# Most of Us Combine Personality Traits from Different Genders 我们大多数人都结合了不同性别的性格特征

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## Most of Us Combine (v.)（使）结合，组合 Personality Traits 特性，特质，性格 from Different Genders 我们大多数人, 都结合了不同性别的性格特征

How different are men and women really?

For example, ± a study involving more than 300,000 people in the U.S. who self-identified (v.)自我鉴定的,自认为的 as either male or female 谓 **looked** ① both at *broad personality traits* 广泛的人格特征, such as *extraversion* 外向性；外倾性 and *agreeableness* 亲和性,宜人性, ② **and at** *more specific aspects* of these traits, such as *a warm communication style* or *a tendency to act (v.) altruistically* 利他地；无私地.

In this sample, researchers found *moderate differences* between male and female participants *in the broad traits* /but, in most cases, larger differences *at the more specific* 明确的；具体的, 特定的 *level.*

Overall, for instance, both male and female people in the study were similarly extraverted (a.)外向的 (a broad trait). When the scientists looked at specific aspects of extraversion, however, they found that ± male participants, on average, 谓 **sought out** exciting situations **more often than** female ones did. And female participants demonstrated (v.)表现；显露 higher activity levels **than** male ones.

男人和女人到底有多大区别？

例如，一项涉及超过30万名自认为是男性或女性的美国人的研究，考察了广泛的性格特质，如"外向性"和亲"和性"，以及这些特质的更具体方面，如"温暖的沟通风格"或"倾向于利他行为"。在这个样本中，研究人员发现,男性和女性参与者在广泛的性格特质上, 存在中等差异; 但在更具体的层面上，在大多数情况下差异更大。总体而言，研究中男性和女性的外向性（广泛特质）相似。然而，当科学家们考察"外向性的具体方面"时，他们发现, 男性参与者平均比女性参与者, 更常"寻求刺激"的情境。而女性参与者则表现出比男性更高的"活动水平"。

To create the questions for our studies, we cast 扔；掷；抛 *a very wide net*, ① **looking at** large personality projects, ② **reviewing** (v.)评审，审查,检阅 the academic literature （某学科的）文献，著作，资料 ③ and **crowdsourcing** (v.)众包; (尤指利用互联网)将工作分配给不特定人群 ideas.

We ended up 最终 **testing** (v.) more than 600 personality questions **for** *gender differences* 性别差异 before identifying the 18 traits with the greatest variation （数量、水平等的）变化，变更，变异 **between** the self-identified men **and** women in our sample 样本.

These traits included <mark>not only</mark> the broad characteristics 特性，特征；特色 that are widely used (v.) in psychological research (such as extraversion 外向性；外倾性 and agreeableness 亲和性;宜人性;随和性) <mark>but also</mark> more specific patterns of thought and behavior, such as *how frequently an individual takes risks* or *their degree of focus on aesthetics* 美学；美学理论.

We also double-checked (v.)将......仔细检查，复核 our conclusions by running a final study to replicate (v.)复制；（精确地）仿制,再造 the major findings.
Ultimately 最终；最后；终归 we found *no large differences* in personality 个性，性格；魅力 between cisgender (a.)顺性别 men and women on any traits. But we did find *small and moderate differences* in the 18 personality traits.

为了设计我们的研究问题，我们采取了非常广泛的研究方法，涵盖了大型性格项目、审阅学术文献, 以及通过众包收集创意。最终，我们测试了600多个性格问题，以寻找性别差异，最后确定了在我们样本中, 自认为是男性和女性的个体之间差异最大的18种特质。这些特质不仅包括广泛应用于心理学研究中的特征（如外向性和亲和性），还包括更具体的思维和行为模式，如一个人冒险的频率，或他们对美学的关注程度。我们还通过进行最后一项研究，来复制主要发现，以再次验证我们的结论。最终，我们发现, <mark>跨性别男性和女性在任何性格特质上, 都没有显著的差异，但在18个性格特质上, 确实存在一些小到中等程度的差异。</mark>

主 The most sizable 相当大的，颇大的 of these differences 系 was the degree to which *cisgender people thought (v.) about sex*, assessed (v.)评估，评定（性质、质量） by asking people to rate (v.) how much they agreed with the statement "I often *have sexual thoughts* when I meet an attractive-looking person" and disagreed with the statement "I do not frequently think about sex."
(This "sex-focused" characteristic, while 尽管，虽然 **not linked (v.) to** major personality traits 后定 commonly studied in psychology, nonetheless 然而，尽管如此 fits (v.) *the conception of a personality trait* as a pattern in thought, emotion or behavior. It also **relates to** a concept called *sexual preoccupation* 盘算；思虑；长久思考的事情.)

We found that 主 gender 谓 could explain about 18 percent of the variation **in the extent** 程度；限度 to which people are sex-focused. Men had *a higher average score* on this trait than women. There were still plenty of women who had a higher score than most men, however. In other words, individual men and women were highly varied (a.)各种各样的；形形色色的；不相同的, even though at the group level, men tended to differ (v.) from women.

On every trait, there was *a substantial 大量的；价值巨大的；重大的 overlap* (n.)（范围方面的）重叠部分 between men and women. Yet at the tail 尾巴 ends —where people **either** strongly agreed **or** disagreed with the questions we asked them —larger differences emerged (v.). For example, *very low compassion* 同情；怜悯 was rare (a.)少见的，不常发生的 in both men and women, but 主 the few people who identified as very uncompassionate (a.)冷酷无情的；无同情心的 系 were much more likely to be men.

This result **is consistent (a.)与...一致的；相符的,不矛盾的 with** the finding 后定 that 主 antisocial 反社会的；危害社会的；令人讨厌的 personality disorder 人格障碍,人格失常, which often involves a lack of remorse (n.)懊悔；非常遗憾；自责 or empathy (n.)共鸣，同情, 系 is more common among men than women.

So is there a "man's personality" and a "woman's personality"? Fascinatingly (ad.)极有吸引力地；迷人地, 主 almost everyone in our study 系 was a mix of *"more often seen in men"* and *"more often seen in women"* traits.
For any given trait, an individual woman was closer to *the overall average 总体平均值 for women* **than** *the overall average for men* just 61 percent of the time. And a man was closer to *the average for men* **than** *the average for women* only 57 percent of the time.

Only about 1 percent of men and 1 percent of women 谓 had almost entirely 全部地；完整地；完全地 "more often seen in men" or "more often seen in women" personality traits.

To test (v. )how accurately 精确地，准确地 主 gender 谓 can be predicted from personality, we developed *a simple machine-learning algorithm* (a computer program that **looked for** patterns in data regarding （尤指以某种方式）注视，凝视 which personality traits **are associated (a.)有关联的；相关的 with** being a cis (a.)同侧的，顺式的 man or a cis woman).

Example 3. 案例
Cis - 顺性人

We trained (v.) our algorithm using results from *past study participants* 参加者，参与者, then **presented** 把...交给；颁发；授予 the algorithm **with** the personality traits of new participants to see how well it could predict their gender.
Using just *the most predictive trait* — being sex-focused —the algorithm could **predict** a person's gender **correctly** 69 percent of the time.

This result may be impressive 令人赞叹的；令人敬佩的 to some. But the prediction is *far from* 远离,远远不是 *perfect* because some women are much more sex-focused than the average man.

为了测试"从性格中预测性别"的准确程度，我们开发了一种简单的机器学习算法（一种计算机程序，用于在数据中寻找与顺式男性或顺式女性相关的人格特征模式）。我们使用过去研究参与者的结果, 来训练我们的算法，然后向算法展示新参与者的性格特征，看看它能多好地预测他们的性别。仅使用"最具预测性的特征"（在专注于"性"上），该算法就可以在 69% 的情况下正确预测一个人的性别。这个结果可能会让一些人印象深刻。但这一预测远非完美，因为 ==有些女性比普通男性更注重"性"。==

The algorithm's accuracy **rose (v.) to** 78 percent when we allowed it to incorporate (v.)将...包括在内；包含；吸收；使并入 all the *personality 个性，性格 differences* at once.
That's a big improvement —but for the other 22 percent of people, the algorithm was predicting (v.) incorrectly.

When we **released** 释放,发布 our quiz 小测验 **to** the public, accuracy **slipped** (v.)滑倒；滑跤;下降；退步；变差 a bit further （空间距离）较远，更远 **to** 74 percent.

That's still much better than the average human, though: We gave another group of *study participants* sets of personality traits 主 that, we explained, 谓 belonged to particular individuals.
Then we asked the participants to predict the gender of those other people using the personality traits. They were correct only 58 percent of the time, hardly better than a *coin flip* 抛硬币.
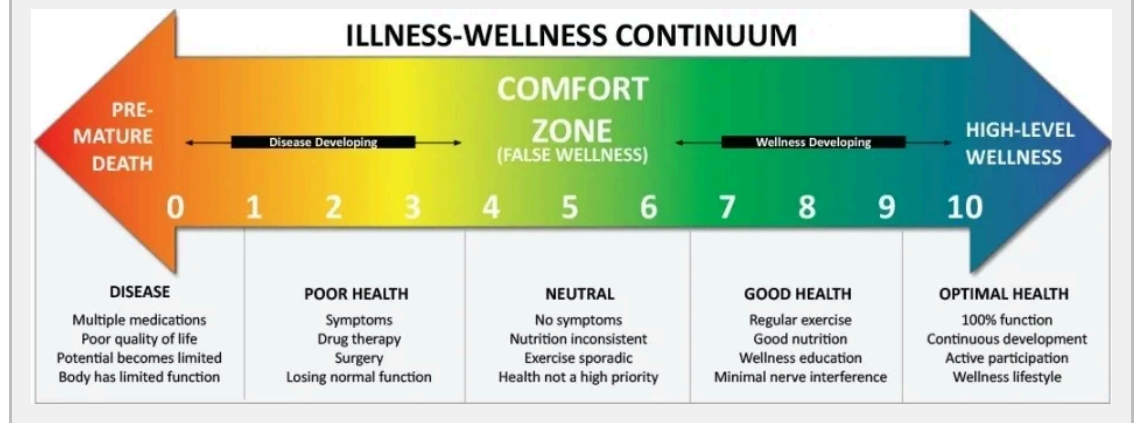
The quiz is called *the Gender Continuum (n.)（相邻两者相似但起首与末尾截然不同的）连续体 Test*, and you can try it yourself on our Web site to see whether the algorithm predicts (v.) your gender.

当我们允许它同时包含所有性格差异时，该算法的准确率上升到 78%。这是一个很大的进步——但对于其他 22% 的人来说，算法预测不正确。当我们向公众发布测验时，准确率进一步下滑至 74%。不过，这仍然比普通人要好得多：我们向另一组研究参与者提供了一组人格特征，我们解释说，这些特征属于特定个体。然后我们要求参与者使用人格特征预测其他人的性别。他们只有 58% 的时间是正确的，几乎不比抛硬币好。该测验称为性别连续体测试，您可以在我们的网站上亲自尝试一下，看看该算法是否可以预测您的性别。

Example 4. 标题
continuum

a series of similar items /in which each is almost the same as the ones next to it /but the last is very different from the first （相邻两者相似但起首与末尾截然不同的）连续体
SYN cline

• It is impossible to say at what point along the continuum a dialect becomes a separate language. 要说出同一语言的方言差异到什么程度就成为一种别的语言是不可能的。

We believe our results **shed (v.) new light on** 使（问题等）较容易理解 the size of gender differences in personality. There are, however, some important caveats (n.)警告；告诫.

First, all our study participants 系 were from the U.S., and given that factors such as *culture influence (v.) personality and gender*, we would be hesitant (a.)犹豫的；踌躇的；不情愿的 **to extend** (v.) our conclusions **to** other communities 社区；团体，群体.

Second, our study cannot (v.) provide insight into the causes of personality differences —for instance, how much these differences can be explained by environment and culture **as opposed to** （表示对比）而，相对于 biology.

Third, as we noted earlier, we do not have enough data to comment (v.)议论；评论；解释 on transgender, intersex (n.)雌雄间性；间性人 or nonbinary 非二元的,非二选一的 individuals.
We hope that /future research explores (v.) these and other dimensions 维（构成空间的因素）；尺寸; 方面；侧面 of the personality, sex and gender debate.

我们相信, 我们的结果为了解人格中性别差异的大小, 提供了新的线索。然而，有一些重要的警告。
首先，我们所有的研究参与者都来自美国，考虑到"文化等因素会影响个性和性别"，我们会犹豫是否将我们的结论推广到其他社区。
其次，我们的研究无法深入了解性格差异的原因，例如，这些差异在多大程度上可以通过环境和文化,而不是生物学来解释。
第三，正如我们之前指出的，我们没有足够的数据来评论跨性别者、双性人或非二元个体。我们希望未来的研究能够探索人格、性别, 和社会性别争论的这些和其他方面。

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Example 5. 标题
AS OPPOSED TO

( formal ) used to make a contrast between two things （表示对比）而，相对于
•200 attended, as opposed to 300 the previous year. 出席的有200人，而前一年是300人。
•This exercise develops suppleness as opposed to (= rather than) strength. 这项锻炼不是增强力量，而是增强柔韧性的。

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intersex

(n.)( medical 医) the physical condition of being partly male and partly female 间性；雌雄间性；雌雄间体

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Right now /our study is a reminder 引起回忆的事物；提醒人的事物 that, on average, cisgender (a.)顺性别的 men and women do have some *small **to** moderate 适度的；中等的*

*differences* in how they report their personality, but almost everyone is *a mix of traits* seen more often in men /and seen more often in women. If you try to guess someone's personality from their gender, you'll very often be wrong.

Here are your personality results!

Keep in mind that /these personality results were measured (v.), **for the sake 利益，好处；目的 of** 为了某人（或某事）起见；因某人（或某事）的缘故 brevity (n.)简洁；简炼, using just two questions /per personality trait, and so **are not** a comprehensive assessment 评定；核定；判定 of each trait.

Like MALES do /on average, you reported yourself as being:

- Less Aesthetic (a.)审美的；有审美观点的；美学的 - less likely to be moved by artistic beauty

- Less Amicable (a.)心平气和的；友善的 - more likely to contradict (v.)反驳；驳斥 the opinions of others

- Less Compassionate (a.)有同情心的；表示怜悯的 - less concerned 担心的；忧虑的;感兴趣的；关切的；关注的 or sympathetic (a.) towards others

- Less Forgiving (a.)宽宏大量的；宽容的 - more desire for revenge (v.)报复；报仇 on those who have wronged (v.)不公正（或不诚实）对待 you

- Less Peaceful (a.)不诉诸战争（或暴力、争论）的；和平的 - more likely to use violence to solve (v.) problems

- Less Warm (a.)温情的；热心的；友好的 - less expression (n.) of happy feelings

- Less Unselfish (a.)无私的；忘我的；不谋私利的 - less **looking out for** 关注某人或某事，确保他们安全或避免危险 others before **looking out for** 只考虑某人／自己的利益 yourself

- More Sex Focused - more likely to have frequent sexual thoughts

- More Self Defending - less likely to blame yourself for problems

Like FEMALES do on average, you reported yourself as being:

- More Emotionally Aware (a.)知道；意识到；明白 - having more awareness (n.) and understanding (n.) 理解；领悟；了解 of emotional reactions

- More Honest (a.) - less likely to bend the truth

- Less Unusual 独特的；与众不同的；别致的 - less unusual or non-ordinary 不寻常的，不平凡的

- Less *At Ease* (n.)舒适；安逸；自在；无忧无虑 - more likely to worry or be afraid

- Less Complexity (n.)复杂性；难懂 Seeking - less likely to take pleasure 愉快；欣慰；满意 in complexity

- Less Improvisational 即兴的 - less likely to be good at **coming up with** 提出，想出 new things on the spot 当场；当下;在现场

- Less *Risk Taking* - more avoidance (n.)避免；防止；回避 of risky situation

- Less *Self Valuing* (v.)评价；评估；价值判断 - less likely to see yourself as **superior (a.)（在品质上）更好的；占优势；更胜一筹 to** others

- Less *Thick Skinned* 厚脸皮 - more likely to be hurt by what others say or do

valuing

    1. 评价；评估；价值判断（value 的 ing 形式）

# (pure) Most of Us Combine Personality Traits from Different Genders

How different are men and women really?

For example, a study involving more than 300,000 people in the U.S. who self-identified as either male or female looked both at broad personality traits, such as extraversion and

agreeableness, and at more specific aspects of these traits, such as a warm communication style or a tendency to act altruistically. In this sample, researchers found moderate differences between male and female participants in the broad traits but, in most cases, larger differences at the more specific level. Overall, for instance, both male and female people in the study were similarly extraverted (a broad trait). When the scientists looked at specific aspects of extraversion, however, they found that male participants, on average, sought out exciting situations more often than female ones did. And female participants demonstrated higher activity levels than male ones.

To create the questions for our studies, we cast a very wide net, looking at large personality projects, reviewing the academic literature and crowdsourcing ideas. We ended up testing more than 600 personality questions for gender differences before identifying the 18 traits with the greatest variation between the self-identified men and women in our sample. These traits included not only the broad characteristics that are widely used in psychological research (such as extraversion and agreeableness) but also more specific patterns of thought and behavior, such as how frequently an individual takes risks or their degree of focus on aesthetics. We also double-checked our conclusions by running a final study to replicate the major findings. Ultimately we found no large differences in personality between cisgender men and women on any traits. But we did find small and moderate differences in the 18 personality traits.

The most sizable of these differences was the degree to which cisgender people thought about sex, assessed by asking people to rate how much they agreed with the statement "I often have sexual thoughts when I meet an attractive-looking person" and disagreed with the statement "I do not frequently think about sex." (This "sex-focused" characteristic, while not linked to major personality traits commonly studied in psychology, nonetheless fits the conception of a personality trait as a pattern in thought, emotion or behavior. It also relates to a concept called sexual preoccupation.) We found that gender could explain about 18 percent of the variation in the extent to which people are sex-focused. Men had a higher average score on this trait than women. There were still plenty of women who had a higher score than most men, however. In other words, individual men and women were highly varied, even though at the group level, men tended to differ from women.

On every trait, there was a substantial overlap between men and women. Yet at the tail ends—where people either strongly agreed or disagreed with the questions we asked them —larger differences emerged. For example, very low compassion was rare in both men and women, but the few people who identified as very uncompassionate were much more likely to be men. This result is consistent with the finding that antisocial personality disorder, which often involves a lack of remorse or empathy, is more common among men than women.

So is there a "man's personality" and a "woman's personality"? Fascinatingly, almost everyone in our study was a mix of "more often seen in men" and "more often seen in women" traits. For any given trait, an individual woman was closer to the overall average for women than the overall average for men just 61 percent of the time. And a man was

closer to the average for men than the average for women only 57 percent of the time. Only about 1 percent of men and 1 percent of women had almost entirely "more often seen in men" or "more often seen in women" personality traits.

To test how accurately gender can be predicted from personality, we developed a simple machine-learning algorithm (a computer program that looked for patterns in data regarding which personality traits are associated with being a cis man or a cis woman). We trained our algorithm using results from past study participants, then presented the algorithm with the personality traits of new participants to see how well it could predict their gender. Using just the most predictive trait—being sex-focused—the algorithm could predict a person's gender correctly 69 percent of the time. This result may be impressive to some. But the prediction is far from perfect because some women are much more sex-focused than the average man.

The algorithm's accuracy rose to 78 percent when we allowed it to incorporate all the personality differences at once. That's a big improvement—but for the other 22 percent of people, the algorithm was predicting incorrectly. When we released our quiz to the public, accuracy slipped a bit further to 74 percent. That's still much better than the average human, though: We gave another group of study participants sets of personality traits that, we explained, belonged to particular individuals. Then we asked the participants to predict the gender of those other people using the personality traits. They were correct only 58 percent of the time, hardly better than a coin flip. The quiz is called the Gender Continuum Test, and you can try it yourself on our Web site to see whether the algorithm predicts your gender.

We believe our results shed new light on the size of gender differences in personality. There are, however, some important caveats. First, all our study participants were from the U.S., and given that factors such as culture influence personality and gender, we would be hesitant to extend our conclusions to other communities. Second, our study cannot provide insight into the causes of personality differences—for instance, how much these differences can be explained by environment and culture as opposed to biology. Third, as we noted earlier, we do not have enough data to comment on transgender, intersex or nonbinary individuals. We hope that future research explores these and other dimensions of the personality, sex and gender debate.

Right now our study is a reminder that, on average, cisgender men and women do have some small to moderate differences in how they report their personality, but almost everyone is a mix of traits seen more often in men and seen more often in women. If you try to guess someone's personality from their gender, you'll very often be wrong.

Here are your personality results!

Keep in mind that these personality results were measured, for the sake of brevity, using just two questions per personality trait, and so are not a comprehensive assessment of each trait.

Like MALES do on average, you reported yourself as being:

- Less Aesthetic - less likely to be moved by artistic beauty

- Less Amicable - more likely to contradict the opinions of others

- Less Compassionate - less concerned or sympathetic towards others

- Less Forgiving - more desire for revenge on those who have wronged you

- Less Peaceful - more likely to use violence to solve problems

- Less Warm - less expression of happy feelings

- Less Unselfish - less looking out for others before looking out for yourself

- More Sex Focused - more likely to have frequent sexual thoughts

- More Self Defending - less likely to blame yourself for problems

Like FEMALES do on average, you reported yourself as being:

- More Emotionally Aware - having more awareness and understanding of emotional reactions

- More Honest - less likely to bend the truth

- Less Unusual - less unusual or non-ordinary

- Less At Ease - more likely to worry or be afraid

- Less Complexity Seeking - less likely to take pleasure in complexity

- Less Improvisational - less likely to be good at coming up with new things on the spot

- Less Risk Taking - more avoidance of risky situation

- Less Self Valuing - less likely to see yourself as superior to others

- Less Thick Skinned - more likely to be hurt by what others say or do