this and we went our separate ways but I remained very very much in love with her, for years I could not forget her I feel guilty by telling myself that it was my fault and that I made her suffer by leaving her because she wept and suffered a lot ... Years later we got back together we lived together 2 years, and it was the worst relationship of my life, I regret it more than anything, She devoured me from the within ... ”</p>

## Case #2

**2a** -- female 51-60 “I am learning not to suffer in silence and that tolerance is not always a positive thing. there are things we should perhaps get more aggressive about. so in other words, my aggression level may be low however i don't think it is suppressed, i do think it should be allowed to grow though. I also believe that i am learning at this late date to believe a little more in my self and in my accomplishments.”

**2b** (French version) -- female 31-40 « *Dyscalculie (diagnostiqué) - Je suis l'enfant d'une mère controlante - J'ai été victime d'harcèlement moral au travail à plusieurs reprises qui ont terminé par congédiment - Je consulte présentement pour des problèmes relié au stress et difficultés à m'entendre avec certains types de personnalités "difficiles" »*

"Dyscalculia [math dyslexia] (diagnosed) - I am the child of a controlling mother - I have been a victim of workplace bullying on several occasions that have ended up in dismissal - I am currently being seen for problems related to stress and difficulties in dealing with certain types of "difficult" personalities”

**2c** -- male under 21 “This is an interesting theory, and I do see several parallels between the \_\_\_ type and my own personality (especially in regards to the melancholic nature and the dreary workaholism). However, I wouldn't be surprised if I had some remnant of the trait of aggression and was in fact an \_\_\_ type. As far as medical conditions, I have asthma, trichotillomania, and a mild case of OCD [obsessive-compulsive disorder].”

**2d** (Location: Quebec, Canada) autistic child, parent of male 31-40  
“I had to resubmit the test once I had the chance to look at the french version. regards,  
[@sympatico.ca](mailto:@sympatico.ca)”

## Case #3

**3a** -- male 21-30 “Psychopathy. It was fairly accurate, I would say. I'm not convinced on the theory, though.”

**3b** -- female 21-30 “Pychoopath~”

**3c** (Russian version; Location – Western Russia) приступы ярости rage disorder  
male 21-30 -- [no comment included]

#### Case #4

**4a** -- male 31-40 "The \_\_\_ descriptions don't match at all, the whole \_\_\_ page seems "right", but also the short \_\_\_ description sounded right on the \_\_\_ page. I have strong camera fobia unless it's a mass-photo like a school class. I prefer to be in groups size of 2-3, get minor anxiety being near a large group even if they're relatives/friends. And I'm from Finland. I've not been diagnosed but I have watched TV programs about asp/autism and much of it seems familiar. I think everything must be in perfect order but I don't feel like having energy to do things perfectly, I do expect perfection from others quite "naturally". I have tendency to laryngopharyngeal reflux but after it got really bad I found a way to manage it by consciously being as relaxed as I can be (not very) while eating to avoid tension in stomach area and avoiding eating before going to sleep. Some foods like liquorice and some spices seem to promote the reflux quickly and I'll easily cough if the reflux happens, the damaged area seems to be very slow to heal."

**4b** (French version) migraines male 21-30 « *Migraines récurrentes depuis l'enfance, j'ai en général un haut niveau d'anxiété que je met sous contrôle mais qui rendent les interactions parfois difficiles.* »

"Recurrent migraines since childhood, I usually have a high level of anxiety that I keep under control but which make interactions sometimes difficult."

**4c** (French version) migraines male 21-30 « *Le diagnostic posé ici me semble correct, j'éprouve également des difficultés dans les relations sociales en général. J'ai tendance à être très susceptible et à croire facilement qu'on me prend pour un idiot ou qu'on se moque de moi. Je peux réagir de façon excessive face à quelqu'un qui hausse le ton ou qui a de mauvaises manières, il m'est arrivé plusieurs fois des échanges verbaux violents avec de parfaits inconnus car ils m'avaient manqué de respect. Je suis également très rancunier et ne pardonne jamais la moindre offense. A la base, je ne suis pas une personne agressive mais j'ai le sentiment d'être obligé de faire semblant de l'être pour avoir un minimum de considération. La plupart du temps mes réactions agressives résultent plus d'un calcul ("je dois réagir sinon je vais passer pour un faible"), que d'une réelle impulsion. Donc à mon avis votre test devrait faire davantage la distinction entre une agressivité naturelle et une agressivité induite par divers facteurs sociaux, même s'il est loin d'être mauvais en l'état.* »

"The results given here seems to me correct, I also have difficulties in social relations in general. I tend to be very sensitive and easily believe that I'm being taken for a fool or mocked. I can overreact to someone who raises his voice or who has bad manners, I have had several times violent verbal exchanges with complete strangers because they had shown me lack of respect. I am also very resentful and never forgive the least offense. Basically, I am not an aggressive person but I feel that I have to pretend to be so to have a minimum of consideration. Most of the time my aggressive reactions result more from a calculation ("I must react, otherwise I will pass for a weakling") than from a real impulse. So in my opinion your test should make more the distinction between a natural aggressiveness and an aggressiveness induced by various social factors, even if it is far from being bad in its present state. "

**4d** (French version) -- male 21-30 « *Récemment diagnostiqué comme ayant le syndrome de Peter Pan car je refuse ce qui a trait à la vie sociale d'adulte et préfère me consacrer à des hobby solitaires. Mes supérieurs et collègues ont des difficultés à me gérer car je ne supporte pas l'autorité ou la critique. Je ne recherche pas la compagnie des femmes et la sexualité car je trouve cela trop difficile à gérer, ce qui inquiète mon entourage. Ce test est intéressant car oui je pense être perfectionniste : je trouve le monde trop imparfait et les autres trop imprévisibles alors je préfère rester dans mon monde qui me correspond mieux. PS : ne trouvez-vous pas que le bouton "soumettre" est plutôt ironique suite à un tel test ?* »

"Recently diagnosed as having Peter Pan syndrome because I refuse to relate to adult social life and prefer to devote myself to solitary hobbies. My superiors and colleagues have difficulty managing me because I do not tolerate authority or criticism. I do not look for the company of women and sexuality because I find it too difficult to manage, which worries my entourage. This test is interesting because yes I think to be perfectionistic: I find the world too imperfect and others too unpredictable so I prefer to stay in my own world that fits me better. PS: do you not find that the [web site] button "to submit" is rather ironic given such a test?"

## Case #5

5a -- female 21-30 "Only aggressive when someone does something disrespectful , otherwise i'm pretty chill or even kind ... But if someone wronged me or tried to dominate me (if they are family members i explode until they either crumble then pick them up or they take back what they said) i don't react at the time they disrespected me but that moment marks the beginning of the end . I usually just mentally abuse them while keeping my perfect image (that way they are 100 per cent sure it's all their fault) or give a very calm blow to their deepest insecurity , for exp : a female friend once disrespected me and -knowing she thinks her face is her only good quality, she doesn't know that she thinks her personality is lacking but i do- even though she thinks highly of me -she said so many times- i cut off all ties with her and left her pondering for months when she gave up and asked me why ? i told her "sadly i don't think i can stay with someone who has a personality like yours , you and i just don't fit , i have principles and morals that you ignore , and i can't ask you to change yourself because i would be disrespecting you ..." . (end of exp) it was the truth though , but i still kept my innocent/kind image while doing so , so when such a girl is told by "the only friend that ever understood me and was kind and never jealous of me.." (her own words) that she can't accept who she is , i think she will never muster enough confidence to start a friendship with anyone else .... Serves her right who told her to disrespect such a person, anyways that's what really happened , she doesn't go out anymore and has 0 female friends (cut ties with other girls) as told by her boyfriend (he's a friend , he's next too i'll make sure he's wrecked for life) I never planned to do it in the beginning but oh well it was very satisfying by the end ."

**5b** NPD (narcissistic personality disorder) male 51 to 60 “Some of the questions are problematic to respond to because they lump together many traits. EXAMPLES Question number 3 Is this you: talkative, impatient, much sex appeal, smiles and laughs easily, having a sharp-edged personality? Response - 3I am talkative, impatient, ASEXUAL, smile and laugh but not that easily, and have a very sharp-edged (bordering on obnoxious) personality. Question number 7 Is this you: quiet, friendly, meticulous, extremely organized, aloof, nice smile, careful handwriting, strong and stubborn? Response - 3I am NOISY, UNFRIENDLY, meticulous, extremely organized, aloof, nice smile, careful handwriting, WEAK and stubborn Otherwise, very interesting test!”

5c ADD male under 21 “my e-mail is, \_\_\_\_\_@\_\_\_\_\_.edu. i think i may have a very light form of some sort of anti-social disorder. Although i have found ways to keep this under control with help from my psychologist (when i was in elementary school)i used to use drugs (anti-depressants, marijuana, cocaine, acid, shrooms, and other types of illegal substances) but have been clean for more that 6 months. I do still drink but have been told by multiple people (including an off duty police officer) that i am one of the most responsible drinkers they've seen or known. I don't drink to get drunk and i am usually the first to volunteer to be the designated driver.”

<b>5d</b>	bipolar disorder	female 31-40	“Sounds like you've got me pegged!!”
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## Case #6

**6a** -- male 31-40 “This was intriguing and much of an eye opener. Thankyou. I am not sure if this test is accurate but I was surprised. On the other hand I could agree that I was very narcissistic at a younger age and I had thought my arrogance and egotism had left me some time ago. This test says different. After reading some of the character traits you have supplied on other pages i feel that I have many qualities of a \_\_\_\_\_ personality, esp. since I am a cab driver who is a cross-country runner with few friends and arms-length relationships who avoids conflicts. Maybe I have tested false positive? Regardless it was fun.”

**6b** (French version) migraines male 31-40 « *Votre théorie est très intéressante. Je ne me reconnais pas du tout dans le caractère NA attribué ici mais je n'ai jamais rencontré de description aussi précise de ma vie que dans le "\_\_\_\_\_ type". Avoir peu de désirs, surtout ceux impliquant d'autres personnes, est la meilleure façon de ne pas être frustré et donc de facto d'être en paix.* »

”Your theory is very interesting. I do not recognize myself at all in the NA character described here, but I have never encountered such an accurate description of my life as in the "\_\_\_\_\_ type". To have few desires, especially those involving other people, is the best way to not be frustrated and therefore de facto to be at peace.”

**6c** dyslexia female “Well, when I'm with certain people I'm more "out there" or "weird" but at home I'm basically silent. I keep to myself with basically everything. I prefer to be alone, but am not lonely.”

## Case # 7

**7a** -- male 21-30 “Some parts of the \_\_\_\_ caricature are accurate. My grandmother had Paranoid schizophrenia, and my uncle was diagnosed with Paranoid PD. [personality disorder]”

**7b** (Russian version) -- male less than 21 years old « *На удивление да. Например если у меня есть желание кого нибудь убить или ударить, то я обычно сдерживаюсь, а точнее всегда сдерживаюсь. После либо матерю воздух, либо становлюсь ещё более озлобленным в повседневной жизни.* »

“Accurate? Surprisingly, yes. For example, if I have a desire to kill someone or hit someone, then I usually hold back, or rather I always hold back. After, either I just suck it up, or I become even more embittered with everyday life.”

**7c** (French version) -- male less than 21 years old *Pas de pathologie particulière. Bon test, un des meilleurs que j'ai trouvé sur le web.* »

“No particular problems to report. Good test, one of the best I’ve found on the web.

**7d** Surrogate test (English version) male 41-50 “My husband’s”

## Case # 8

**8a** diabetes, adult onset male 31-40 “Better than most tests. options allowed for finer tuned responses. as for NPA as a theory, i think it is (not a shrink or psychologist) alittle to freudian in focusing on NPA, all of which are negative characteristics. it is almost a test by opposites, showing what you aren't. it is accurate of how i am, or at least how i see myself (not self-delusional).”

**8b** explosive rages female 51-60 --

**8c** blood pressure, high male 51-60 --

**8d** Surrogate test (Russian version; Location: Turkey) depression, on medication  
male 41-50 «...для мужа» “Taken for husband”

### Case #9

**9a** -- male 31-40 “delusional disorder - paranoid features yes”

**9b** (French version) schizophrenia female under 21 years old

« non, pas assez précis.....- -' »

« No, the test was not accurate enough .....- - »

### Case #10

**10a** panic disorder female 51-60 “Some questions had clarifiers which applied to me as well as clarifiers which did not apply to me. Hard to answer these with accuracy. Had to pick and choose. I am talkative but not impatient. I have sex appeal but not a sharp-edge personality. But I am not an expert, so I don't know if test was really accurate. I suspect it is, though. Of the conditions I have or have had: ADD, postpartum depression, compulsive overeating, fibromyalgia, IBS, OCD, panic disorder, phobias, stomach ulcers, gastritis, gall bladder disease, carotid artery disease and rheumatoid arthritis. Thanks.”

**10b** (French version) panic disorder female 41-50 « *Je suis très stressée, je suis rentrée dans la vie active (stage), je le vis très mal et je crois que je ne supporte pas qu'on me donne des responsabilités. En contrepartie, j'ai une tendance naturelle à tout vouloir contrôler, manipuler les gens, mais là, dans mon travail je ne maîtrise rien ça me stresse terriblement. Pour le résultat du test : J'ai de très faibles résultats pour le A, ce qui est vrai je ne suis pas du tout agressive physiquement. N'imagine que c'est parce que j'aime me sentir en total contrôle de ce qui m'entoure.* »

"I am very stressed, I have reentered working life (an internship), I am coping very badly and I think I cannot bear to be given responsibilities. On the other hand, I have a natural tendency to want to control, manipulate people, but there, in my work I do not manage to control anything which stresses me out terribly. For the test result: I have very low results for the A score, which is true I am not physically aggressive at all. As for the N score I guess it's because I like to feel in total control of what surrounds me."

**10c** (French version) panic disorder female less than 21 years old  
« *hypersensible, eczema, panique, timide au premier abord expansive tout de suite après (une fois à l'aise selon l'autre personne) active, besoin de mon monde à moi mais besoin des autres, peur du sentiment peur et peur d'être seule* »

“Hypersensitive, eczema, panic attacks, shy at first but outgoing immediately after (once being at ease with to the other person) active, need my own world to me but need others, afraid of feeling scared and afraid of being alone” →

**10d** (French version) panic disorder female less than 21 years old

« *Après avoir entendu une voix dans ma tête parler, bien que de quelques mots, dans une langue étrangère et que je ne connaissais pas, je suis inquiète* »

“After hearing a voice in my head speak, although just a few words, in a foreign language and which I did not know, I'm worried”

### Case #11

**11a** Asperger syndrome/autism (specify ...) male 41-50 “major depression, anti-social, debilitated and behavior modified while in prison for 12 years.”

**11b** LGBT (specify ...) male 31-40 “Trained Musician (hobby/ death metal), Licensed Pro (Judiciary/ double life), Lives alone since 20, very attractive physically, Confused about his gender, avoids sex, dislikes people, loves animals, nightmarish childhood, hopes it helps, loves science and reason”

**11c** (French version) male less than 21 years old « *Je ne sais pas si je suis schizoïde et schizotipique ou si je deviens schizophrène.* »

“I do not know if I am schizoid and schizotipal [*sic*] or if I am becoming schizophrenic.”

## Case #12

**12a** -- female 51-60 “My belief is this: If one thinks social grace is important, and that an empathetic approach to dealing with others is less problematic than more overt aggression, agitation, and the like, the submissiveness score will be elevated. I suppose experts argue about the strength of ego versus narcissistic complex. While not an expert in these matters, I hold a Ph.D. in Anthropology and have been thinking about professors and narcissism. I looked for a website that may have a "narcissism test" and was my own guinea pig. Thank you, XXX”

**12b** -- female 41-50 “No- too many of the choices were contradictory. I have some of the traits as a 4 in the choice but a 0 for others listed. I get easily excited but am very slow to anger and I am never violent, insulting or mean. I am very expressive in informal groups and always ask questions regardless of how large a crowd or whether I know others in the room, but preparing a formal "speech" terrifies me. I have no idea what you mean by "narcissistic" either. Narcissus turned into a flower because she spent all her time admiring her reflection in a pool of water. That is an incredibly NEGATIVE trait.”

**12c** asthma female 41-50 “My narcissism lies in my intellectual and artistic gifts... but since other people appreciate these talents, I don't feel like a raving egomaniac for no reason.”

**12d** -- male 31-40 “ If it helps your collecting of info, I am 6'2", 165 lbs, 31 years old, look about 21, have no physical or medical problems and am overall quite healthy (thank God). Thanks for making the test available online! :) ”

## Case # 13

**13a** ADHD [attention deficit hyperactivity disorder] male 41-50 “I test in the NA, but according to synopsis, I am closer to NPA. I was a good provider for many years, worked independently with clients for many years and my dressing style fits with NPA rather than NA”

**13b** Surrogate test by AMB, done in 2015 male 61-70 DT, US presidential candidate.

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