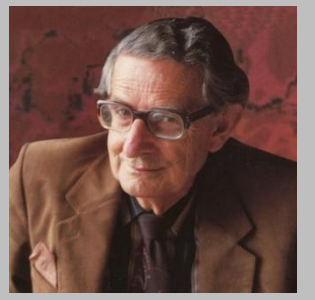
Eysenck's theory



- Hans Eysenck (1916-1998) spent 50 years identifying personality traits from literature.
  - Eysenck focused on normal and pathological populations

    He believes that the most fundamental personality characteristics are largely inherited.

    SEEDS- Example

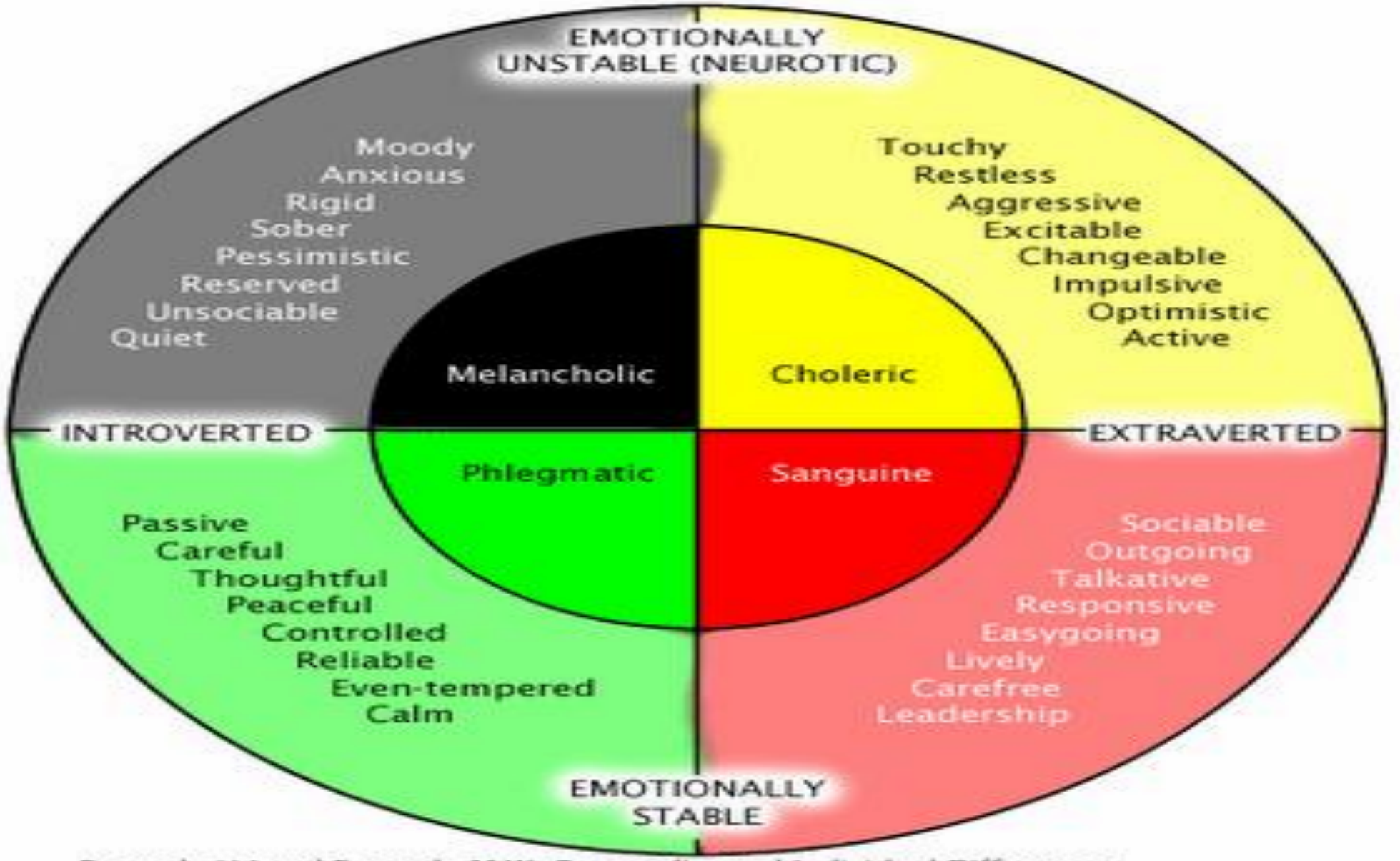
    Also, Eysenck believes that all behavior is learned--he advocates learning theory and the behavior therapies.
  - He used *factor analysis* to identify traits.

Terms

- **Personality:** a person's internally based characteristic way of acting and thinking.
- **Character:** Personal characteristics that have been judged or evaluated.
- **Temperament:** Hereditary aspects of personality, including sensitivity, moods, irritability, and distractibility
- **Personality Trait:** Stable qualities that a person shows in most situations
- **Personality Type:** People who have several traits in common

Sheldon's Relationships Among components of Physique and Temperament

PHYSIQUE		TEMPERAMENT	
COMPONENT	DESCRIPTION	COMPONENT	DESCRIPTION
Endomorphy	Predominance of soft roundness	Visceratonia	General love of comfort, relaxation, sociability, people, and food
Mesomorphy	Predominance of muscle, bone, and connective tissue	Somatotonia	Tendency to seek action and power through bodily assertiveness
Ectomorphy	Predominance of linearity and fragility	Cerebrotonia	Predominance of restraint, inhibition, and concealment



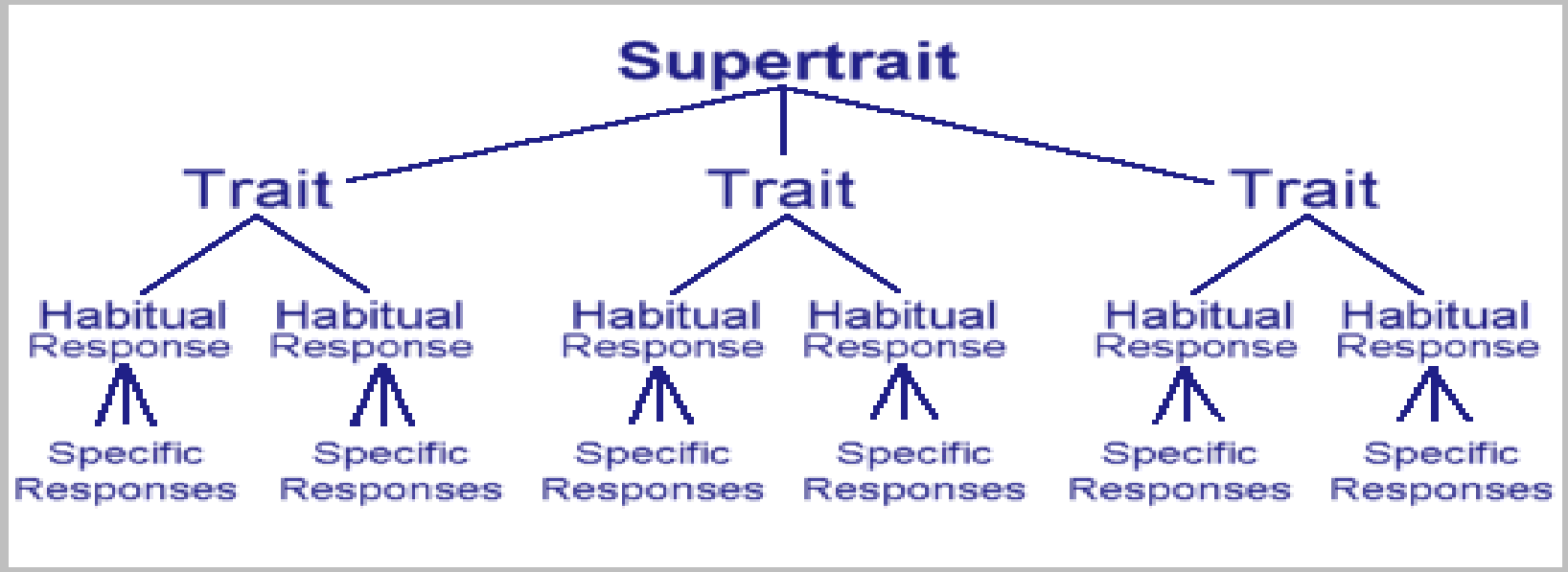
Eysenck, H.J and Eysenck, M.W. *Personality and Individual Differences.* Plenum Publishing, 1958.

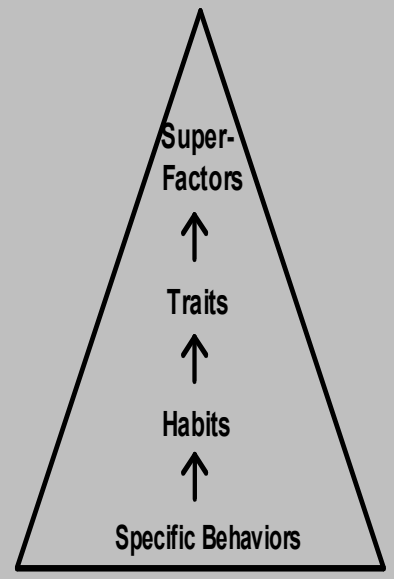
Hans J. Eysenck: Personality as Traits

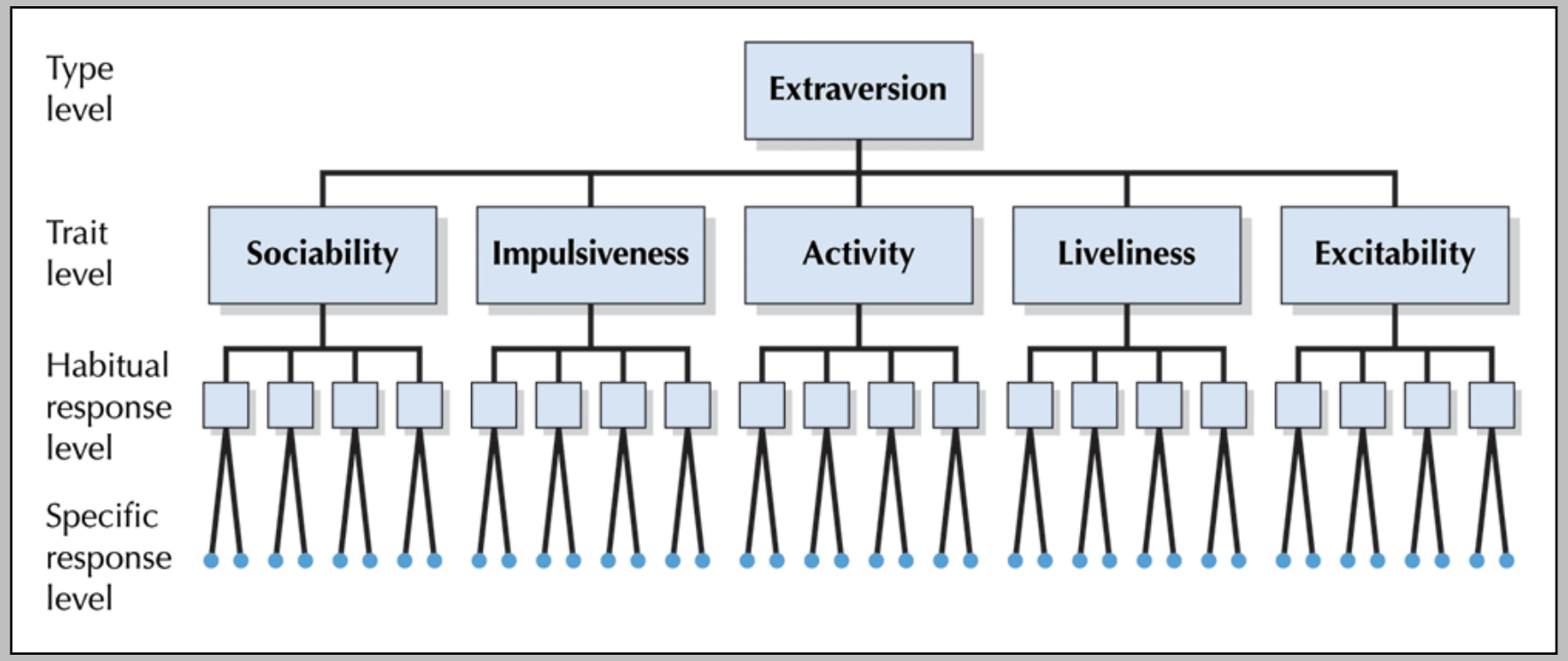
- Personality is “the sum-total of the actual or potential behavior-patterns of the organism, as determined by heredity and environment.
- It originates and develops through the functional interaction of the four main sectors into which these behavior-patterns are organized:
- the cognitive sector (intelligence)
- the conative sector (character)
- the affective sector (temperament)
- and the somatic sector (constitution)

- Eysenck => Hierarchy of Traits
- A. Specific Responses and Behaviors.
- B. Habits --> Cluster of Specific Behaviors (Gregariousness).
- C. Traits --> Collection of Related Habits (Friendliness).
- D. Superfactor / Type --> (Extraversion).
    - 1. Eysenck generally studies this type of factor.
    - 2. Proposes 3 Factor Model --> "Big Three":
        - a. Well Replicated Factors.
        - b. "Bipolar" Factors: Hi and Lo scores meaningful.

HI ——————————————————————— Lo


Supertrait
Trait
Trait
Trait
Habitual Response
Habitual Response
Habitual Response
Habitual Response
Habitual Response
Habitual Response
Specific Responses
Specific Responses
Specific Responses
Specific Responses
Specific Responses
Specific Responses

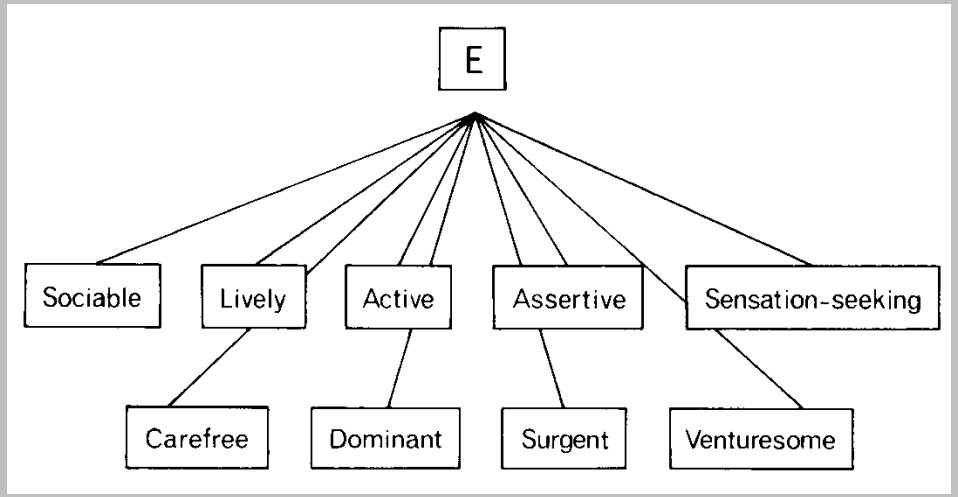

Super-Factors
Traits
Habits
Specific Behaviors


Type level
Trait level
Habitual response level
Specific response level
Extraversion
Sociability
Impulsiveness
Activity
Liveliness
Excitability

Extraverts

- Are sociable
- Take risks
- Don’t persevere
- Are unreliable

Can lose their temper
Are assertive
Are carefree



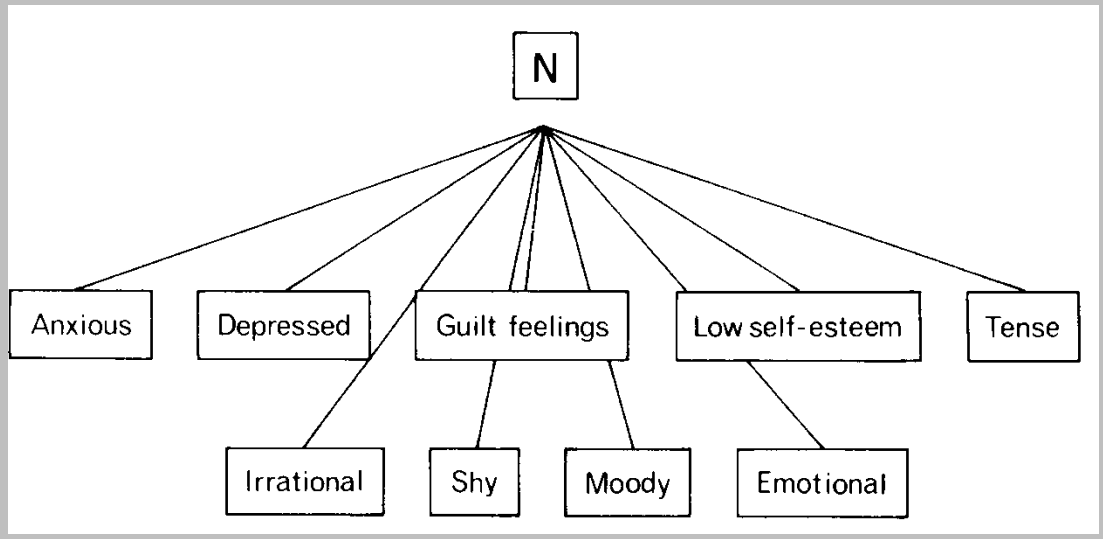
Extraversion - Introversion:

- Introversion: tough mindedness; introspectiveness; seriousness; performance interfered with by excitement; easily aroused but restrained, inhibited; preference for solitary vocations; sensitivity to pain.
- Extraversion: tender mindedness; impulsiveness; tendency to be outgoing; desire for novelty; performance enhanced by excitement; preference for vocations involving contact with other people; tolerance for pain.
- Relationship to Brain Arousal: Extravert: Low Cortical Arousal – Under stimulated.
- Introvert: High Cortical Arousal – Over stimulated.
- Extraverts: Cortical excitation levels are low in extraverts: Such people tend to seek stimulation.
- Introverts: Excitation levels are high in introverts. Such people tend to avoid additional stimulation.

Neurotics

- Feel anxious
- Feel depressed
- Feel guilty

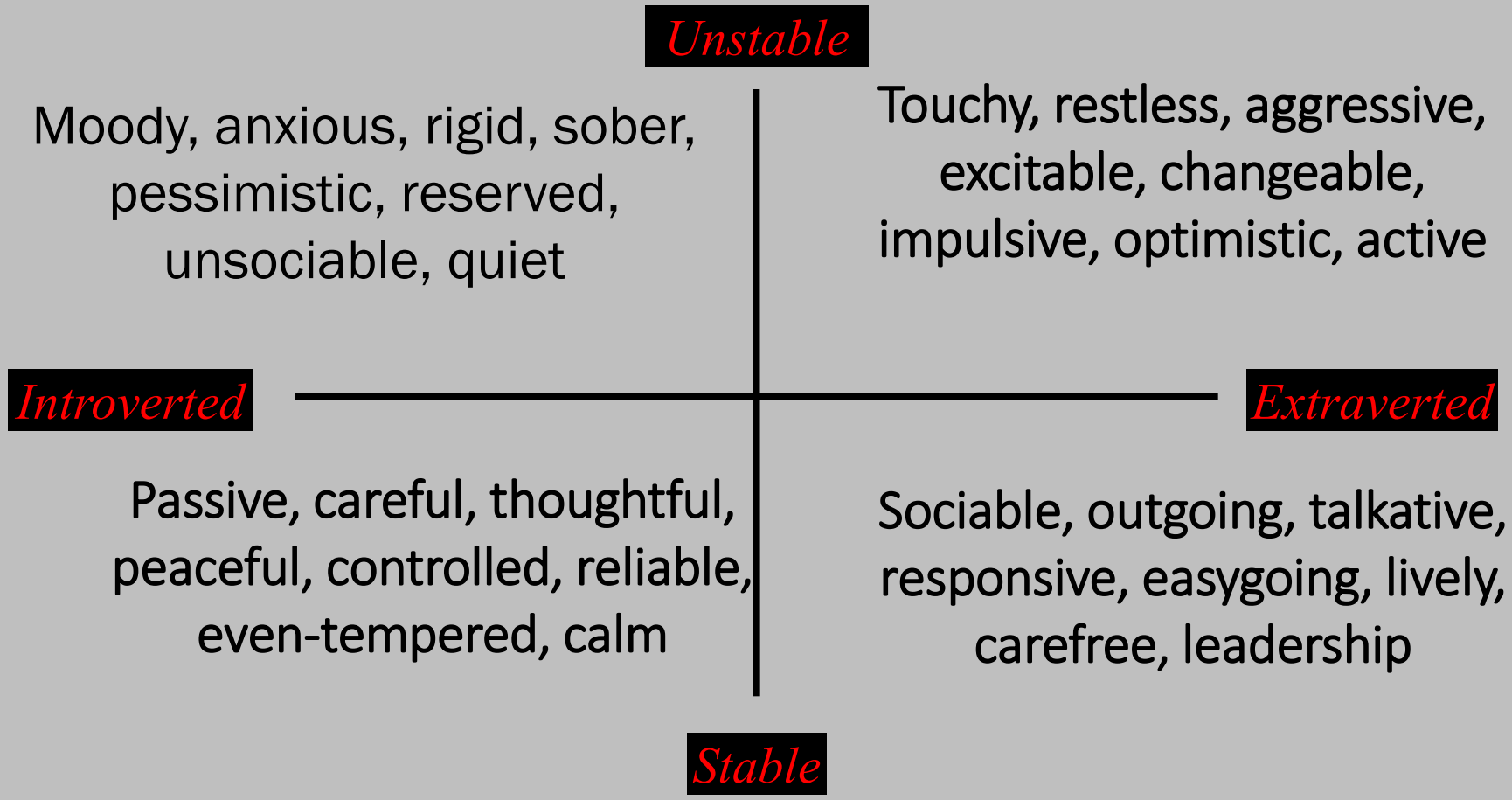
Feel tense
Feel moody
Get emotional



Neuroticism

- **Below average (emotional Stable)** - They feel more able to cope with stressful events and set less stringent demands of themselves; good emotional control, experience negative affect only in the face of very major stressors — are calm and collected under pressure.
- Type of maladjustment related to other traits:
  - **High N, High E –> Possibly Antisocial.**
  - **High N, Low E –> Anxiety Disorder, Phobias.**
  - **Disorders are not "Automatic":**
    - **traits yield 'tendencies"**
    - **specific environmental triggers required.**

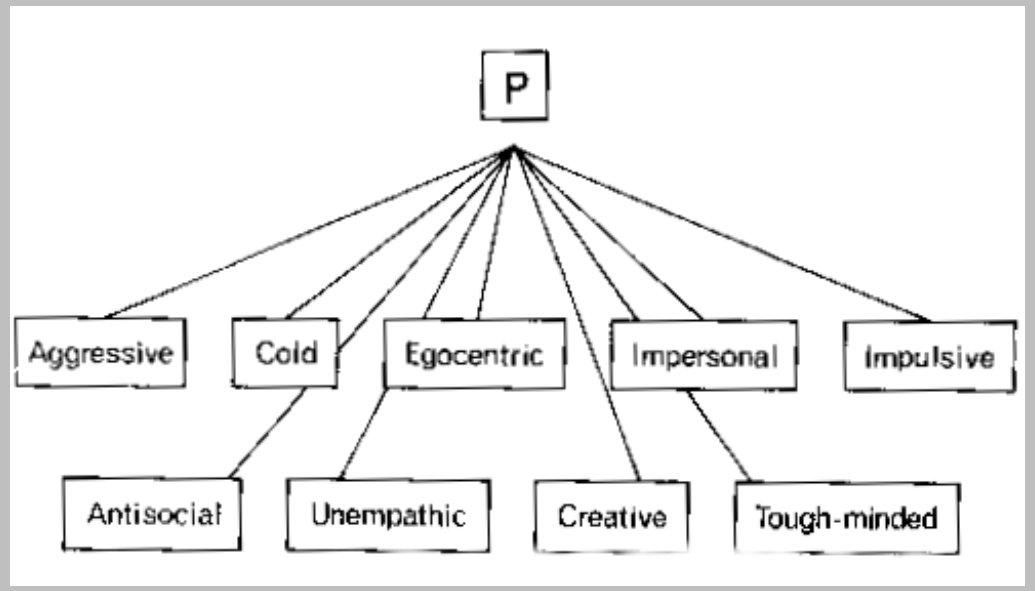
Neuroticism and extraversion



Psychotics

- Aggressive
- Cold & impersonal
- Self-centred
- Impulsive

Lacking empathy
Creative
Tough-minded



- Psychoticism:
  Poor concentration, poor memory; insensitivity; lack of caring for others; cruelty; disregard for danger and convention; occasionally originality and/or creativity; liking for unusual things; considered peculiar by others.
- **High Psychoticism**:
  - Egocentric, Impulsive, Non-conforming.
  - Suspicious, Sometimes antisocial.
- **Low Psychoticism** (Tender Minded)
  - Warm, Caring, Cooperative.
  - Conforming to social norms.
- Men vs. Women: Who is Higher on P???
- Right! Males tend to show higher psychoticism than females:
  - Eysenck: Link to Testosterone levels?

Psychoticism	Extraversion	Neuroticism
Aggressive	Sociable	Anxious
Assertive	Irresponsible	Depressed
Egocentric	Dominant	Guilt Feelings
Unsympathetic	Lack of reflection	Low self-esteem
Manipulative	Sensation-seeking	Tense
Achievement-oriented	Impulsive	Moody
Dogmatic	Risk-taking	Hypochondriac
Masculine	Expressive	Lack of autonomy
Tough-minded	Active	Obsessive

***L – Lie/Social Desirability**

Nervous System Arousal

*Stable people-well-modulated nervous systems

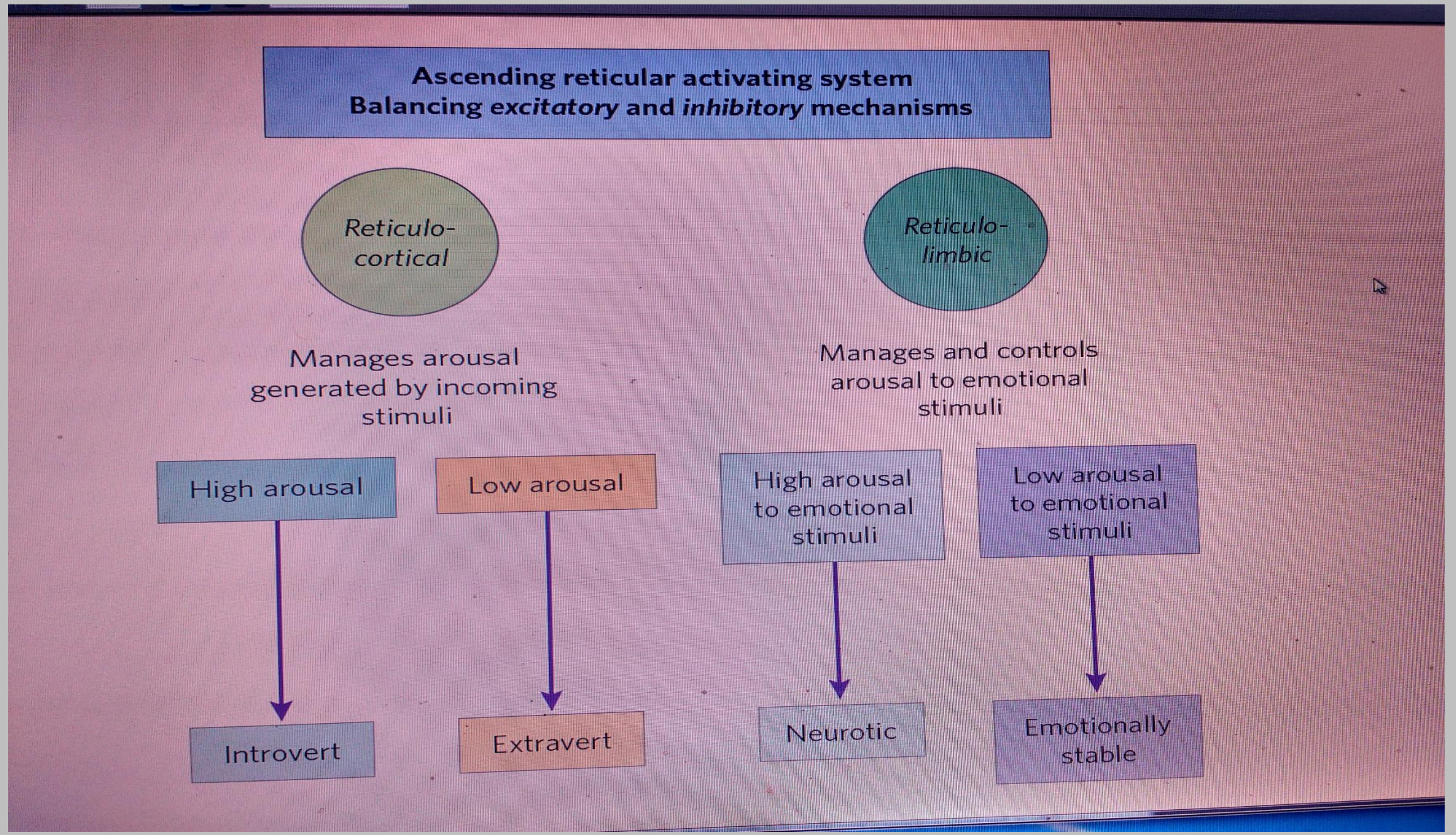
*Neurotic people-very reactive nervous systems Tests: EEG, Electrodermal measure (lie detector)

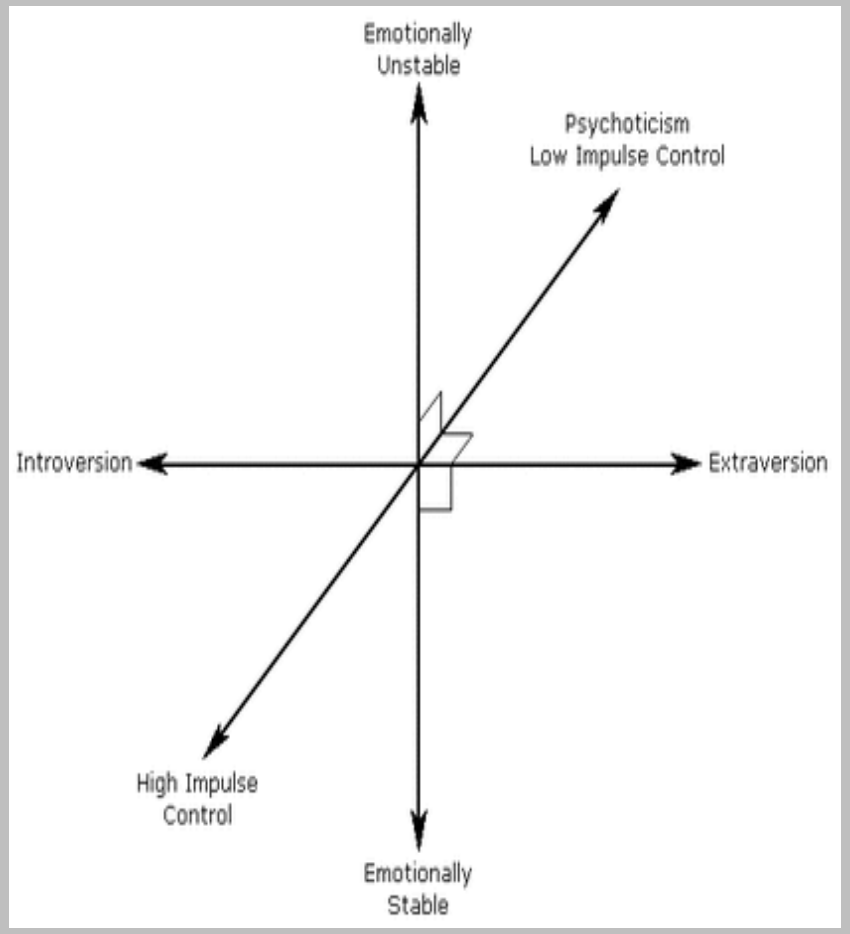
Eysenck hypothesized that some people have a more responsive sympathetic nervous system than others. Some people remain very calm during emergencies;

- some people feel considerable fear or other emotions; and some are terrified by even very minor incidents.
- He suggested that this latter group had a problem of sympathetic hyperactivity, which made them prime candidates for the various neurotic disorders.

3 Type Theory – Biological Determinism-Heredity in Everything

- **E – Extraversion** – linked to ascending reticular activating system (ARAS)-reticular formation of Brain Stem
- **N – Neuroticism** – linked to limbic system-brains emotional center regulates sex, fear & aggression
- **P – Psychoticism** – linked to endocrine gland-especially which controls sex drive

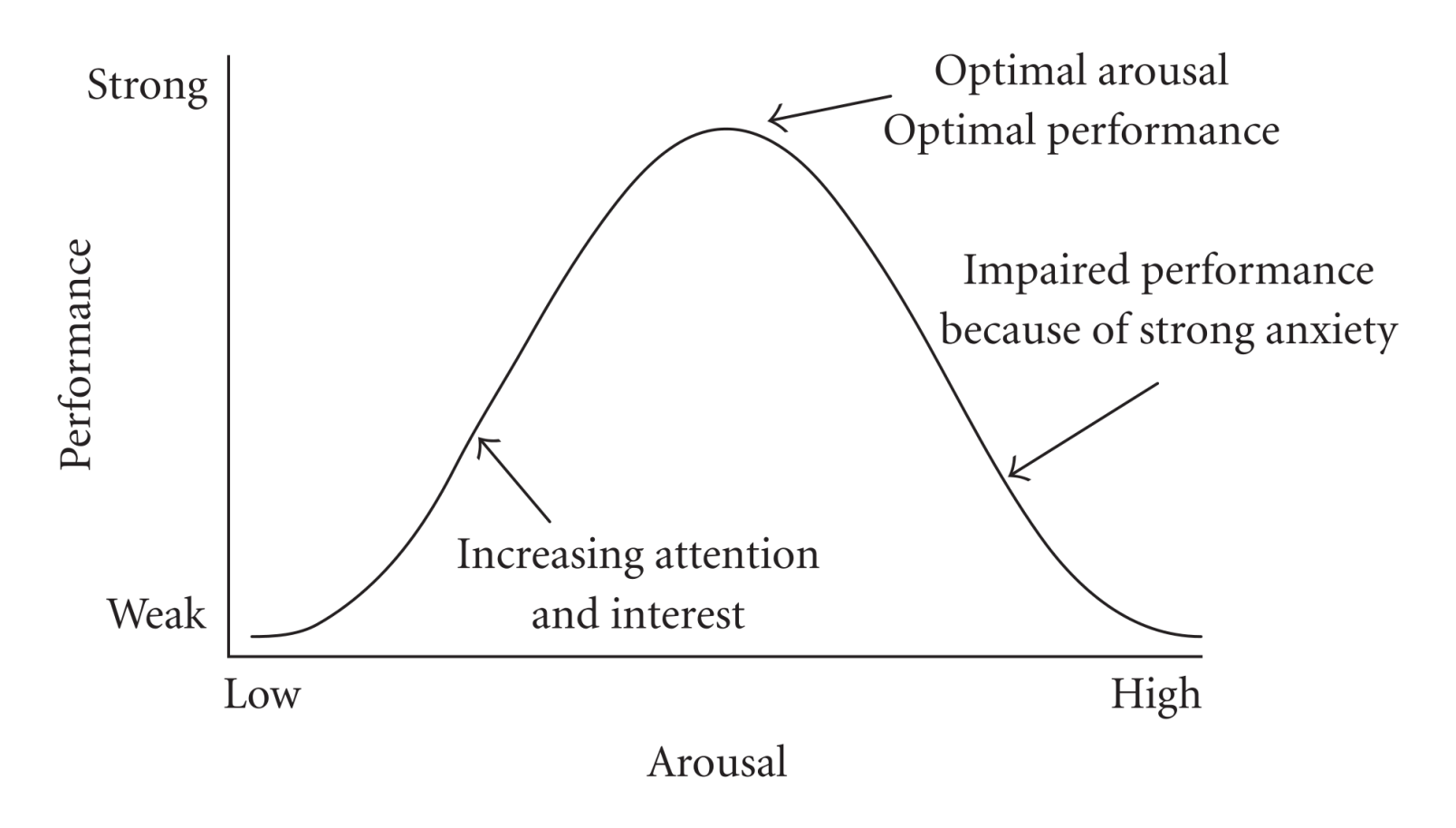

Ascending reticular activating system
Balancing excitatory and inhibitory mechanisms
Reticulo-cortical
Reticulo-limbic
Manages arousal generated by incoming stimuli
Manages and controls arousal to emotional stimuli
High arousal
Low arousal
High arousal to emotional stimuli
Low arousal to emotional stimuli
Introvert
Extravert
Neurotic
Emotionally stable



- The ARAS is responsible for making the brain alert and the neurotransmitter that does this is **dopamine.** Colin DeYoung (2010) used MRI scans to study the brain and reports a correlation between E scores and dopamine pathways in the brain, which is what Eysenck's theory would predict.
- **Serotonin inhibits (restrains) mood and emotion** and DeYoung reports a negative correlation between serotonin and N-scores - in other words, high N scores link with **low serotonin levels.**
- There's no specific neurotransmitter for psychoticism, but high levels of dopamine and low levels of serotonin would encourage the sort of impulsive personality that Eysenck describes.
- The combination of high-E and high-N along with high-P might be a "perfect storm" for drug-taking and this ties in with Eysenck's idea that criminals are neurotic extroverts with psychotic tendencies.

https://www.psychologywizard.net/personality-ao1-ao2-ao3.html

Yerkes Dodson Model



- **Eysenck: Disorders of the first kind**
  - People who are both highly emotionally reactive (neurotic on the normality-neurotic dimension) and highly cortically excitable (introverted on the introversion-extraversion dimension).
  - For example, phobias, compulsions, obsessions.
- **Eysenck: Disorders of the second kind**
  - People who are highly emotionally reactive but who have low levels of cortical excitation (extraverted on the introversion-extraversion dimension).-For example, the psychopath.

- **Heredity** has a strong role in neuroticism, extraversion, and psychoticism.
- Nonetheless, Eysenck maintains that **all neurotic behavior is learned**!
- According to Eysenck, the core phenomenon in neurosis is **a conditioned fear reaction.**
- Since behaviors are learned, they can be unlearned, using behavior therapies.
- Measures: Eysenck Personality Inventory (EPI); Eysenck, & Eysenck, (1964).
- Eysenck Personality Questionnaire (EPQ) Eysenck & Eysenck (1975) & EPQ-R (1985)

Summary

- The stable and consistent nature of personality can be organised according to types and traits.
- To give scientific validity trait theories have been organised according to explicitly constructed and standardised meanings.
- Two types of nomothetic approaches to describing and identifying personality have been constructed by Cattell and Eysenck.

McCrae and Costa's Five Factor Trait Theory