

What Does Your Clothing Say About You?

By Amy Scholten, M.P.H.

When other people see you, they often form an immediate impression of you based on your clothing. What you wear can provide nonverbal clues about your personality. The following assessment can help you determine what your clothing says about you. For each of the following questions, please choose the answer that best reflects you. When finished, you can check your results at the bottom of the page. Please keep in mind that this is a *general* assessment, not a diagnostic tool.

1. How fashionable are you?

- A) Very. I'm always reading about or observing fashion trends.
- B) I integrate current fashions into my own unique style.
- C) I only wear the fashions that get me noticed.
- D) I tend to wear classic, traditional clothing.
- E) I don't care. I just want to be comfortable.

2. Most of the clothing in your closet consists of:

- A) A mix of solid colors
- B) Patterns and prints
- C) Bright colors
- D) A mixture of modern, vintage and one-of-a-kind clothes
- E) Mostly neutral colors

3. When do you wear tight, revealing, sexy clothing?

- A) In appropriate settings only and when I want to make a certain impression
- B) Rarely or never
- C) As often as possible
- D) Only if it makes me look stunning and exotic
- E) At the beach only

4. If people were to criticize you about your clothing, what would they be most apt to say?

- A) I'm too fashion-conscious, bright or bold
- B) I flaunt my body too much
- C) I'm too traditional or too formal
- D) I'm too unconventional

E) I'm too relaxed and casual

5. How would you describe your fashion accessories (watches, jewelry, earrings, etc.)?

- A) Eclectic
- B) Abundant
- C) Minimal
- D) Bold
- E) Nonexistent

6. What type of patterned clothing do you tend to wear most?

- A) Trendy patterns
- B) Florals
- C) Polka dots
- D) Small patterns
- E) Unusual designs

7. When out in public (such as shopping), what do you tend to wear?

- A) Comfortable clothes such as tee shirts, shorts, jeans, sweats, and sneakers
- B) Neat, casual clothes such as a nice well-pressed shirt and khakis or dressy shorts
- C) The latest fashions – I always like to look trendy
- D) Clothes that will turn heads – bright, tight and sexy
- E) Eclectic clothes that show my unique personality

8. What is the most important thing to you when choosing a pair of shoes?

- A) They should be classic and comfortable
- B) They should be comfortable – I don't care much about fashion
- C) They should be stylish
- D) They should be unique
- E) They should be sexy

9. What type of shoes do you wear most often?

- A) Expensive, high fashion, dressy shoes
- B) Sleek, colorful heels or the brand name shoes that everybody wants
- C) Nice, comfortable loafers or shoes with a low heel
- D) Sneakers, hiking boots, sandals, or walking shoes
- E) High or low rise fashion boots

10. When choosing your clothing, you strive for a look that says:

- A) I'm casual, natural, or I just want to blend in
- B) I'm special, have a mind of my own, and am unlike anyone else
- C) I'm dramatic, fun and sexy
- D) I'm elegant and dignified
- E) I'm bold, authoritative and adventurous

In the chart below, circle the questions and answers that correspond to your choices above and then count your total for each section. Where do you score the highest?

How Others See You	Questions and Answers	Total
Conservative, traditional – You value balance and stability and are a sincere and caring person. You tend to dislike chaotic environments.	1-D, 2-A or E, 3-B, 4-C, 5-C, 6-D, 7-B, 8-A, 9-C, 10-D	
Bold, confident - You like to take control of situations, are a risk taker and exude a natural authority.	1-A, 2-B or C, 3-A, 4-A, 5-D, 6-A, 7-C, 8-C, 9-A, 10-E	
Attention-seeking – You lavish the attention of others, are looking to attract someone, or you're feeling a bit insecure.	1-C, 2-B or C, 3-C, 4-B, 5-B, 6-A or B, 7-D, 8-E, 9-B, 10-C	
Individualistic – You are a nonconformist, a rebel, or simply someone who wants to express himself without regard to what others think.	1-B, 2-D, 3-D, 4-D, 5-A, 6-E, 7-E, 8-D, 9-E, 10-B	
Comfort-seeking, relaxed – You value your comfort and being able to blend in to the background so as not to attract unwanted attention.	1-E, 2-E, 3-B or E, 4-E, 5-E, 6-C or D, 7-A, 8-B, 9-D, 10-A	

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.

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