

EVOLUTIONARY PSYCHOLOGY AND THE
BIOLOGICAL BASIS OF
PERSONALITY/EVOLUSIONERE SIELKUNDE
EN DIE BIOLOGIESE BASIS VAN
PERSOONLIKHED

SU9 / LE9

MODUELPLAN / MODULE PLAN

DATE/DATUM	SU/LE	ACTIVITY/AKTIWITEIT
08/05/18	8	
15/05/18	9	
22/05/18	10	

OUTCOMES / UITKOMSTE

- Give an overview of evolutionary psychology / Gee 'n oorsig van evolusionêre psigologie
- Discuss personality in the context of evolutionary psychology / Bespreek persoonlikheid in die konteks van evolusionêre psigologie
- Historical theories of biological personality and Eysenck's biological theory / Historiese teorieë van biologiese persoonlikheid en Eysenck se biologiese teorie
- Understand how the brain is responsible for personality, including the development perspective, temperament, lifespan changes, substances and diseases / Verstaan hoe die brein verantwoordelik is vir persoonlikheid, insluitende die ontwikkelingsperspektief, temperament, lewensduur-veranderinge, substansie en siektes
- Understand behavioural genetics / Verstaan behaviouristiese genetika
- Give an overview of the theoretical frameworks guiding the understanding of the neuropsychological correlates of psychological functions and personality characteristics / Gee 'n oorsig van die teoretiese raamwerke wat die begrip van die neuropsigologiese korrelate van psigologiese funksies en persoonlikheidskarakteristieke begelei
- Discuss the function of the frontal lobes of the brain in personality, brain injuries and personality dysfunctions / Bespreek die funksie van die frontale lobbe van die brein in persoonlikheid, breinbeserings en persoonlikheidsdysfunksies

INTRODUCTION: EVOLUTIONARY PSYCHOLOGY (EP)/ INLEIDING: EVOLUSIONêRE PSIGOLOGIE (EP)

- Approach to psychology – Charles Darwin (1859) – interested in understanding – how species emerge, change and seem to be so well suited for their natural habitat/Benadering tot sielkunde – Charles Darwin (1859) – belangstelling – verstaan hoe spesies ontstaan, verander en so goed aanpas by natuurlike omgewing
- Evolution – development of thought, emotion and ultimately action - appropriate – environmental circumstances/Evolusie – ontwikkeling van idees, emosie en uiteindelijke aksie – gepaste – omstandighede in omgewing
- Approach to psychology – theoretical lens – view other branches of psychology/Benadering tot sielkunde – teoretiese lens – kyk na vertakings van sielkunde

- **Variation of traits / Variasie v eienskappe**
 - Sexually reproducing organisms – different/ seksuele herproduserende organismes - verskil
 - Recombination of parent DNA in offspring and occasional mutation of DNA/herkombineringsvrouer DNS in nasate en soms mutasies v DNA
 - Variation is needed for natural selection to take place/ variasie is nodig vir natuurlike seleksie om plaas te vind
- **Heritability of these variations / Ooreerflikheid vd variasies**
 - Variations need to be passed down from parents to offspring/ variasies moet oorgedra word van ouers na nasate
 - Inherited DNA from parents + replication of DNA / DNA geerf v ouers + replikasie v DNA
- **Non-random impact of variations on survival, reproduction / Nie-ewekansige impak v variasies op oorlewing, reproduksie**
 - Heritable variation – promote greater survival and reproductive success/ooreerflikte variasie – promoveer beter oorlewing en reprodusktiewe sukses
 - Alternative traits – less favourable – disappear from gene pool/ alternatiewe trekke – minder gunstig – verdwyn v poel v gene
 - This is **natural selection** – primary mechanism- evolution occur/ dit is **natuurlike seleksie**- primere meganisme – evolusie plaasvind



DARWIN'S NATURAL SELECTION/ DARWIN SE NATUURLIKE SELEKSIE

NATURAL SELECTION (adaptation in response to physical environment)/NATUURLIKE SELEKSIE (aanpassing by fisiese omgewing)

Neural circuits – designed to solve problems – by evolutionary process – natural selection – /Neurale stroombane- - ontwerp om probleme op te los – deur evolusionere prosesse

Function of brain – generate behaviour – appropriate for environment/ Funksie v brein – gedrag genereer – geskik vir omgewing

E.g. “eat dung and die” principle/ Bv . “eat dung and die” beginsel



- Key product of natural selection is **Adaptation** – characteristic inherited – parent – aids - survival, reproduction/ sleutel produk v natuurlike seleksie is **Aanpassing** – karaktertrek geerf – ouers – help – oorlewing, reproduksie
- Adaptation – characteristic inherited from parents – aid survival, reproduction/ aanpassing – karaktertrek oorgeerf v ouers- help oorleef. reproduceer
- In addition – adaptations – organisms- features - **byproducts** (incidental consequence of adaptation), **noise** (no survival or reproductive impact) daarbenewens – aanpassing - organisme - kenmerke– **byproduk** (toevallige gevolg v aanpassing), **noise** (geen oorlewing of reproduksie impak)

TRIVERS'S THEORIES /TRIVERS SE TEORIEE

- **See Personality Psychology, p. 211/ Sien Personality Psychology, p. 211**

- Reciprocal Altruism /Wederkerige Altruisme
- Parental Investment /Ouerlike Investerings
- Parent-child conflict /Ouer-kind konflik

PERSONALITY IN THE CONTEXT OF EP / PERSOONLIKHEID IN DIE KONTEKS VAN EP

- Historically human mind – blank slate – socially scripted. Tooby, Cosmides (EP) – Standard Social Science Model (SSSM)/Histories menslike verstand – lee lei – sosiaal geskryf. Tooby, Cosmides (EP) – Standard Social Science Model (SSSM)
- Tooby, Cosmides (1997) – opposed the SSSM with EP principles:/Tooby,Cosmides (1997) – staan dit teen met EP beginsels:
 - Brain neural circuits – generate behaviour – suited for environment/Brein neurale kringe – genereer gedrag – pas in omgewing
 - Neural circuits designed – natural selection – solve adaptive problems/Neurale kringe ontwerp – natuurlike seleksie – aanpassings problem op te los
 - Conscious / unconscious mind / Bewussyn/onderbewussyn
 - Specific neural systems – solve specific adaptive problems/spesifieke neurale sisteme – los spesifieke aanpassingsprobleme op
 - Human mind – adapted – problems – hunter-gatherer ancestors/menslike verstand – aangepas – probleme – jagter-versamelaar voorvaders

PERSONALITY IN THE CONTEXT OF EP / PERSOONLIKHEID IN DIE KONTEKS VAN EP

- Workman, Reader (2008) reflected on the costs and benefits of personality traits – adaptive – environment + group members
- While personality theories focus on nature vs nurture – influence behaviour. EP = concerned – how stability, variability in behaviour contribute to optimise fitness (adaptation).
- Heritable / non- heritable variation in personality – variation is adaptive, maladaptive(negative effect on fitness), non-adaptive (no effect) – noise/byproduct

PERSONALITY IN THE CONTEXT OF EP (CONT) / PERSOONLIKHEID IN DIE KONTEKS VAN EP (VERV.)

- Buss & Hawley (2011) – reasons for fundamentality of personality to EP: / Buss & Hawley (2011) – redes vir fundamentaliteit van persoonlikheid in EP
 - Factorial studies of personality show stability over time (e.g. FFM) / Faktoriale studies van persoonlikheid toon stabiliteit oor tyd (bv. FFM)
 - Important continuities in personality exist among humans and animals / belangrike kontinuiteite in persoonlikheid bestaan tussen mense en diere
 - Measures of personality traits have predictive power / Maatstawwe van persoonlikheids eienskappe het voorspellings vermoë
 - Behavioural genetic studies show that traits show moderate reliability - / Gedrag genetiese studies toon dat eienskappe matige betroubaarheid toon
 - Stable individual differences have consequences for fitness, which include survival, mating success, reproduction, parenting and status / Stabiele individuele verskille het gevolge vir fiksheid, wat oorlewing, paring sukses, reproduksie, ouerskap en status insluit

PERSONALITY IN THE CONTEXT OF EP (CONT) /
 PERSOONLIKHEID IN DIE KONTEKS VAN EP (VERV.)

• EP PERSPECTIVE ON BIG FIVE/EP PERSPEKTIEF OP DIE BIG FIVE

- Represent dimensions of social terrain – humans –
 adapt/Verteenwoordig dimensies v sosiale terein – mense – aanpas
- Perceiving, attending to, acting upon differences in others – crucial –
 solve problems of survival and reproduction – increase inclusive
 fitness (Buss, 1991) Persepsie van, gee aandag aan, optrede tov
 verskille in ander – noodsaaklik – problem v oorlewing en
 voortplanting op te los – verhoog inklusiewe fiksheid (Buss, 1991)

PERSONALITY IN THE CONTEXT OF EP (CONT) /
 PERSOONLIKHEID IN DIE KONTEKS VAN EP (VERV.)

- Buss (2009) hypothesised – personality + individual differences might
 entail:/Buss (2009) hipotesees – persoonlike en individual verskille mag
 dalk insluit:
 - Conceptualizing personality differences as strategic differences/konseptualiseer
 persoonlike verskille as strategiese verskille
 - Conceptualizing different environments into distribution and salience of adaptive
 problems – mostly social in nature/konseptualiseer verskillende omgewings mbt
 distribusie en opvallendheid v aanpassings problem – meesal sosiaal v aard
 - Identifying the costs and benefits of strategic individual differences in different
 problem-defined environments/identifiseer die koste en voordele v strategiese
 individuele verskille in verskillende problem-gedefinieerde omgewings

	BENEFITS / VOORDELE	COSTS / KOSTES
EXTRAVERSION / EKSTROVERSIE	>sexual partners / >seksuele maats	serious injuries / ernstige beserings
CONSCIENTIOUSNESS / PLIGSGETROUHEID	> life expectancy / > Lewensverwagting	Perfectionism / Perfeksionisme
AGREEABLENESS / INSKIKLIKHEID	> Good interpersonal relationships / > Goeie interpersoonlike verhoudings	Exploitation (cheated) / Uitbuiting (verkul)
NEUROTICISM / NEUROTOIKA	> Academic success / >Akademiese sukses	Negative emotions (fear) / Negatiewe emosies (vrees)
OPENESS / OPENHEID	> Creativity />Kreatiwiteit	Proneness to psychosis / Geneigdheid tot psigose

HISTORICAL THEORIES OF PERSONALITY/HISTORIESE PERSOONLIKHEDS TEORIEE

- Lombroso (1870) – criminals – physical and mental anomalies – stigmata. Stigmata – unusual skull seizes, asymmetrical facial bones / Lombroso (1870) - misdadigers – fisiese en geestelike afwykings – stigmata. Stigmata – ongewone skedelgroottes, asimmetriese gesigsbene
- Kretschmer (1920's) – linked physical types and body shapes to specific personalities and mental disorders. / koppelde fisiese tipes en liggaamsvorme aan spesifieke persoonlikhede en geestesversteurings

EYSENCK'S BIOLOGICAL THEORY / EYSENCK SE BIOLOGIESE TEORIE

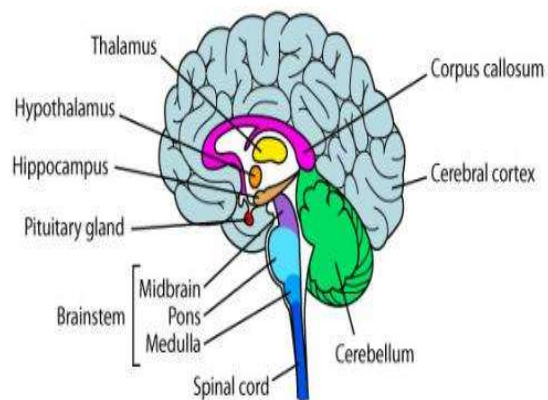
- Brain 2 sets of neural mechanisms – excitatory + inhibitory / Brein 2 stelle neurale meganismes – eksitatoriese + inhiberende
 - Excitatory – alert, active, aroused / Eksitatoriese – waaksaam, aktief, gewek
 - Inhibitory – inactive, lethargic / Inhiberende – onaktief, traag
- Individual – balance – regulated – Ascending Reticular Activating System (ARAS) / Individueel – balans – gereguleer – Stygende Retikulêre Aktiveringsstelsel (ARAS)

ARAS – located stem of brain that's connected to areas of the brain: / ARAS – geleë breinstam wat gekoppel is aan areas van die brein

-Thalamus – manages, relays nerve impulses in brain / Talamus – bestuur, gelei senu impulse in die brein

- Hypothalamus – regulates metabolic processes (heartrate, digestion) / Hipotalamus – reguleer metaboliese prosesse (hartklop, vertering)

-Cortex – responsible for sophisticated neural processing (decision making) / Korteks – verantwoordelik vir gesofistikeerde neurale prosessering (besluitneming)



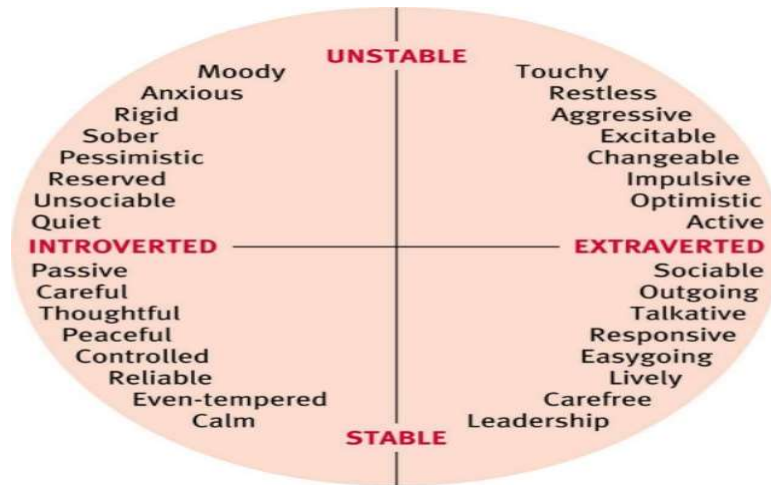
EYSENCK'S BIOLOGICAL THEORY (CONT) / EYSENCK SE BIOLOGIESE TEORIE (VERV.)

- ARAS – manages the amount of information / stimulation the brain receives – arousal / ARAS – bestuur die hoeveelheid inligting/stimulasie wat die brein ontvang - opwekking
- 2 circuits manage arousal – reticulo-cortical and reticulo-limbic / 2 stroombane bestuur opwekking – retikulo-kortikale en retikulo-limbiese
- Reticulo-cortical – controls cortical arousal generated by incoming stimuli / retikulo-kortikale – beheer kortikale opwekking gegenereer deur inkomende stimuli
- Reticulo-limbic – controls arousal to emotional stimuli / retikulo-limbies – beheer opwekking na emosionele stimuli
- Eysenck – arousal – central variable allowing personality to be linked to various responses / Eysenck – opwekking – sentrale veranderlike waardeur persoonlikheid gekoppel kan word aan verskeie reaksies

EYSENCK'S BIOLOGICAL THEORY (CONT) / EYSENCK SE BIOLOGIESE TEORIE (VERV.)

- Link arousal to 2 personality dimensions: Neuroticism and Extraversion-Introversion / Koppel opwekking aan 2 persoonlikheids dimensies: Neurotisme en Ekstroversie/Introversie
 - Neuroticism – personality traits : anxiety, worry, moody traits / Neurotisme – persoonlikheids eienskappe : angs, kommer, humeurige eienskappe
 - Extraversion – personality traits : sociability, sensation-seeking, optimistic, carefree / Ekstroversie – persoonlikheids eienskappe : geselligheid, sensasie-soekerig, optimisties, sorgvry
 - Introversion – personality traits: quiet, introspective, reserved / Introversie - persoonlikheids eienskappe: stil, introspektief, teruggetrokke

EYSNECK'S TWO MAJOR PERSONALITY DIMENSIONS



DEVELOPMENTAL PERSPECTIVES ON THE BIOLOGICAL BASIS OF PERSONALITY / ONTWIKKELINGS PERSPEKTIEF OP DIE BIOLOGIESE BASIS VAN PERSOONLIKHEID

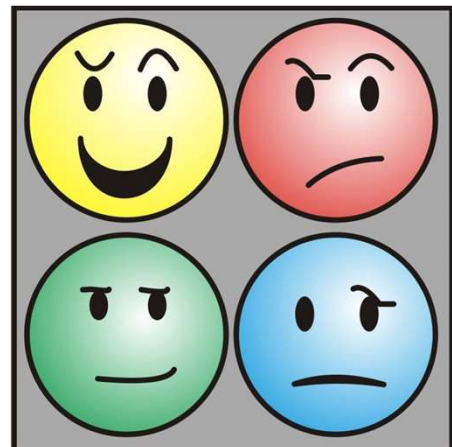
- A life span perspective on personality offers opportunity to:/ 'n Lewensduur perspektief op persoonlikheid bied die geleentheid om:
 - Observe the personality of a child at birth – determined by genes and how it interacts with the environment/ die persoonlikheid vd kind by geboorte te observer – vasgestel deur gene en hoe dit interakteer met die omgewing
 - Observe changes in personality which follows biological changes over time/observer verandering in persoonlikheid wat die biologiese verandering volg oor tyd

TEMPERAMENT / TEMPERAMENT

- Core – infants' personalities – temperament / Kern – persoonlikhede van babas - temperament
- Infants born with disposition towards - types of behaviours / Babas gebore met ingesteldheid jeens – tipes gedrag
- General behavioural dispositions = temperament – over time develop into personality traits / Algemene gedrags ingesteldheid = temperament – ontwikkel mettertyd in persoonlikheids eienskappe
- Rothbart and Derryberry (1981) defined temperament as/het temperament gedefinieer as "constitutionally based individual differences in reactivity and self-regulation, influenced over time by genes, maturation and experience" (Personality Psychology, 2016)

TEMPERAMENT / TEMPERAMENT

- Thus , they argued that temperament is made up of: / Dus het hulle geargumenteer dat temperament bestaan uit:
 - An individual's genetic predisposition which influences affect, activity and attention / 'n Individu se genetiese vatbaarheid wat affek, aktiwiteit en aandag beïnvloed
 - Whether individual withdraws or attends to stimuli / Of individu onttrek of aandag gee aan stimuli
 - Ability to regulate emotions / Vermoë om emosies te reguleer





LIFESPAN CHANGES
IN PERSONALITY /
PERSOONLIKHEIDS
VERANDERING OOR
LEWENS DUUR

LIFESPAN CHANGES IN PERSONALITY / PERSOONLIKHEIDS
VERANDERING OOR LEWENS DUUR

Growing consensus – Big Five – coherent framework – organize –
dimensions of temperament in young children / Groeiende
konsensus – Groot Vyf – samehangende raamwerk –
organiseer – dimensies van temperament in jong kinders

Allport (1937) – biological basis – personality traits.

Correspondence – temperament in children and personality
traits in adults – mental structures in all personalities account
for consistency in behaviour / Allport (1937) – biologiese
basis – persoonlikheids eienskappe. Ooreenstemming –
temperament in kinders en persoonlikheids eienskappe in
volwassenes – verstandelike strukture in alle persoonlikhede
verantwoordelik vir konsekwentheid van gedrag



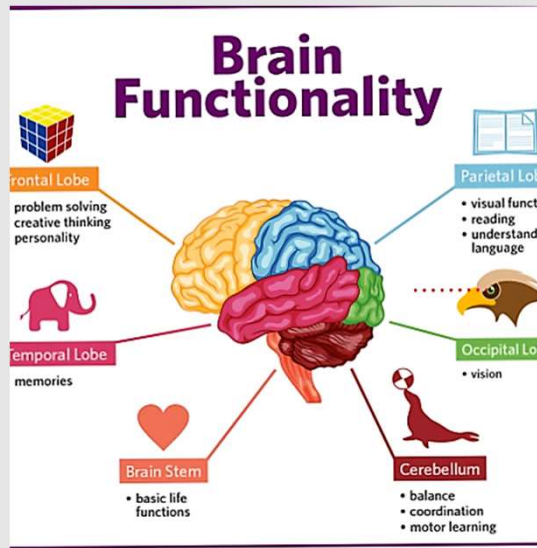
LIFESPAN CHANGES IN PERSONALITY / PERSOONLIKHEIDS VERANDERING OOR LEWENSDUUR

- Personality traits present differently at different stages across the lifespan / Persoonlikheids eienskappe kom verskillend voor op verskillende lewens stadia oor leeftyd
- Due to – biological changes + exposure to a particular environment / As gevolg van – biologiese veranderinge + blootstelling aan 'n spesifieke omgewing



LIFESPAN CHANGES IN PERSONALITY / PERSOONLIKHEIDS VERANDERING OOR LEWENSDUUR

- **Extraversion / Ekstroversie** - Average levels gradually decline across lifespan; social dominance - increase and then plateau; social vitality-stable across mid-life, decline after age 55/ Gemiddelde vlakke neem geleidelik af- leeftyd; sosiale oorheersing - toename en dan plato; sosiale lewenskragtigheid, stabiel middeljare, daal na ouderdom 55
- **Agreeableness/ Inskiklikheid** - Average levels gradually increase across the lifespan/ Gemiddelde vlakke styg geleidelik oor die lewensduur
- **Conscientiousness/ Pligsgetrouheid** - Average levels gradually increase across the lifespan, may decline mid-life or old age/ Gemiddelde vlakke styg geleidelik oor die lewensduur, maar kan afneem in die middel-jare of bejaard
- **Neuroticism / Neurotiesisme** - Average levels gradually decline across the lifespan but may increase in old age /Gemiddelde vlakke daal geleidelik oor die leeftyd, maar kan styg - bejaard
- **Openness to Experience/ Openheid vir ervaring** - Average levels gradually decline across the lifespan but may increase in old age /Gemiddelde vlakke daal geleidelik oor die leeftyd, maar kan op ou ouderdom styg



LIFESPAN CHANGES IN PERSONALITY (CONT) / PERSOONLIKHEIDS VERANDERING OOR LEWENSDUUR (VERV)

Children – frontal , parietal lobes – executive functioning / Ontwikkeling van kinders – frontale, parietale lobbe – uitvoerende funksionering

Frontal, parietal lobes – develop maturity / Frontale, parietale lobbe – ontwikkel volwassenheid

Giedd et al. (1999) – longitudinal study - frontal, temporal lobes changed – pre to post adolescence / Giedd et al. (1999) – langtermyn studie frontale, temporale lobbe verander – voor en na adolessensie

LIFESPAN CHANGES IN PERSONALITY (CONT) / PERSOONLIKHEIDS VERANDERING OOR LEWENSDUUR (VERV)

- Implication : traits - adolescence (impulsivity, sensation-seeking) – brain development - not personality trait / Implikasie : eienskappe adolessensie (impulsiwiteit, sensasie-soekerig) – resultaat brein ontwikkeling – nie persoonlikheid eienskap
- Level of brain development + hormonal changes during adolescence - related to increased risky behaviour + desire to seek out social company / Vlak van brein ontwikkeling + hormonale veranderinge gedurende adolessensie - verband met verhoogde riskante gedrag + begeerte om sosiale geselskap te soek
- Theory – natural occurring developmental changes which cause certain personality traits to be more common- children, adolescents – developmental stage / Teorie – natuurlike ontwikkelingsveranderinge – wat veroorsaak dat sekere persoonlikheidstrekke meer algemeen is – kinders, adolosente – ontwikkelings fase



ALCOHOL, DRUGS AND PERSONALITY

- Substance Abuse - growing problem in SA - 7.06% of our population abusing substance of some kind. One in every 14 people are regular users - total of 3.74 million people (2013).

ALCOHOL, DRUGS AND PERSONALITY / ALKOHOL, DWELMS EN PERSOONLIKHEID

- According to research – two-way relationship – certain personality factors more prone to substance use and substance use can also change personality / Volgens navorsing – tweerigting verhouding – sekere persoonlikheids faktore meer geneig tot dwelm gebruik en dwelm gebruik kan ook persoonlikheid verander
- Littlefield and Sher (2010) – literature review – personality traits contributes to alcohol abuse / Littlefield and Sher (2010) – literatuur oorsig – persoonlikheidstrekke dra by tot alkohol misbruik
- Research - using the FFM, Flory et al. (2002) – alcohol abuse – associated with high extraversion and low conscientiousness / Navorsing – met behulp van die FFM, Flory et al. (2002) – alkohol misbruik – geassosieer met hoë ekstroversie en lae pligsgetrouheid

ALCOHOL, DRUGS AND PERSONALITY (CONT) / ALKOHOL, DWELMS EN PERSOONLIKHEID (VERV.)

- Alcohol abuse – long and short term change / Alkohol misbruik – lang en kort termyn verandering
- Short term – impair executive functioning - antisocial behaviour (aggression) / Kort termyn – benadeel die uitvoerende funksionering – antisosiale gedrag (aggressie)
- Young children and adolescents – excessive alcohol use – permanent changes to executive function / Jong kinders en adolosente – oormatige alkohol gebruik – permanente veranderinge mbt uitvoerende funksie



ALCOHOL, DRUGS AND PERSONALITY (CONT) / ALKOHOL, DWELMS EN PERSOONLIKHEID (VERV.)

- Research – age-related personality change – decrease in alcohol use / Navorsing – ouderdom verwante persoonlikheid verandering – afname in alkohol gebruik
- Long term alcohol abuse – / Langtermyn alkohol misbruik -
 - Dementia / Demensie
 - Genetic changes / Genetiese veranderinge



ALCOHOL, DRUGS AND PERSONALITY (CONT) / ALKOHOL, DWELMS EN PERSOONLIKHEID (VERV.)

- Quinn and Harden (2013) – impulsivity, sensation-seeking – associated with drug and alcohol abuse – peak in adolescence / - Quinn and Harden (2013) - impulsiwiteit, sensasie-soekery – geassosieer met dwelm en alkohol misbruik – hoogtepunt adoloesensie
- Flory et al. (2002) – cannabis use – low extraversion, high openness to experience / Flory et al. (2002) – dagga gebruik – lae ekstroversie, hoë openheid tot ervaring
- Meier (2012) – longitudinal study – cannabis – permanent reduction – IQ / Meier (2012) – langtermyn studie – dagga – permanente afname– IK

ALCOHOL, DRUGS AND PERSONALITY (CONT) / ALKOHOL, DWELMS EN PERSOONLIKHEID (VERV.)

- Methamphetamine (TIK) use – changes cognitive functions (impairs memory and executive function. TIK users – violent crime, depression, paranoia / Methamphetamine (TIK) gebruik – verandering aan kognitiewe funksies (verminder die geheue en uitvoerende funksie). TIK gebruikers – gewelddadige misdaad, depressie, paranoia
- Summary : / Opsomming :
 - Personality factors contribute to substance use / Persoonlikheidsfaktore dra by tot dwelm gebruik
 - Substance abuse – alter biology to change personality / Dwelms misbruik – verander biologie om persoonlikheid te verander

DISEASE AND PERSONALITY

- Sutin, et al. – personality associated with disease/persoonlikheid geassosieer met siekte
 - Impulsiveness predicted risk of developing disease/impulsiewitiet voorspel gevaar om siekte te ontwikkel
 - Chronic disease – reduction in openness/ kroniese siekte – verlaag openheid
- Dementia (definition/definisie – Personality Psychology. 2016)
 - Certain types – personality change
 - Happen at any age – mostly old age
 - Frontotemporal – large personality change – happens more rapidly
 - Less likely to have insight into changes
 - Multiple types – caused by disease, alcoholism, oxygen deprivation

HIV AND PERSONALITY / MIV EN PERSOONLIKHEID

- According – Kalichman et al. (2007) – high scores on risk-taking = contracting HIV / Volgens - Kalichman et al. (2007) - hoë tellings op riskante gedrag = MIV
 - Risky behaviour – substance use – impaired judgement/ Riskante gedrag – dwelm gebruik – verswakte oordeel
- Krista et al. (2001) - respondents objectively at risk—perceived risk of HIV infection - Openness to Experience. / Krista et al. (2001) - respondente objektief in gevaar – waargenome risiko van MIV infeksie – Openheid vir Ervaring
 - Low Openness - inhibit accurate assessment of risk by restricting consideration of information and influencing other heuristic biases / Lae Openheid - Inhibeer akkurate assessering van risiko deur die oorweging van inligting te beperk en ander heuristiese vooroordele te beïnvloed
- Reuben et al. (2011) – SA research - associations positive HAD (HIV Associated Dementia) screens - risk factors - HAD – Xhosa speaking participants /

HIV AND PERSONALITY / MIV EN PERSOONLIKHEID

- Reuben et al. (2011) – SA navorsing – assosiasies positiewe HAD (MIV Geassosieerde Demensie) keuring – risiko faktore – HAD – Xhosa sprekende deelnemers
 - HAD – most severe form of HIV associated neurocognitive disorders (HAND) - untreated HIV / HAD – ernstigste vorm van MIV geassosieerde neuokognitiewe versteurings (HAND) – onbehandelde MIV
 - HAD poses one of the greatest risks for mortality among people living with HIV / HAD - een van die grootste risikos vir mortaliteit onder mense wat met MIV leef
 - Affects domains of motor functioning, attention/concentration, processing speed, executive functioning, and memory / Beïnvloed domeine van motoriese funksionering, aandag / konsentrasie, verwerking spoed, uitvoerende funksionering en geheue

HIV AND PERSONALITY (CONT) / MIV EN PERSOONLIKHEID (VERV.)

- Poor immune functioning - related to increased neurocognitive impairment / Swak immuun funksionering – verwant aan verhoogde neurokognitiewe waardedaling
- Alcohol dependence is related to worse neurocognitive functioning in HIV / alkoholafhanklikheid is verwant aan erger neurokognitiewe funksionering in MIV
- Strong relationship: poor ART adherence + neurocognitive impairment + poor immunologic function (low CD4 count) and increased neurocognitive impairment / Sterk verhouding: swak ART-nakoming + neurokognitiewe inkorting + swak immunologiese funksie (lae CD4-telling) en verhoogde neurokognitiewe inkorting
- Stigmatization and consequential stress – living with HIV – contribute to personality change / Stigmatisering en gevolglike stres - lewe met MIV - dra by tot persoonlikheidsverandering

BEHAVIOURAL GENETICS/ GEDRAGS GENETIKA

- Eysenck (1990) – personality influenced by genes / persoonlikheid geneties beïnvloed
- Behavioural genetics = how genes influence behaviours, personality, psychological well-being / Gedrags genetika = hoe gene gedrag, persoonlikheid, sielkundige welstand beïnvloed
- Influence of genes – measured – twin studies of identical (Monozygotic / MZ) or non-identical (Dizygotic / DZ) / Invloed van gene – gemeet – tweeling studies van identiese (Monosigotiese / MZ) of nie-identiese (Disigotiese / DZ)
- MZ twins – share exactly same genetics / DZ twins – share 50% of genetics / MZ tweeling – deel presies dieselfde gene / DZ tweeling – deel 50% gene
- Differences in MZ twins genetic material – environmental factors / Verskille in MZ tweelingse genetiese material – omgewings faktore

BEHAVIOURAL GENETICS/ GEDRAGS GENETIKA

- Plomin et al. (2008) – personality factors, mental health – largely genetically heritable / persoonlikheid faktore, geestesgesondheid – grotendeels geneties oorerflik
- Brokhorst et al. (2003) – genetics responsible for 77% of temperament / genetika verantwoordelik vir 77% van temperament
- Ivora et al. (2010) – genetic influence attachment. Gene reduces impact of maternal anxiety on infant's temperament – protect against adverse environmental factors / genetika beïnvloed binding. Gene verminder impak van moederlike angs op baba se temperament – beskerm teen ongunstige omgewings faktore



BEHAVIOURAL GENETICS (CONT)/ GEDRAGS GENETIKA (VERV.)

- Jang, Livesley, and Vernon (1996) – genes responsible for 41-60% of Big Five Personality Traits / Jang, Livesley en Vernon (1996) - gene verantwoordelik vir 41-60% van die Big Five Persoonlikheidseienskappe
- Genes – explain – variance in personality factors, social behaviours, attitudes / Gene - verduideliking - afwyking in persoonlikheidsfaktore, sosiale gedrag, houdings
- Biological perspective – personality important – genes impact on personality and behaviour / Biologiese perspektief - persoonlikheid belangrik - gene beïnvloed persoonlikheid en gedrag