Psychology 371: Personality Research

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Outline

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   - Forgiveness in long distance versus close geographic relationships
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2 Correlational
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   - Anxiety, self disclosure, and social media
   - Facebook: Perceived vs. rated self esteem
   - Correlates of willingness to learn among older adults—Developing a willingness to learn scale
   - Personality, seating preferences, and time of day
Extraversion and overcoming fixed mindsets

1 Review and hypothesis
   - Extraversion-introversion differences associated with positive affect
   - Positive affect associated with breadth of processing
   - Numerical reasoning task that requires focused attention should benefit introverts
   - Numerical reasoning that has multiple methods should allow extraverts to discover short cut faster

2 Method
   - Trial one 50 problems that all require focused attention
   - Break to fill out personality questionnaires
   - 100 items with items that can be solved with simpler strategy if method is discovered
   - Time to suddenly speed up shows change in strategy
Health related priming and conscientiousness on future health decisions

1. Health behaviors and priming
   - healthy words in a questionnaire
   - advertisements with role models

2. But, priming effects are harder to show than normally understood (Pashler, APS, 2014)
   - cognitive priming effects have a $d'$ of .06 and last 5-10 seconds
   - “social priming” effects are reported to have $d'$ of 1-2 and last for weeks
   - Problem of demand characteristics and experimenter expectancy effects

3. Conscientiousness and health behaviors
   - Conscientiousness and life span
   - Conscientiousness and not smoking, not eating unhealthy foods

4. Predicts an interaction of conscientious and direction of prime
   - Conscientiousness increases effect of positive primes
   - Conscientiousness decreases effect of negative primes
Health, Conscientiousness, and Priming

1. Method
   - Survey base experiment
   - Everyone given word search/matching (which word does not belong)
   - Half given health promoting, half non-health promoting

2. Measures of conscientiousness
   - Items from IPIP

3. Measures of (self reported) health behaviors
   - Items from IPIP

4. Predictions are two main effects (no interaction)
Forgiveness and distance in close relationships

1. Within subject design to imagine Close or Distant relationship
   - (fully crossed and counterbalanced)

2. Imaginary acts of betrayal
   - After explaining their reactions, (requiring an interviewer?) participants will fill out multiple questionnaires

3. Basic prediction seems to be that people are more forgiving when imagining the kind of relationship they are in.

Sei Unno
Exercise induction of personality change

Exercise and personality

1. Exercise and personality
   - Extraverts and achievers exercise more
   - Is this free choice or does exercising lead to personality

2. Analogous to Fleeson et al. studies on acting extraverted

3. 2 weeks of randomly assigned exercise/non-exercise (1 hour/day of aerobic exercise)
   - predict increase in achievement and extraversion
   - predict decrease in anxiety

Alex Steinwald
Perfectionism as a dimension of personality

1. Perfectionism as a topic of personality research
   - Normal perfectionists set high standards for self and strive to be as best as they can
   - Neurotic perfectionists strive to avoid failure

2. Can this be related to n-ach and anxiety?
   - Positive perfectionism and need achievement - approach behavior
   - Neurotic perfectionism and anxiety – avoidance behavior

3. Need evidence for discriminant validity
   - When developing a new dimension, how does it relate to previous dimensions?

Olivia Foster-Gimbel
Perfectionism: Method

1. Assessment of perfectionism
   - Items from standard measures
   - Including conscientiousness and neuroticism for discriminant validity

2. Task inspired by Feather N-ach and task difficulty study

3. Cognitive task – time spent, preference, affect
   - Easy spatial rotation task
   - Impossible spatial rotation task

4. Cognitive task – time spent, preference, affect
   - Positive perfectionists will persist on easy task, quit on impossible ones
   - Negative perfectionists will quit on easy tasks, persist on impossible ones
Mindfulness and the plasticity of individual traits

1. Mindfulness mediation and its effect on anxiety
   - Some evidence that mindfulness training reduces anxiety in patients
   - Does this happen for non patient groups?
   - What is the effect of practice and “homework”?

2. Method
   - 100 subjects, randomly split into training group and control (wait list)
   - Training group will be given training and assigned to 1 hour/day homework

3. Expected Results
   - Expects that Mindfulness training will reduce anxiety (compared to controls)
   - Implication is that anxiety is not as stable as people think.
Effect of Incentives on motivation and persistence

1. Does increasing incentives lead to increasing performance, the negative effect of money
   - Intrinsic versus extrinsic sources of reward
   - effort tracks incentive, to a point
   - Does this interact with anxiety?

2. Method
   - Preselection for high and low anxiety
   - Block random assignment to 3 incentive ($1, $5, $10) per puzzle
   - Subjects work on puzzles 1 - 4
   - Experimenter leaves room but “surreptitiously” observes subjects by Skype
   - Time length of time free play with puzzle 5.
   - debrief says they were watched and won’t be paid (Is this ethical?)

Hannah Pienton
The effect of media consumption habits on relationship preferences

Media and relationship satisfaction

1. Pervasiveness of relationship portrayal in current media
   - Greater availability of choice in media presentations given the internet
   - Relationship portrayal is inaccurate (over emphasis upon agreement)

2. Gender differences in social anxiety leading to differences in preferences

3. Romantic leads are strong, confident and eccentric
   - Should lead to preferences towards these types of “personalities”

Rachel Star
Anxiety and self disclosure

1. Who uses social media?
   - Is extraversion related to social media interaction
   - Social anxiety and preference for online social interaction (POSI)

2. Differences between FaceBook and Twitter usage
   - Need for emotional closeness
   - Need for cognition (relate to Twitter)

3. Measures of
   - General big5
   - Time spent on Facebook, number of tweets, etc.

Vera Shvarts
Social media: Hypotheses and Methods

1. Hypotheses
   - Media consumption leads to preferences of romantic partners who are
     - assured-dominant
     - arrogant-calculating
     - gregarious - extraverted
   - Greater effect on females than males (implying an interaction)

2. Method: Qualtrics survey
   - demographics (gender, romantic relationship, sexual orientation)
   - Media consumption (amount/type)
   - romantic partner preference scale (basically the interpersonal circumplex)
Facebook: Perceived vs. rated self esteem

1. Individual differences in use of Facebook (and other social media)
   - Using Facebook is associated with lower self esteem
   - (is this causal or correlational?)

2. How does one perceive others on Facebook?
   - Do others show their “better” selves at cost to viewer?

3. Method
   - Initial self reports on I-E and self esteem
   - Viewing profiles of limited set of peers
   - Report of extraversion and self esteem of targets

4. Prediction: Self esteem and I-E of self positively correlated with rated

Madison Welch
Correlates of willingness to learn among older adults—Developing a willingness to learn scale

1. Technology use, personality and age
   - Early technology adapters are more open
   - introversion and agreeableness relate to social interaction
   - Don’t know much about older adults

2. Predicting use of technology
   - TAM: Technology Acceptance Model
   - UTAUT: Unified Theory of Acceptance of Technology

3. Age differences in internet preferences
   - lightweight communication (text messaging, Snapchat) appeal to younger users
   - heavyweight communication (longer email) appeal to older users

Ted Schwaba
Internet usage among the elderly

1. Method

- 300 older adults (65-90, mean age = 77.5) recruited from Chicago area
- RA travels to subjects’s homes to allow everyone to participate
- Materials are printed in large font
- Internet usage survey
- Personality and ability measures
- Willingness to learn new technologies
Seating preferences, personality, and time of day

1. Sitting in the “action zone”
   - front, center students do better
   - is this preferential choice by personality

2. Does the effect of sitting interact with time of day
   - Optimal arousal varies by person and time of day

3. Observational with self report
   - Personality correlates of seating preferences
   - Time of day interactions of personality and class outcome

Daniel Learner