Johdatus persoonallisuustutkimuksen ja -teorian nykytilaan

Markus Jokela
Professori
Helsingin yliopisto
markus.jokela@helsinki.fi

1. <u>Persoonallisuuspiirteet ilmenevät “olotiloina” (*state*)</u>
   - Merkitys yksilöiden vaihtelevuuden ja persoonallisuuden muuttamisen kannalta

2. <u>Persoonallisuuden arviointi “käyttäytymisen jälkiin” perustuen</u>
   - Mistä kaikesta voidaan arvioida persoonallisuutta?

3. <u>Persoonallisuushäiriöiden uudistus</u>
   - Persoonallisuushäiriöiden kategoriat poistuvat

Persoonallisuuden olotilat (*state*) piirteiden ilmentyminä

Yleisempi tausta-ajatus: Persoonallisuus muodostuu osien vuorovaikutuksesta

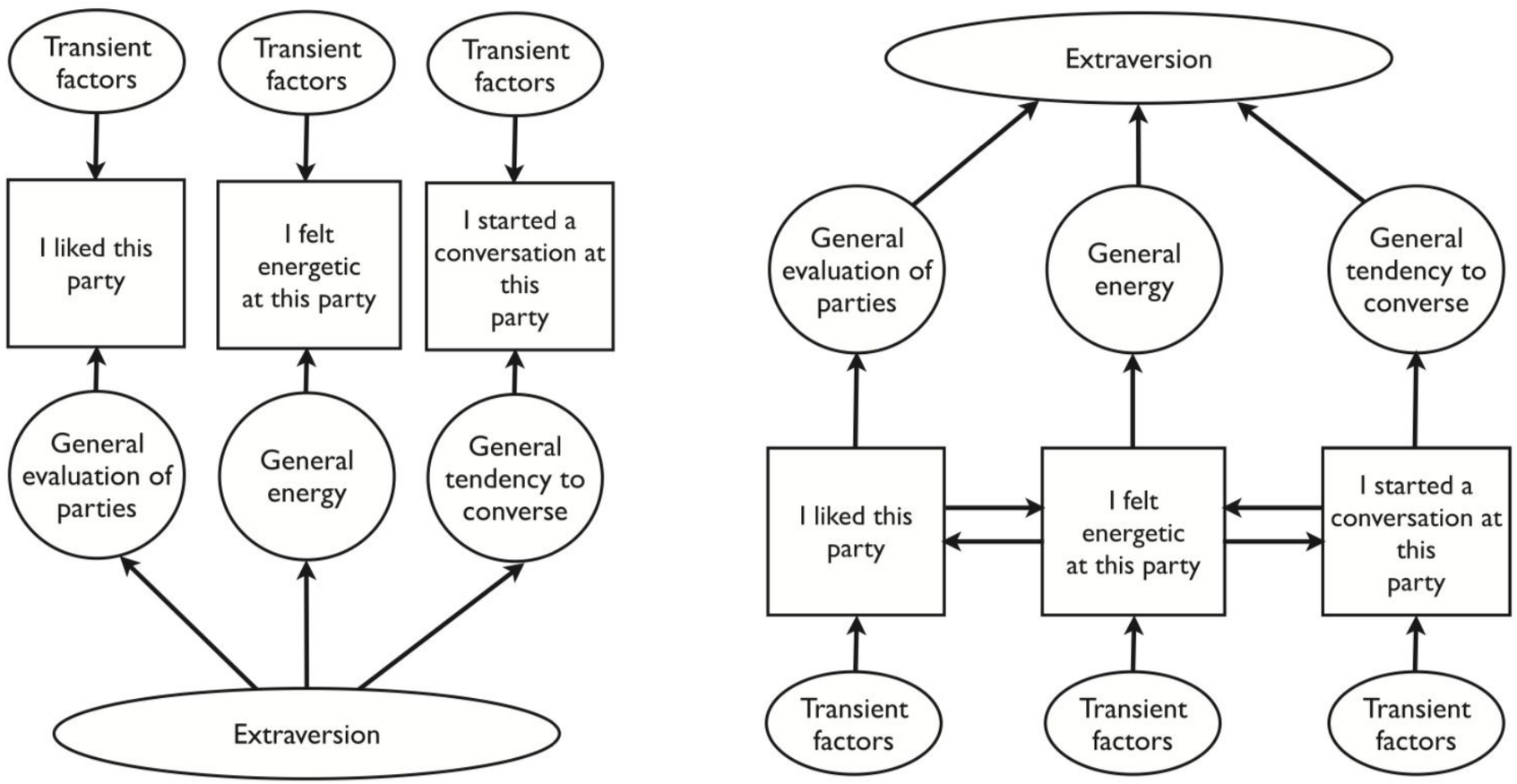


Figure 3. Illustration of the trait view according to a traditional latent variable (left panel) and a network perspective on personality (right panel). From a latent variable perspective, a trait such as extraversion is a common cause of stable dispositions that, together with transient factors, explain momentary states. The network alternative views direct interactions between personality components, influenced by transient factors, as the source of synchronized stability of components. In this view, a trait such as extraversion emerges out of these interactions. Traits are no longer common causes but summary statistics or index variables describing the average activation level of states.

Dimensions of Normal Personality as Networks in Search of Equilibrium: You Can't Like Parties if You Don't Like People

ANGÉLIQUE O. J. CRAMER[1]*, SOPHIE VAN DER SLUIS[1,2], ARJEN NOORDHOF[1], MARIEKE WICHERS[3], NICOLE GESCHWIND[3,4], STEVEN H. AGGEN[5,6], KENNETH S. KENDLER[5,6] and DENNY BORSBOOM[1]

Experience-sampling

- Useiden kymmenien tai satojen toistomittausten kerääminen

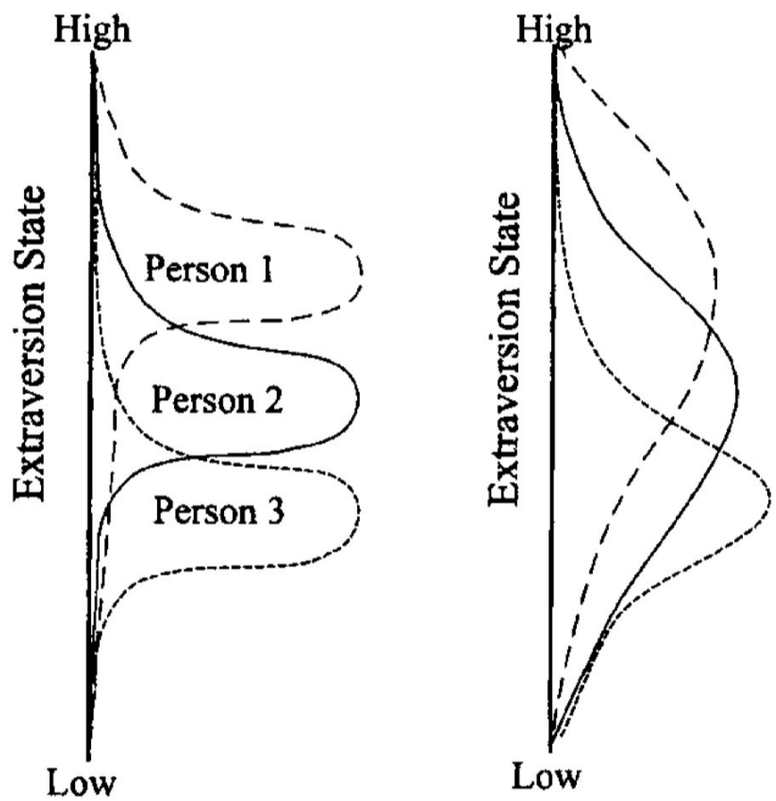


Figure 1. Two extreme but possible distributions of states over time. The two figures differ primarily in the amount of within-person variability in the manifestation of traits. As a consequence, the right three individuals overlap considerably in their manifestations of traits in everyday behavior, and the distribution mean is a less apt description of each individual than for the left possibility.

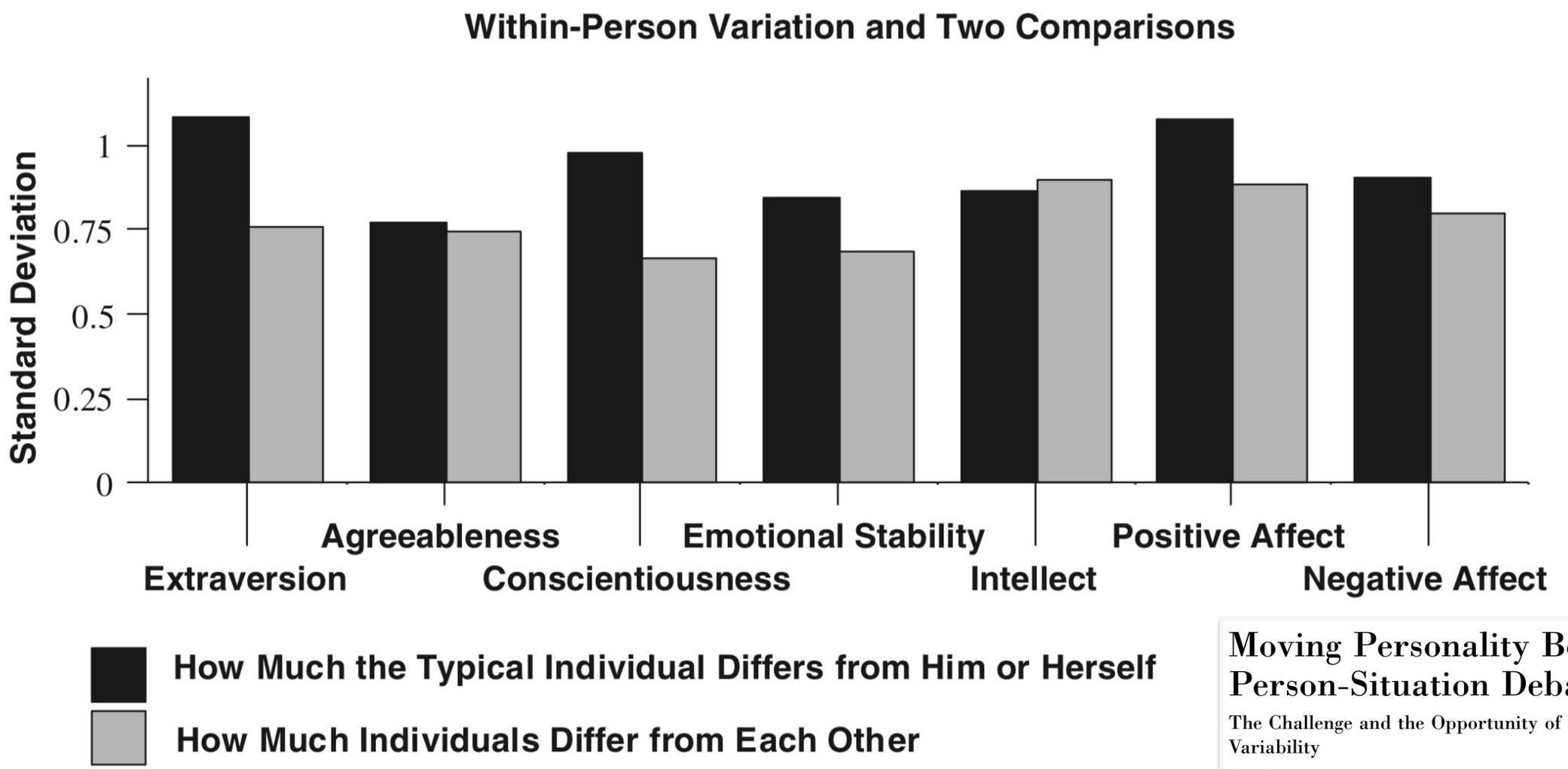
Procedure. Five times per day for 13 days, participants described how they had been acting and feeling during the previous hour. These reports were completed on a regular schedule, every 3 hrs (noon, 3 p.m., 6 p.m., 9 p.m., and midnight), and took about 1–2 min to complete. Reports were completed on Palm Pilots (U.S. Robotics, Los Angeles, CA), hand-held computers about the size of a calculator. Each question was printed on a

Toward a Structure- and Process-Integrated View of Personality: Traits as Density Distributions of States

William Fleeson
Wake Forest University

Henkilön vaihtelu oman keskiarvonsa ympärillä

Henkilön keskimääräinen ero muista ihmisistä



Moving Personality Beyond the Person-Situation Debate

The Challenge and the Opportunity of Within-Person Variability

William Fleeson

Fig. 2. Within- and between-person variability in behavior and affect. The typical person's behavior differs as much from occasion to occasion as does his or her emotion, and more than the amount people differ from each other on average. From "Towards a Structure- and Process-Integrated View of Personality: Traits as Density Distributions of States," by W. Fleeson, 2001, *Journal of Personality and Social Psychology*, *80*, p. 1015. Copyright 2001 by the American Psychological Association. Adapted with permission.

Processes of Personality Development in Adulthood: The TESSERA Framework

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Cornelia Wrzus[1] and Brent W. Roberts[2]

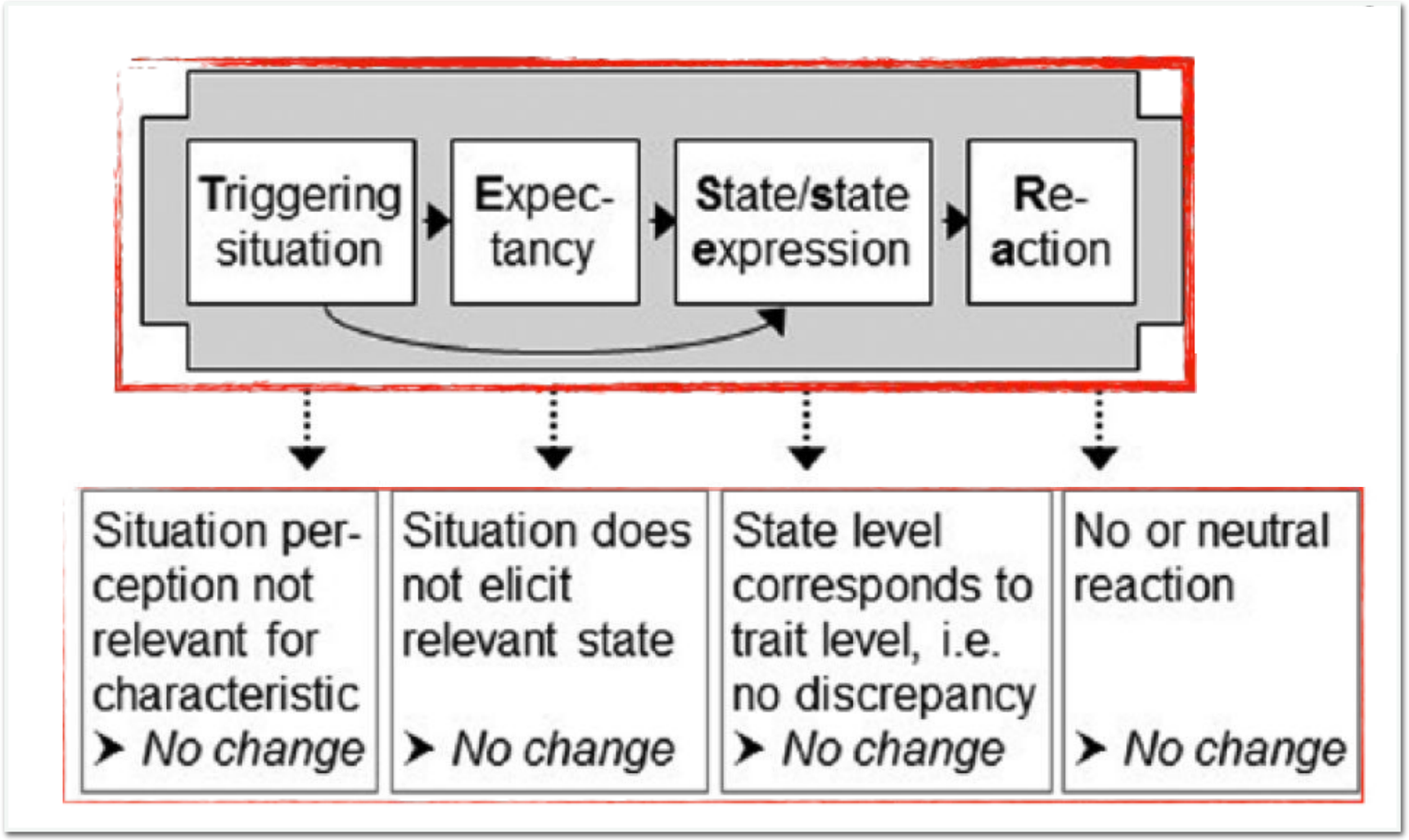
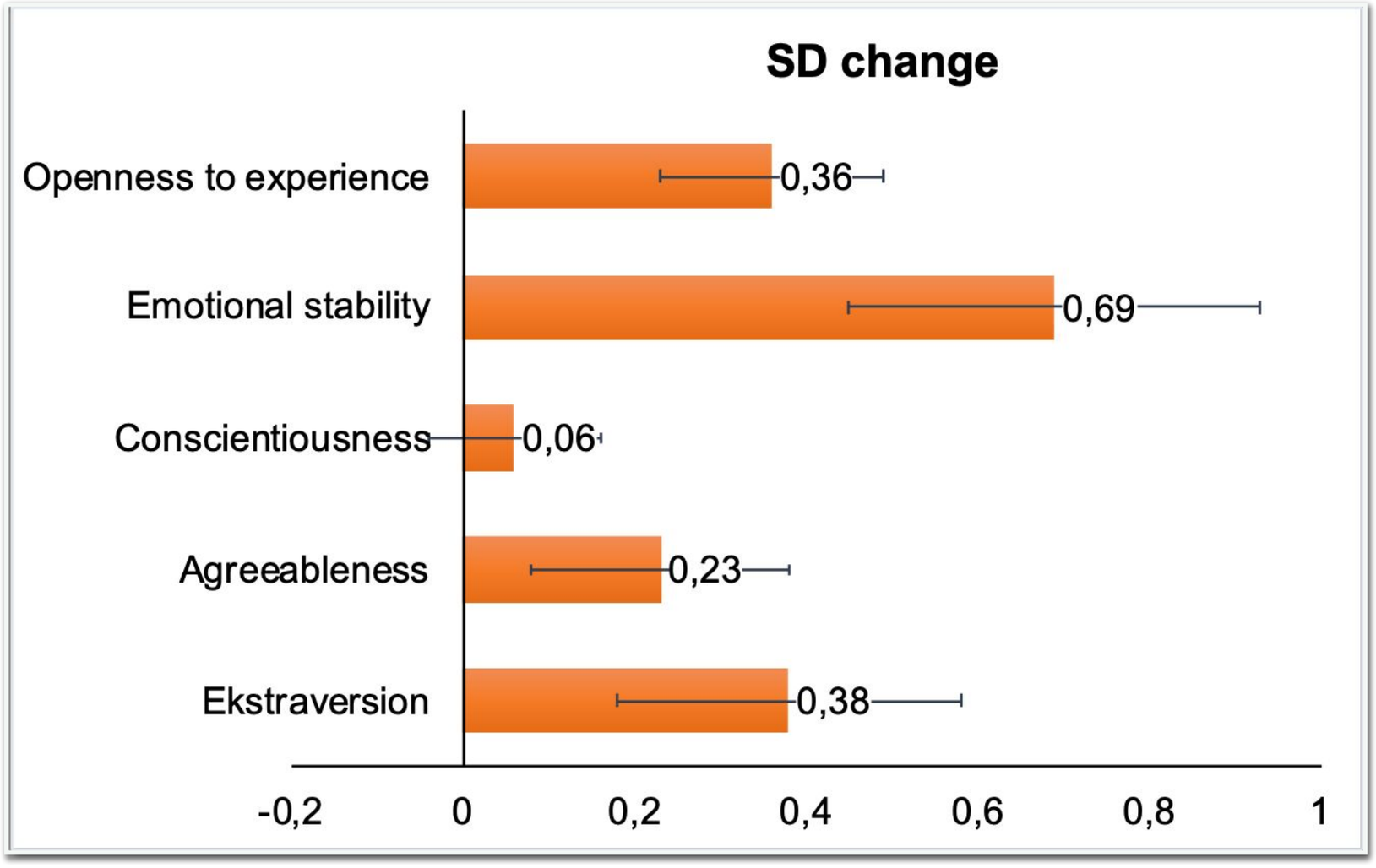


Figure 2. Conditions under which TESSERA sequences, reflective and associative processes do (not) lead to changes in personality characteristics.
Note. TESSERA = **T**riggering situations, **E**xpectancy, **S**tates/**S**tate **e**xpressions, and **Re**actions.

Voidaanko persoonallisuutta muuttaa interventioilla?

The current meta-analysis investigated the extent to which personality traits changed as a result of intervention, with the primary focus on clinical interventions. We identified 207 studies that had tracked changes in measures of personality traits during interventions, including true experiments and prepost change designs. Interventions were associated with marked changes in personality trait measures over an average time of 24 weeks (e.g., $d = .37$). Additional analyses showed that the increases replicated across



A Systematic Review of Personality Trait Change Through Intervention

Brent W. Roberts
University of Illinois, Urbana-Champaign, and University of Tübingen

Jing Luo and Daniel A. Briley
University of Illinois, Urbana-Champaign

Philip I. Chow
University of Virginia

Rong Su
Purdue University

Patrick L. Hill
Carleton University

Interventioiden vaikutukset näkyvät yllättävän lyhyellä ajalla:

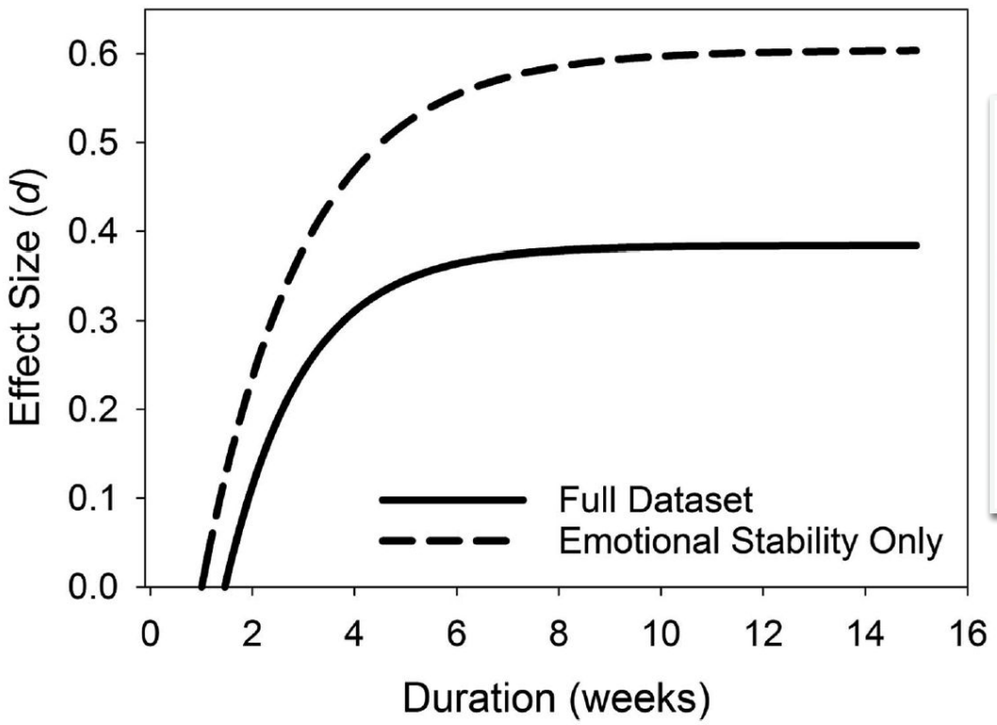


Figure 2. Exponential trends in treatment duration.

All analyses converge on the finding that interventions lasting less than approximately 4 weeks tend to have small effects. Beyond roughly 8 weeks, longer interventions do not induce greater personality change. This result provides critical information about how quickly personality can change.

Interventioiden vaikutukset kestävät vähintään vuoden ajan

Panel 3: Follow-up interval	
Immediate	.50 [.46, .55]
6 month	.81 [.64, .97]
12 month	.82 [.70, .94]
1 year +	.76 [.60, .92]

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Carleton University

Entä piirrekohtaiset interventiot?

You Have to Follow Through: Attaining Behavioral Change Goals Predicts Volitional Personality Change

Nathan W. Hudson
Southern Methodist University

Daniel A. Briley
University of Illinois at Urbana–Champaign

William J. Chopik
Michigan State University

Jaime Derringer
University of Illinois at Urbana–Champaign

In the present study, participants were presented with a new type of intervention in which they could accept prewritten "challenges" each week. Designed to mimic the experience of following advice in a self-help book, the challenges were concrete, specific behaviors prototypical of individuals high in each big five personality trait (e.g., a prototypical agreeableness challenge was "Give a friend or family member a genuine compliment"). We measured the extent to which accepting and completing weekly behavioral challenges predicted trait growth across a 15-week period.

Our findings indicated that, for all traits except openness to experience (and perhaps agreeableness), *successfully completing* greater numbers of challenges (i.e., engaging in greater numbers of prototypically high-trait behaviors) predicted greater trait growth across time.

Esimerkkejä haasteista:

Tunnollisuus

- Put your phone in your pocket during class, and do not look at it for the whole class period
- Begin preparing for an event 10 minutes earlier than usual
- Show up 5 minutes early for a class, appointment, or other activity
- Set out your clothes the night before
- Spend 30 minutes writing down a list of your long- and short-term goals.
- Pay a bill as soon as you receive it
- When you wake up, make a list of things you would like to accomplish that day
- Organize and clean up your desk

Avoimuus

Read a news story about a foreign country
Visit a museum or art gallery
Watch a new movie that you've never seen before
Try a new restaurant that you've never been to before
Go to a poetry reading
Spend five minutes daydreaming about a new place you would like to visit and what you would like to do there
Find something you're curious about in your everyday life (e.g., "how does soap work?") and find the answer online
Go to a book discussion club
Ask a friend what they believe the meaning of life is. Seek to understand their answer and have a discussion

<u>Persoonallisuus ei ole kiveen hakattu</u>

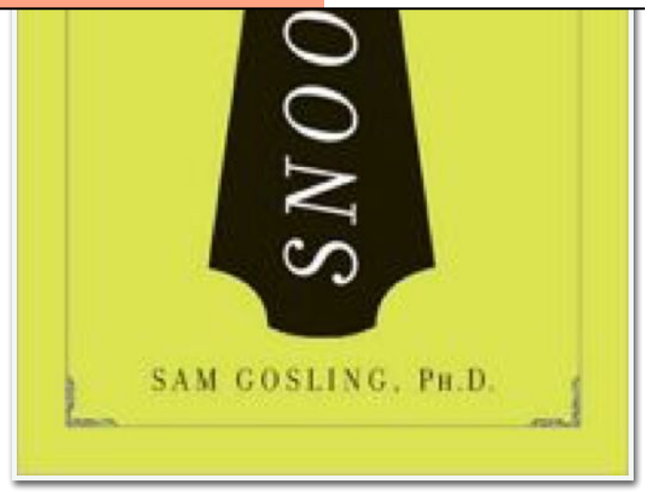
– Muutoksen vähäisyys johtuu osaksi riittävien interventioiden puuttumisesta

Miten hyvin eri ympäristön vihjeet kertovat persoonallisuudesta?

	Facebook	Internet kotisivu	Huone kotona	Toimisto	Musiikki	Sosiaalinen käyttäytyminen	Lyhyt tapaaminen
Avoimuus	O	**O**	**O**	**O**	**O**	o	
Tunnollisuus	o	**O**	O	o		o	O
E			o	o	o	**O**	**O**
S			o		o	o	
N			O	o	o	O	

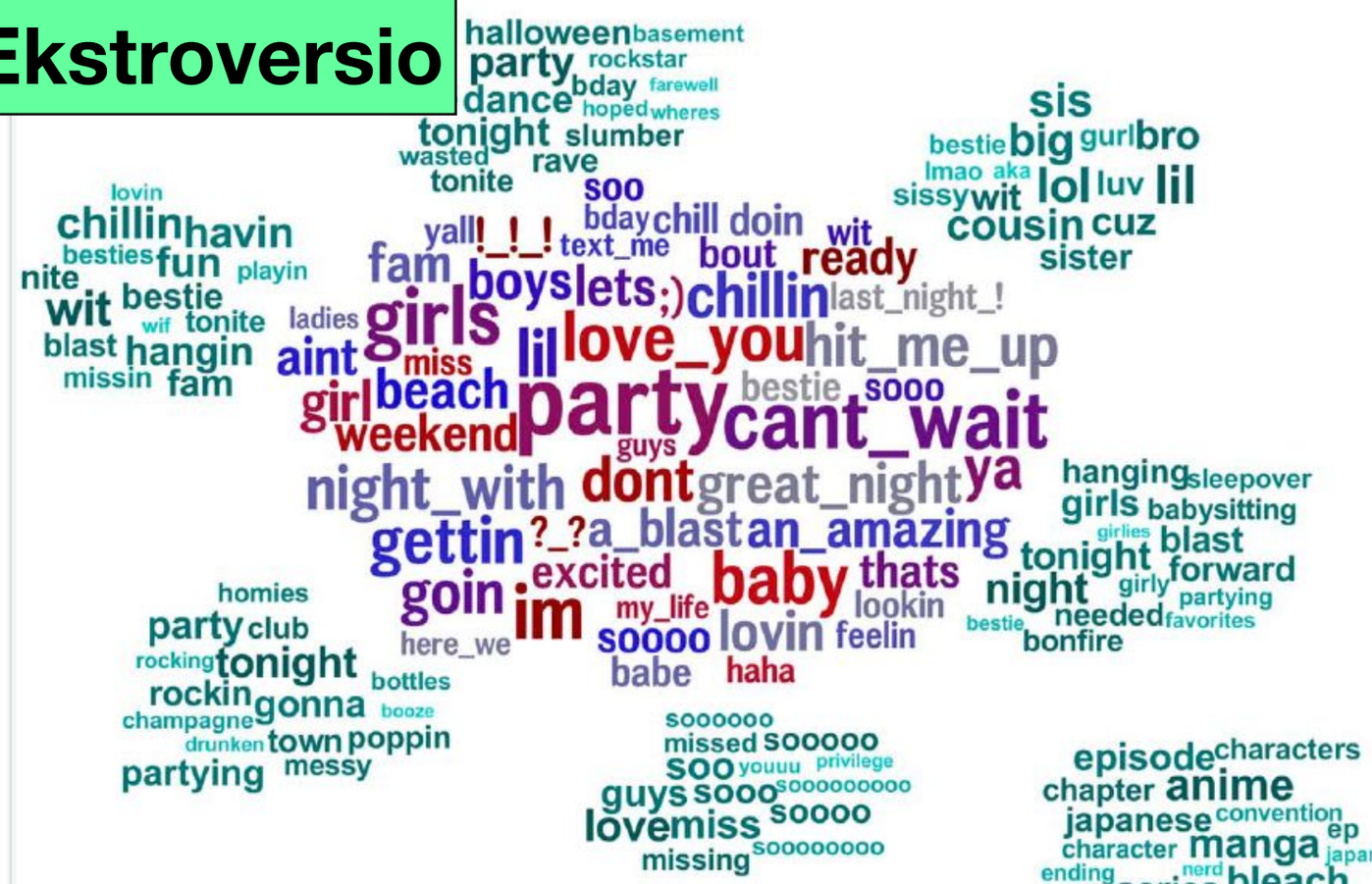
o	Heikko korrelaatio
O	Kohtalainen korrelaatio
O	Voimakkain korrelaatio

Persoonallisuuden jäljet

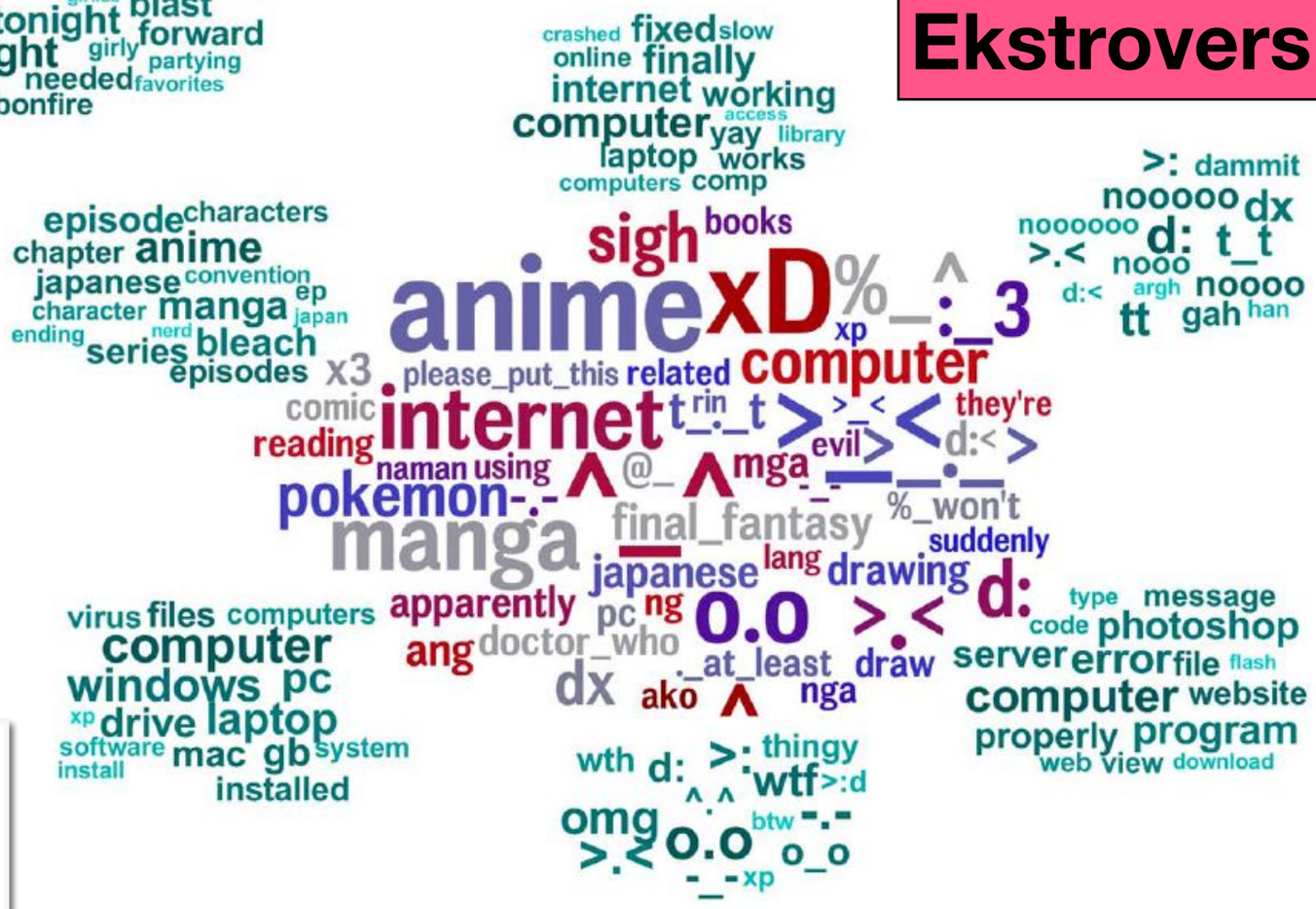


Korkea Ekstroversio

Persoonallisuuden ilmeneminen Facebook-viesteissä käytetyissä sanoissa



Matala Ekstroversio



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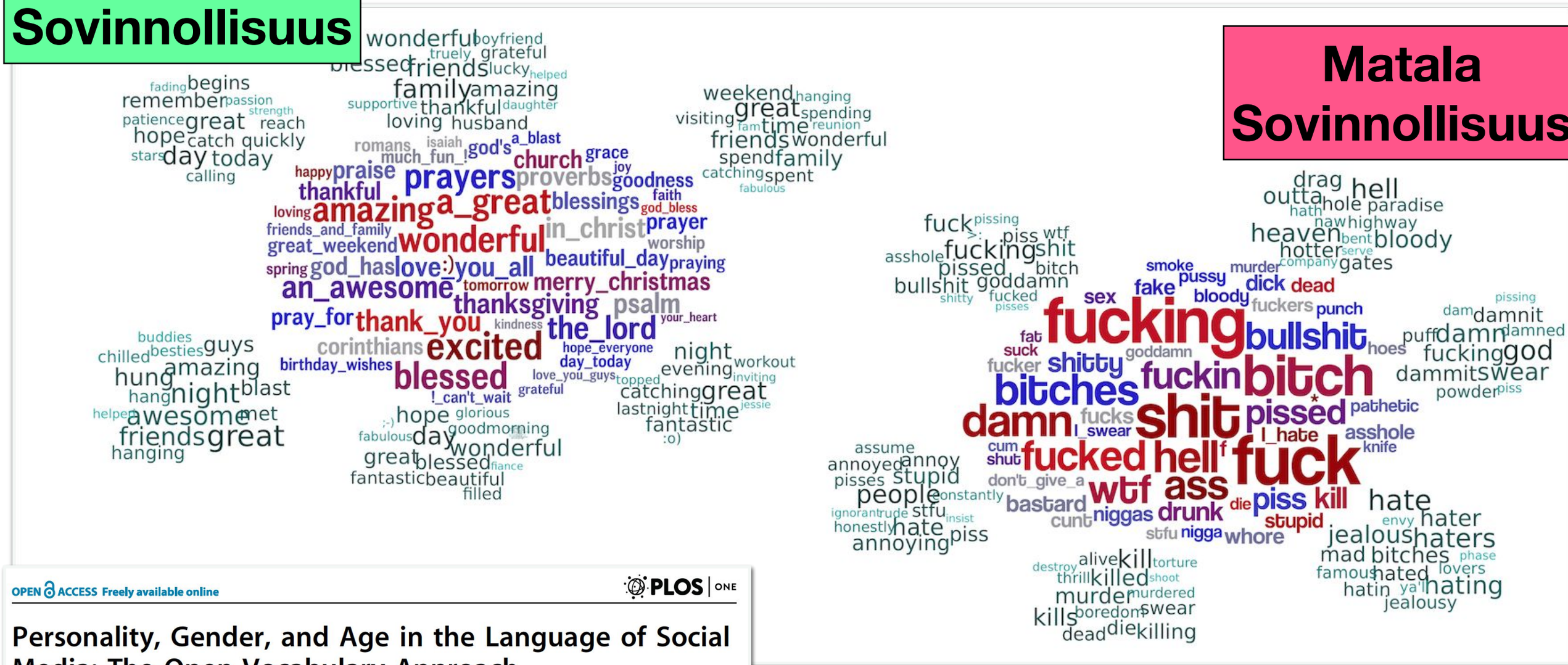
Personality, Gender, and Age in the Language of Social Media: The Open-Vocabulary Approach

H. Andrew Schwartz[1,2*], Johannes C. Eichstaedt[1], Margaret L. Kern[1], Lukasz Dziurzynski[1], Stephanie M. Ramones[1], Megha Agrawal[1,2], Achal Shah[2], Michal Kosinski[3], David Stillwell[3], Martin E. P. Seligman[1], Lyle H. Ungar[2]

Korkea Sovinnollisuus



Matala Sovinnollisuus

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Extraversion	*Outgoing & Active*	Beerpong Michael Jordan Dancing Socializing Chris Tucker I Feel Better Tan Modeling Cheerleading Theatre Flip Cup	RPGs Fanfiction.Net Programming Anime Manga Video Games Role Playing Games Minecraft Voltaire Terry Pratchet	*Shy & Reserved*
Emotional Stability	*Neurotic*	Sometimes I Hate Myself Emo Girl Interrupted So So Happy The Addams Family Vocaloid Sixbillionsecrets.com Vampires Everywhere Kurt Donald Cobain Dot Dot Curve	Business Administration Getting Money Parkour Track & Field Skydiving Mountain Biking Soccer Climbing Physics / Engineering 48 Laws Of Power	*Calm & Relaxed*
Agreeableness	*Cooperative*	Compassion International Logan Utah Jon Foreman Redeeming Love Pornography Harms The Book Of Mormon Circles Of Prayer Go To Church Christianity Marianne Williamson	I Hate Everyone I Hate You I Hate Police Friedrich Nietzsche Timmy South Park Atheism / Satanism Prada Sun Tzu Julius Caesar Knives	*Competitive*
Conscientiousness	*Well Organized*	Law Officer National Law Enforcement Lowfares.Com Accounting Foursquare Emergency Medical Services Sunday Best Kaplan University Glock Inc Mycalendar 2010	Wes Anderson Bandit Nation Omegle Vocaloid Serial Killer Screamo Anime Vamplets Join If Ur Fat Not Dying	*Spontaneous*
Openness	*Liberal & Artistic*	Oscar Wilde Charles Bukowski Sylvia Plath Leonardo Da Vinci Bauhaus Dmt The Spirit Molecule American Gods John Waters Plato Leonard Cohen	NASCAR Austin Collie Monster-In-Law I don't read Justin Moore ESPN2 Farmlandia The Bachelor Oklahoma State University Teen Mom 2	*Conservative*

Facebook-ryhmät, joihin kuuluminen ennusti parhaiten korkeaa (vasemmalla) ja matalaa (oikealla) persoonallisuuden piirrettä

Ekstroversio

	Correlation		
	A	F	M
Extraversion			
Office	**0.12**	0.09	**0.18**
Internet	**−0.13**	**−0.40**	0.01
Video/Audio/Music	−0.03	**−0.26**	0.03
Maps	−0.00	**−0.31**	0.03
Mail	0.09	−0.06	**0.21**
Calendar	**0.09**	0.01	**0.14**
Camera	**−0.11**	**−0.29**	−0.05
Games	**−0.43**	0.13	**−0.49**
Avg. SMS length (Inbox)	0.03	−0.00	**0.11**
Avg. SMS length (Sent)	−0.05	0.06	**−0.10**
Incoming (I) Calls	**0.14**	**0.16**	**0.11**
Avg. duration (I Calls)	**0.20**	**0.29**	**0.11**
Total duration (I Calls)	**0.21**	**0.29**	**0.13**
Unique contacts (O Calls)	**0.14**	0.10	**0.11**
Unique contacts (I Calls)	**0.13**	0.09	**0.11**
Avg. duration (I + O Calls)	**0.09**	0.03	**0.13**
Total duration (I + O Calls)	**0.09**	0.07	**0.12**
Unique contacts in call logs	**0.15**	0.09	**0.13**
Unique contacts (M)	**0.07**	0.06	0.02
SMS received	**0.09**	0.07	0.04

Tunnollisuus

	Correlation		
	A	F	M
Conscientiousness			
Internet	−0.07	0.06	**−0.14**
Video/Audio/Music	**−0.12**	**0.13**	**−0.17**
Youtube	**−0.44**	−0.00	−0.33
SMS	−0.01	**0.27**	**−0.18**
Avg. SMS length (Inbox)	−0.00	0.10	**−0.10**
Avg. word length (Inbox)	−0.06	**0.15**	**−0.14**
No. words of length >6 (Inbox)	−0.04	**0.19**	**−0.17**
Messages with unique ID (Inbox)	−0.06	**0.14**	**−0.12**
Avg. SMS length (Sent)	**0.08**	**0.18**	−0.03
Avg. word length (Sent)	0.07	**0.23**	−0.05
No. words of length >6 (Sent)	0.07	**0.28**	**−0.10**
Messages with unique ID (Sent)	0.06	**0.23**	−0.03
Outgoing (O) Calls	0.04	**0.18**	**0.10**
Avg. duration (O Calls)	0.05	**0.31**	0.02
Total duration (O Calls)	0.05	**0.27**	0.08
Incoming (I) Calls	−0.04	**0.13**	−0.05
Avg. duration (I Calls)	**−0.09**	−0.03	**−0.13**
Total duration (I Calls)	**−0.08**	0.08	**−0.11**
Unique contacts (I Calls)	**−0.09**	−0.04	−0.03

Avoimuus

	Correlation		
	A	F	M
Openness to Experience			
Office	**−0.19**	0.14	**−0.34**
Internet	−0.06	−0.04	**−0.11**
Video/Audio/Music	0.05	**0.25**	**−0.10**
Mail	−0.03	**0.32**	−0.15
Calendar	**−0.11**	0.08	**−0.18**
SMS	**−0.19**	−0.07	**−0.32**
Avg. SMS length (Inbox)	**−0.13**	**−0.23**	−0.02
Avg. word length (Inbox)	**−0.10**	−0.05	**−0.18**
No. words of length >6 (Inbox)	**−0.09**	−0.07	**−0.14**
Messages with unique ID (Inbox)	**−0.08**	−0.01	**−0.18**
Avg. word length (Sent)	**−0.09**	−0.03	**−0.14**
No. words of length >6 (Sent)	**−0.08**	−0.01	**−0.14**
Messages with unique ID (Sent)	**−0.09**	0.01	**−0.18**

Mining large-scale smartphone data for personality studies

Gokul Chittaranjan · Jan Blom · Daniel Gatica-Perez

Computer-based personality judgments are more accurate than those made by humans

Wu Youyou[a,1,2], Michal Kosinski[b,1], and David Stillwell[a]

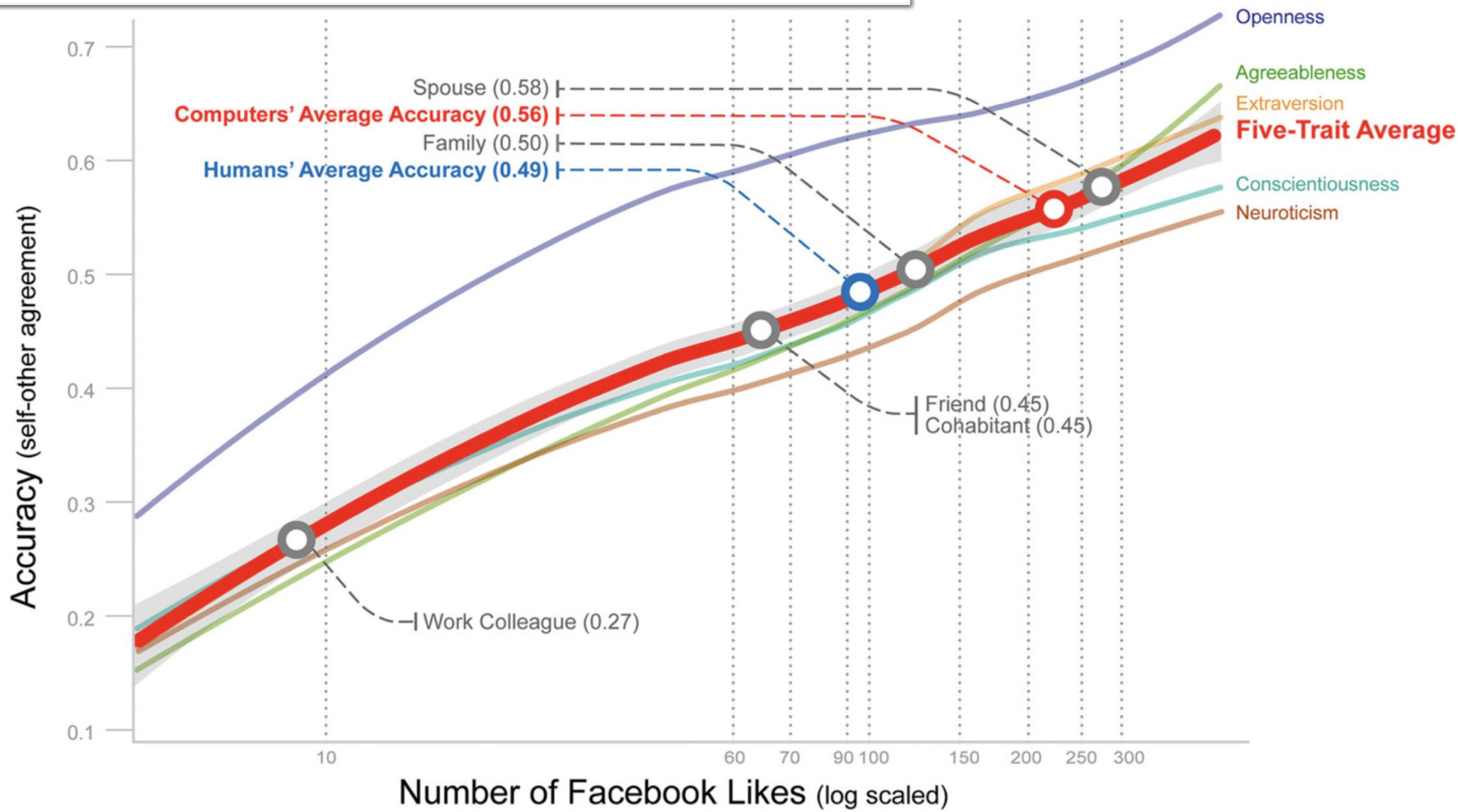


Fig. 2. Computer-based personality judgment accuracy (*y* axis), plotted against the number of Likes available for prediction (*x* axis). The red line represents the average accuracy (correlation) of computers' judgment across the five personality traits. The five-trait average accuracy of human judgments is positioned onto the computer accuracy curve. For example, the accuracy of an average human individual ($r = 0.49$) is matched by that of the computer models based on around 90–100 Likes. The computer accuracy curves are smoothed using a LOWESS approach. The gray ribbon represents the 95% CI. Accuracy was averaged using Fisher's *r*-to-*z* transformation.

<u>Persoonallisuus jättää jäljet</u>

– Voidaan käyttää henkilön persoonallisuuden arviointiin

ICD-11

Persoonallisuus-häiriöt

Eri persoonallisuushäiriöt ICD-10 -tautiluokituksessa:

F60.0 Epäluuloinen persoonallisuus
F60.1 Eristäytyvä (skitsoidi) persoonallisuus
F60.2 Epäsosiaalinen persoonallisuus
F60.3 Tunne-elämältään epävakaa persoonallisuus
F60.4 Huomionhakuinen persoonallisuus
F60.5 Vaativa persoonallisuus
F60.6 Estynyt persoonallisuus
F60.7 Riippuvainen persoonallisuus
F60.8 Muut määritellyt persoonallisuushäiriöt
F60.9 Sekamuotoiset ja muut persoonallisuushäiriöt

ICD-11

Personality disorder

- A pervasive disturbance in how an individual experiences and thinks about the self, others, and the world, manifested in maladaptive patterns of cognition, emotional experience, emotional expression, and behaviour.
- The maladaptive patterns are relatively inflexible and are associated with significant problems in psychosocial functioning that are particularly evident in interpersonal relationships.
- The disturbance is manifest across a range of personal and social situations (ie, is not limited to specific relationships or situations).
- The disturbance is relatively stable over time and is of long duration. Most commonly, personality disorder has its first manifestations in childhood and is clearly evident in adolescence.

Mild personality disorder
There are notable problems in many interpersonal relationships and the performance of expected occupational and social roles, but some relationships are maintained and/or some roles carried out.

Moderate personality disorder
There are marked problems in most interpersonal relationships and in the performance of expected occupational and social roles across a wide range of situations that are sufficiently extensive that most are compromised to some degree.

Severe personality disorder
There are severe problems in interpersonal functioning affecting all areas of life. The individual's general social dysfunction is profound and the ability and/or willingness to perform expected occupational and social roles is absent or severely compromised

Negative affective features

The negative affectivity trait domain is characterised primarily by the tendency to manifest a broad range of distressing emotions including anxiety, anger, self-loathing, irritability, vulnerability, depression, and other negative emotional states, often in response to even relatively minor actual or perceived stressors.

Dissocial features

The core of the dissocial trait domain is disregard for social obligations and conventions and the rights and feelings of others. Traits in this domain include callousness, lack of empathy, hostility and aggression, ruthlessness, and inability or unwillingness to maintain prosocial behaviour, often manifested in an overly positive view of the self, entitlement, and a tendency to be manipulative and exploitative of others.

Features of disinhibition

The disinhibition trait domain is characterised by a persistent tendency to act impulsively in response to immediate internal or environmental stimuli without consideration of longer term consequences. Traits in this domain include irresponsibility, impulsivity without regard for risks or consequences, distractibility, and recklessness.

Anankastic features

The core of the anankastic trait domain is a narrow focus on the control and regulation of one's own and others' behaviour to ensure that things conform to the individual's particularistic ideal. Traits in this domain include perfectionism, perseveration, emotional and behavioural constraint, stubbornness, deliberativeness, orderliness, and concern with following rules and meeting obligations.

Features of detachment

The core of the detachment trait domain is emotional and interpersonal distance, manifested in marked social withdrawal and/or indifference to people, isolation with very few or no attachment figures, including avoidance of not only intimate relationships but also close friendships. Traits in the detachment domain include aloofness or coldness in relation to other people, reserve, passivity and lack of assertiveness, and reduced experience and expression of emotion, especially positive emotions, to the point of a diminished capacity to experience pleasure.

~ Neuroottisuus (+)

~ Sovinnollisuus (–)

~ Tunnollisuus (–)

~ Tunnollisuus (+)

~ Ekstroversio (–)

Itse

1. I often do not know who I really am

2. I often think very negatively about myself

3. My emotions change without me having a grip on them

4. I have no sense of where I want to go in my life

5. I often do not understand my own thoughts and feelings

6. I often make unrealistic demands on myself

Ihmissuhteet

7. I often have difficulty understanding the thoughts and feelings of others

8. I often find it hard to stand it when others have a different opinion

9. I often do not fully understand why my behaviour has a certain effect on others

10. My relationships and friendships never last long

11. I often feel very vulnerable when relations become more personal

12. I often do not succeed in cooperating with others in a mutually satisfactory way

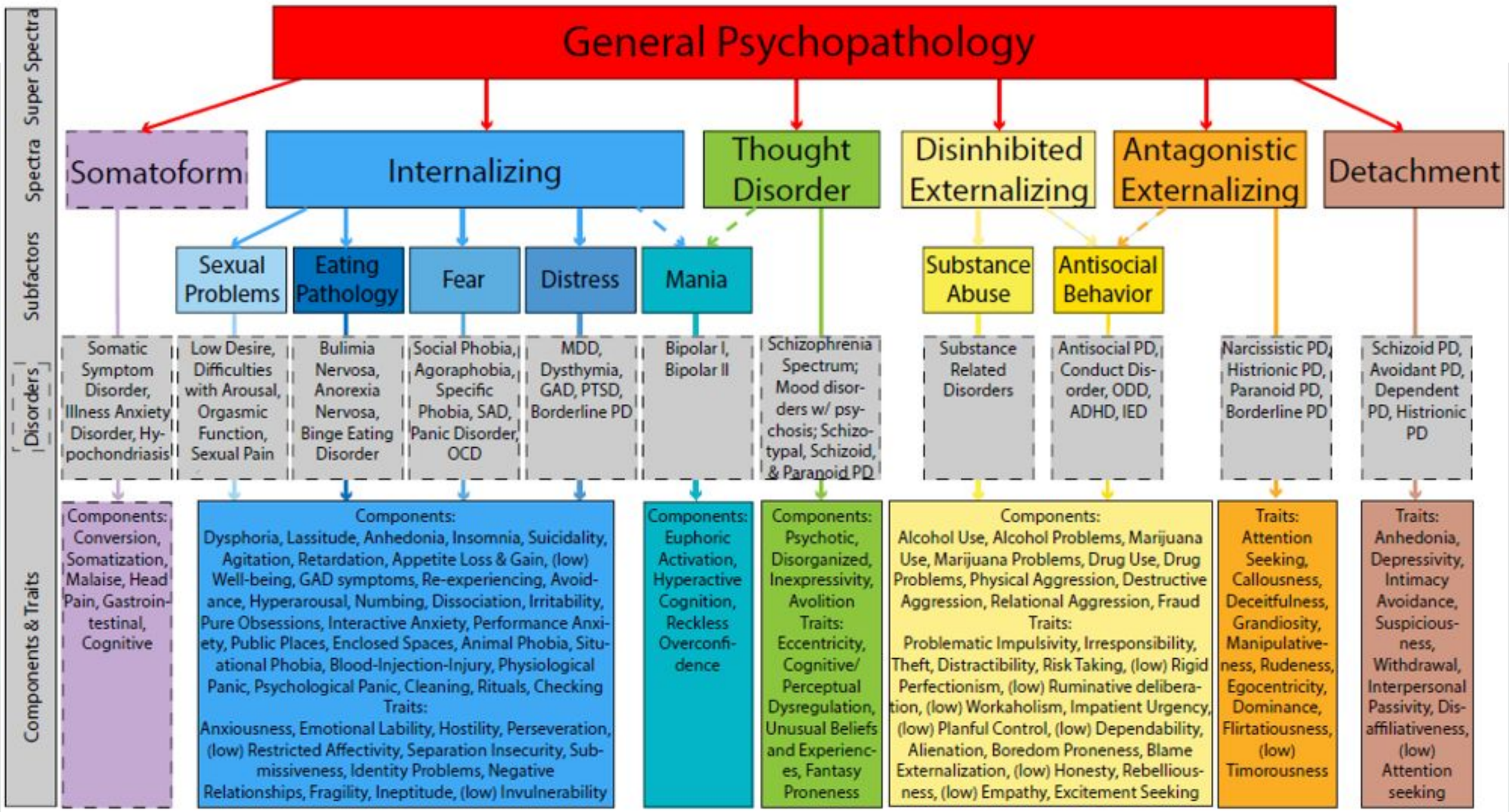
World Psychiatry
OFFICIAL JOURNAL OF THE WORLD PSYCHIATRIC ASSOCIATION (WPA)

Perspectives | Free Access

A paradigm shift in psychiatric classification: the Hierarchical Taxonomy Of Psychopathology (HiTOP)

Roman Kotov, Robert F. Krueger, David Watson

Yleisempi psykopatologian hierarkian rakenteen mallintaminen

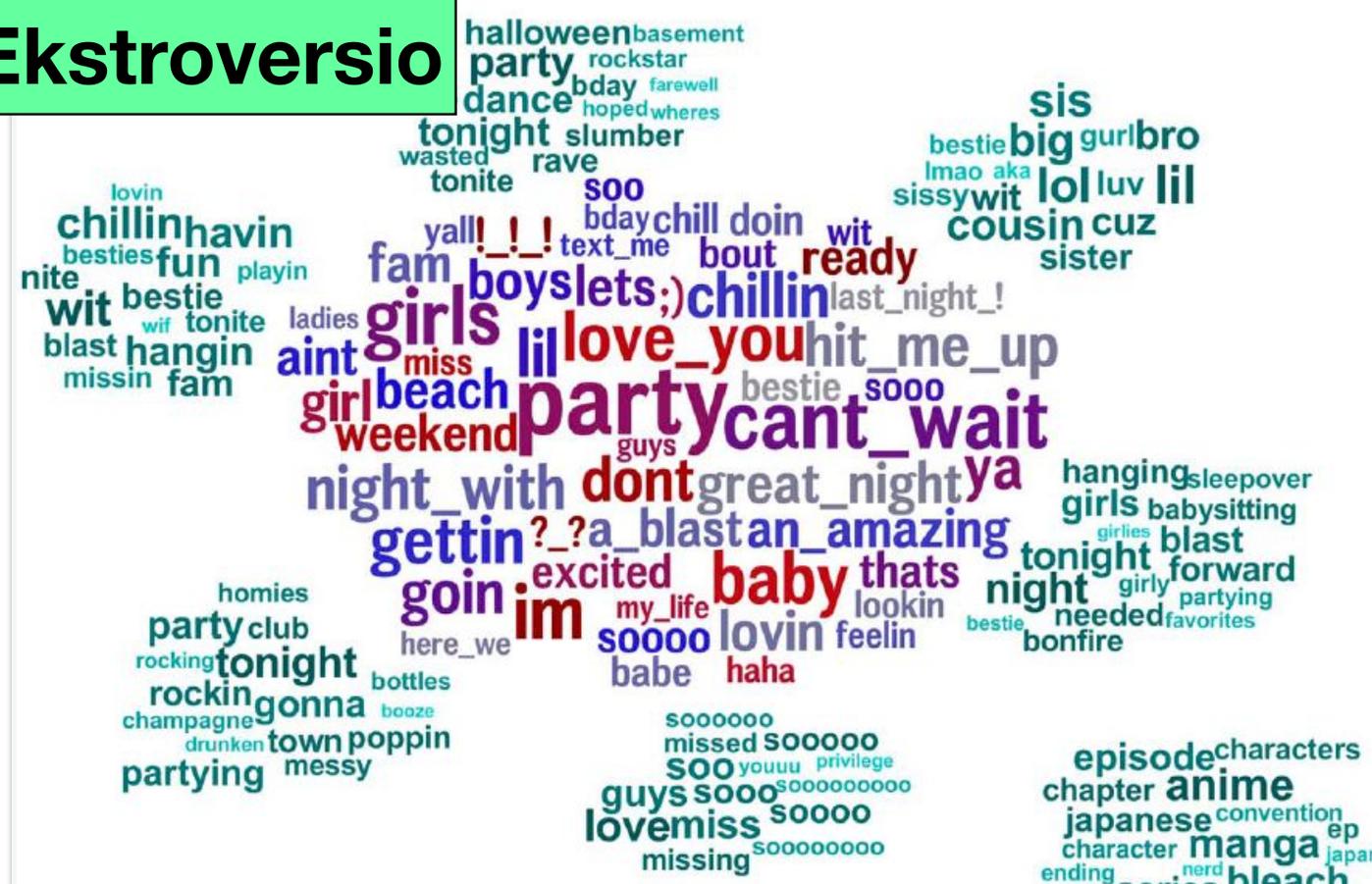


<u>Persoonallisuushäiriöt siirtyvät lähemmäksi tavallista persoonallisuuden vaihtelua</u> – Vastaava siirtyminen kohti dimensionaalisia malleja odotettavissa myös psyykkisissä häiriöissä

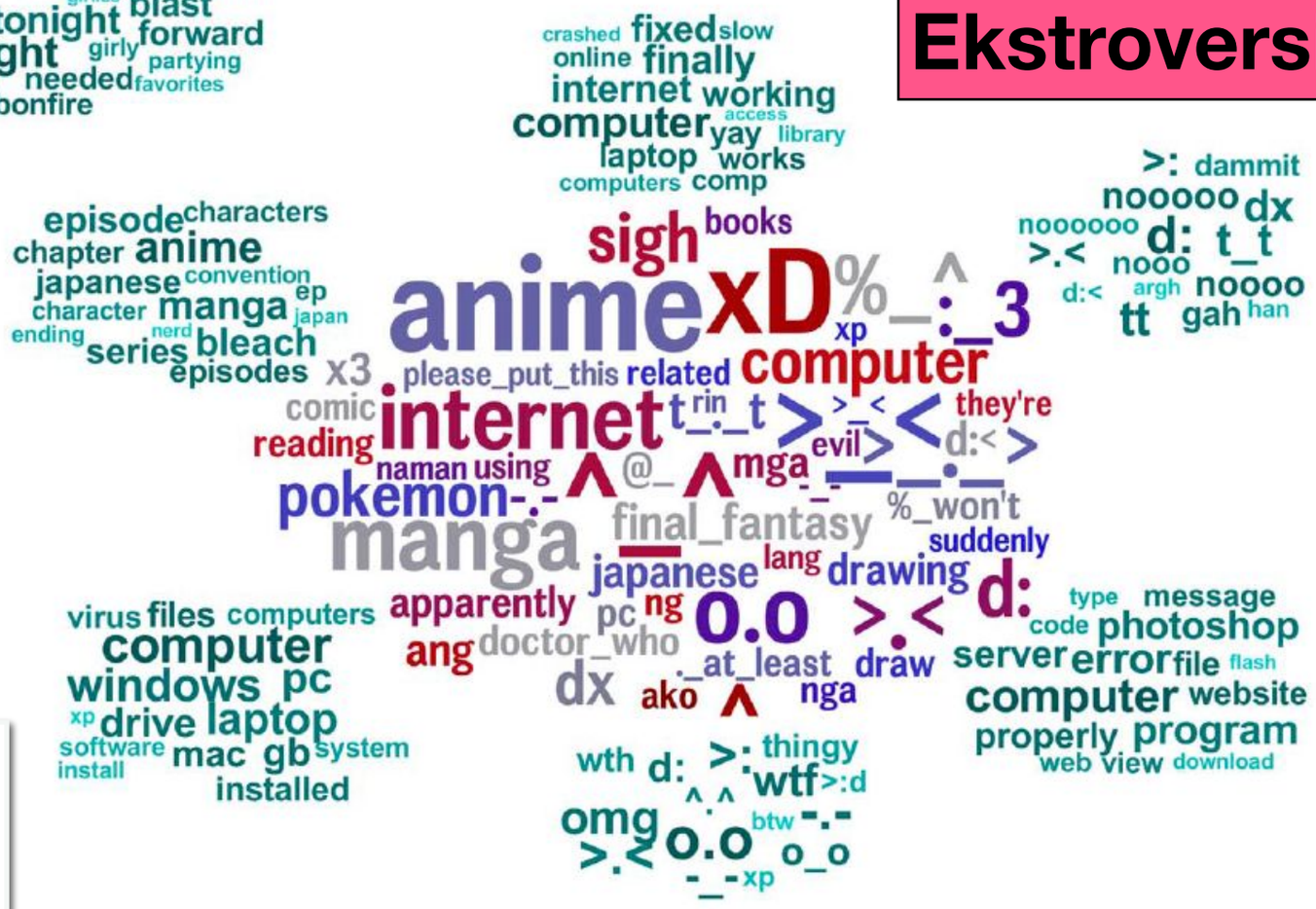
Liitteet

Korkea Ekstroversio

Persoonallisuuden ilmeneminen Facebook-viesteissä käytetyissä sanoissa



Matala Ekstroversio



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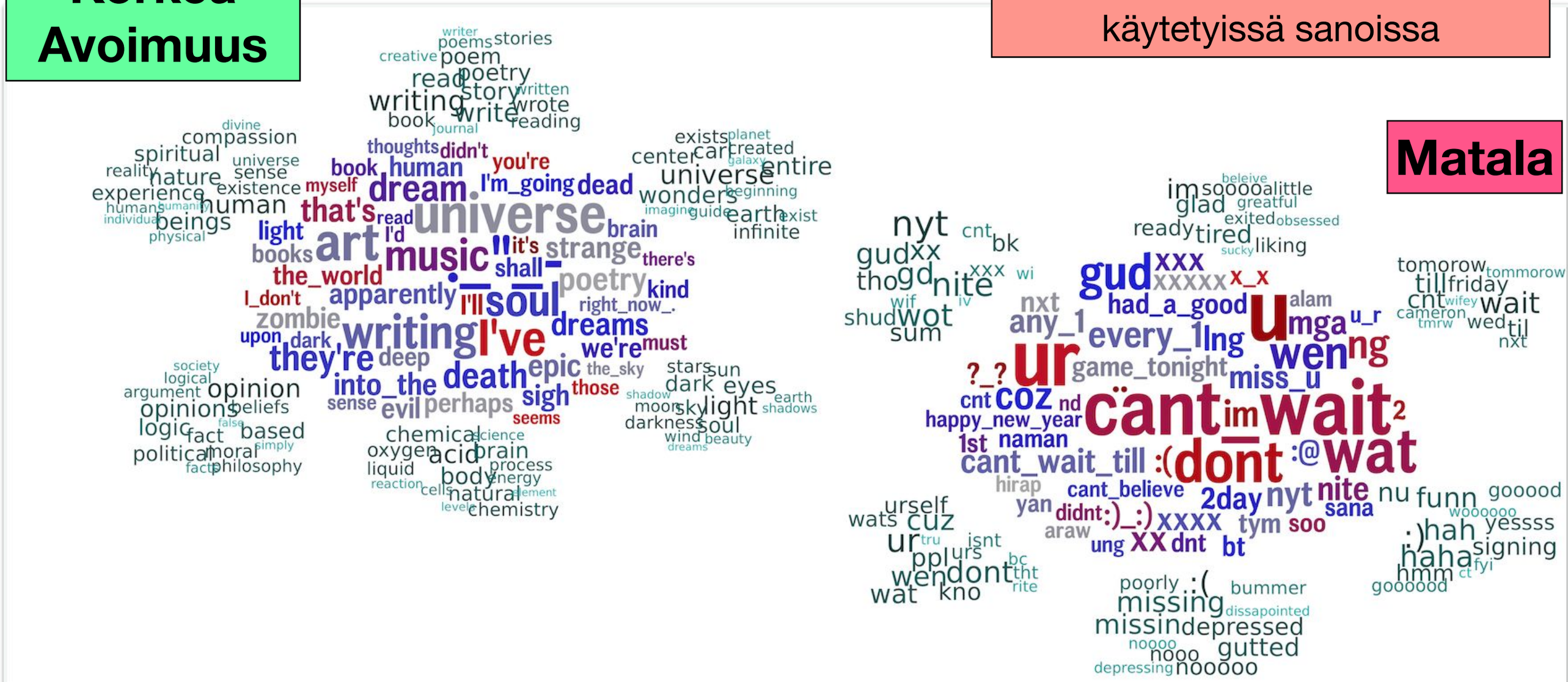
Korkea Avoimuus

Persoonallisuuden ilmeneminen Facebook-viesteissä käytetyissä sanoissa

Matala



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Korkea Neuroottisuus

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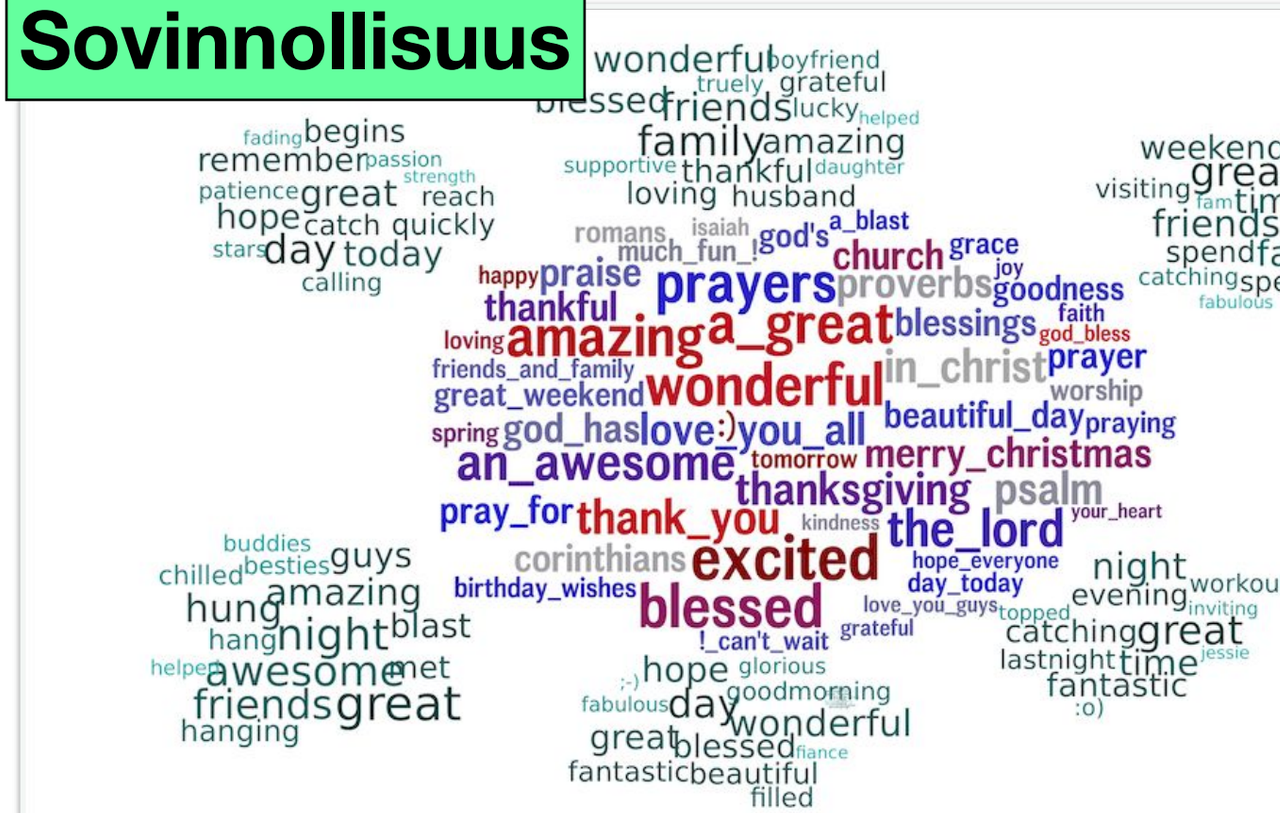
Persoonallisuuden ilmeneminen Facebook-viesteissä käytetyissä sanoissa

Korkea Sovinnollisuus



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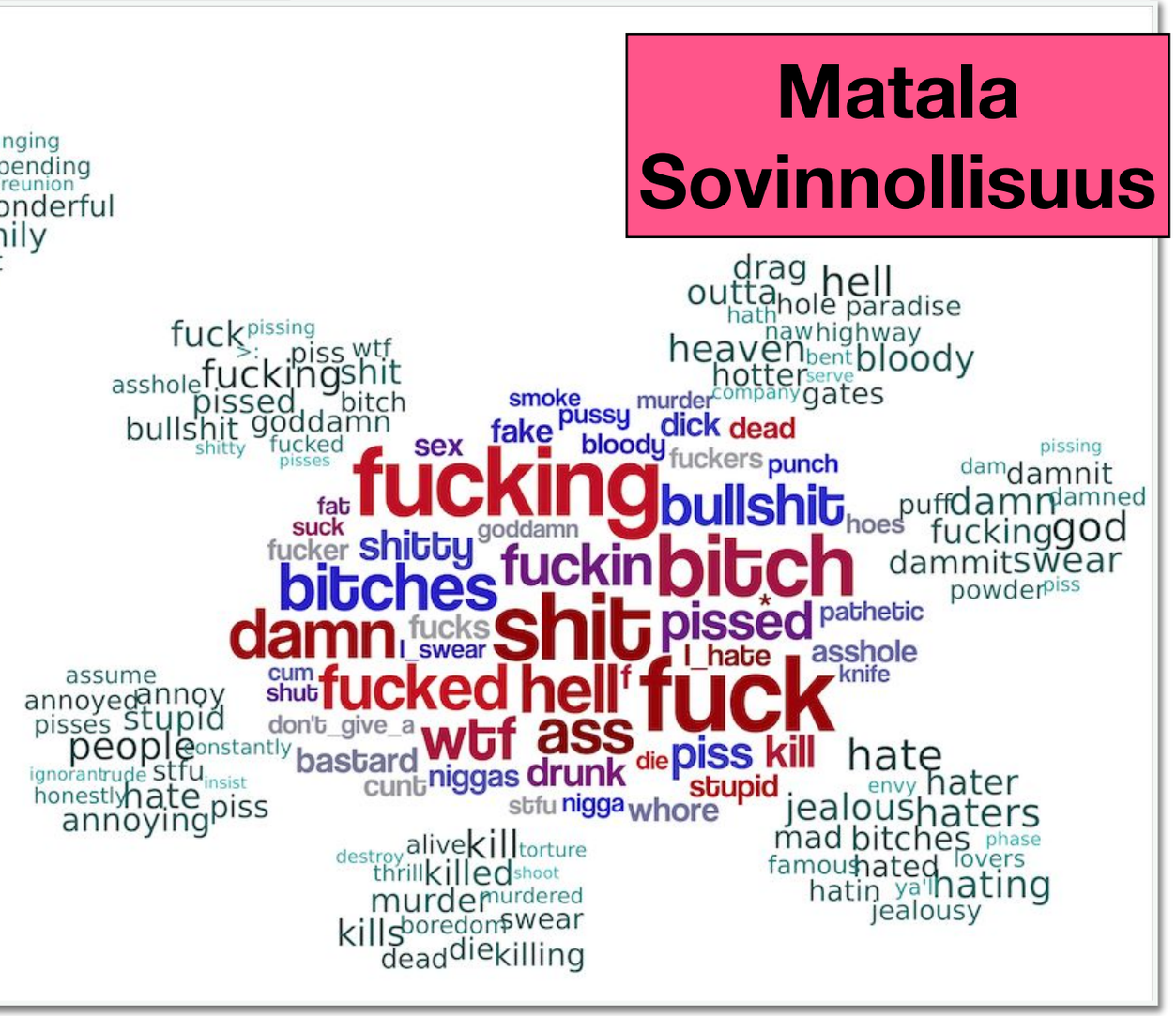

Korkea Tunnollisuus

Persoonallisuuden ilmeneminen Facebook-viesteissä käytetyissä sanoissa

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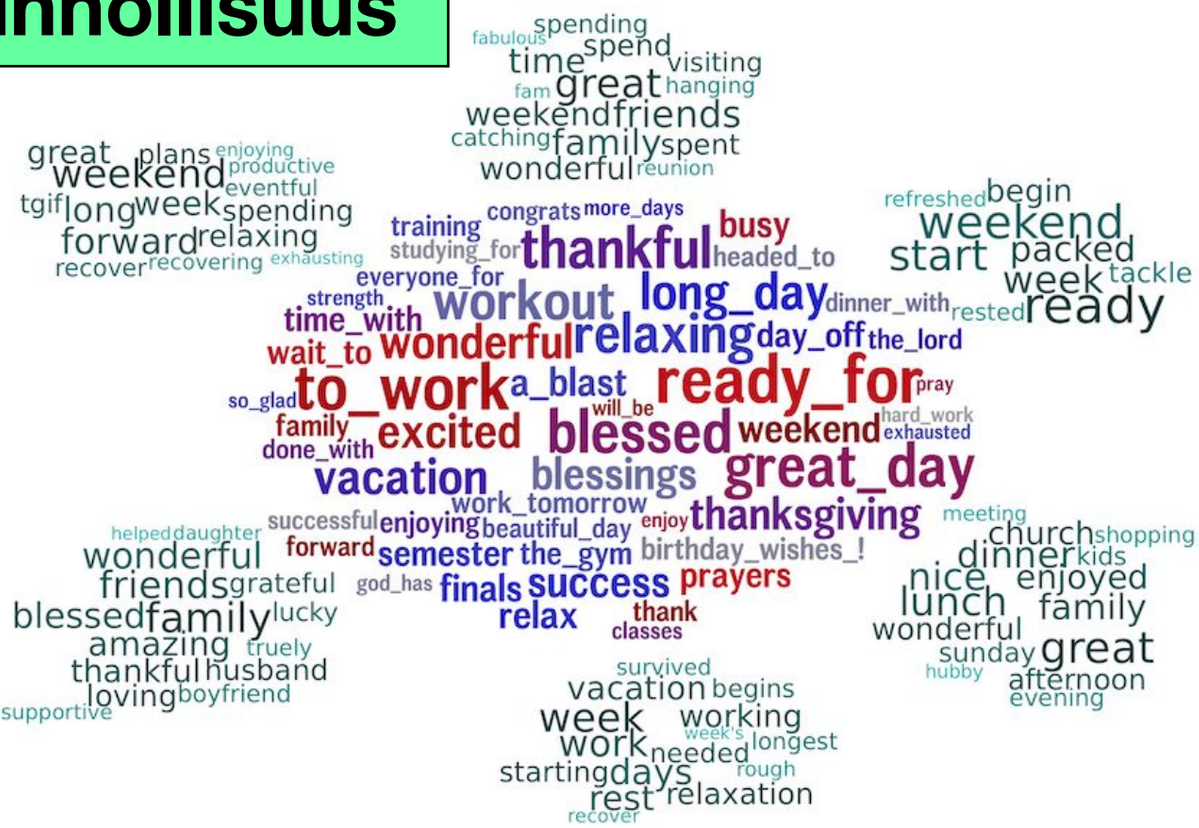

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Persoonallisuuspiirteiden ilmeneminen blogi-kirjoituksissa

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Tal Yarkoni

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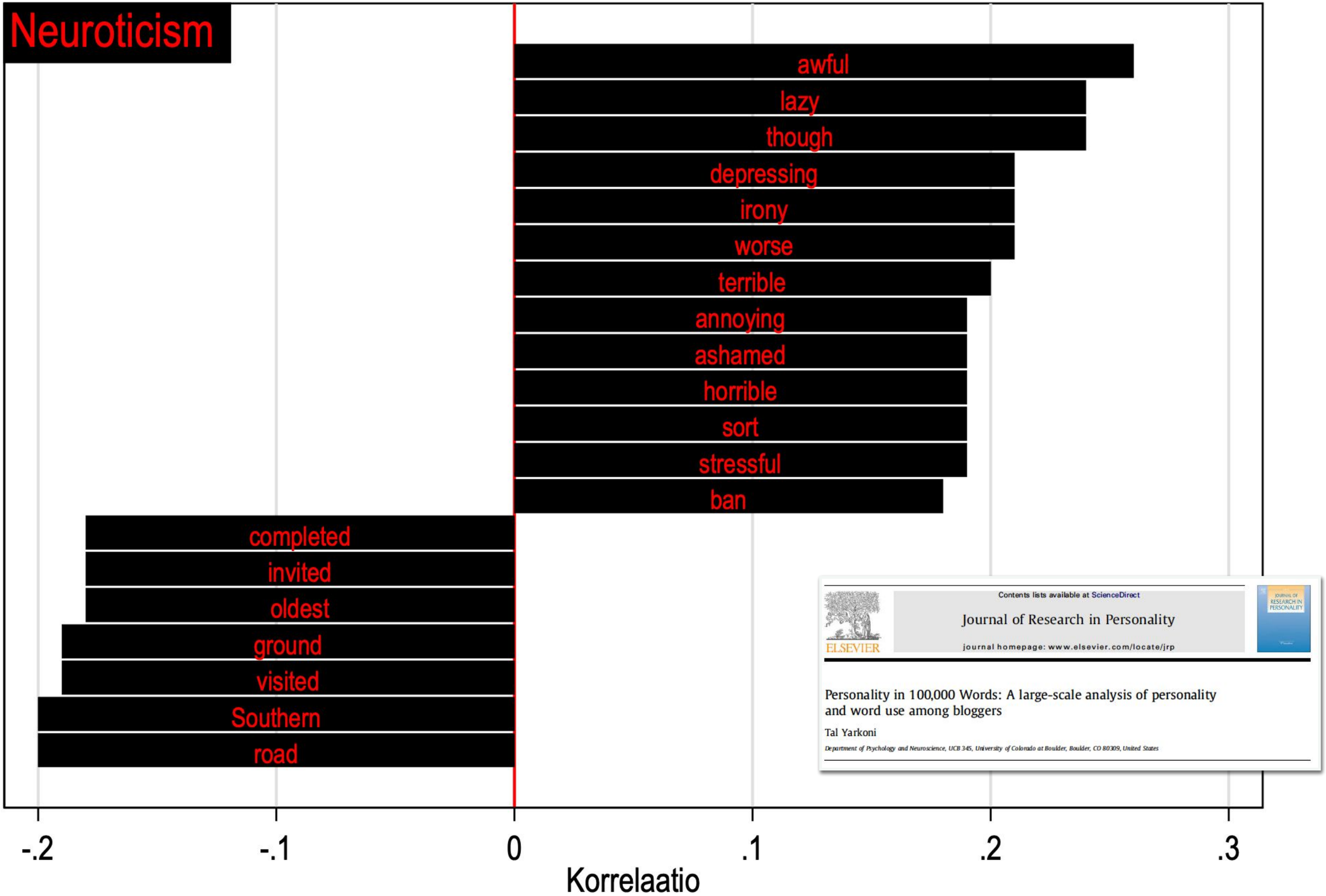
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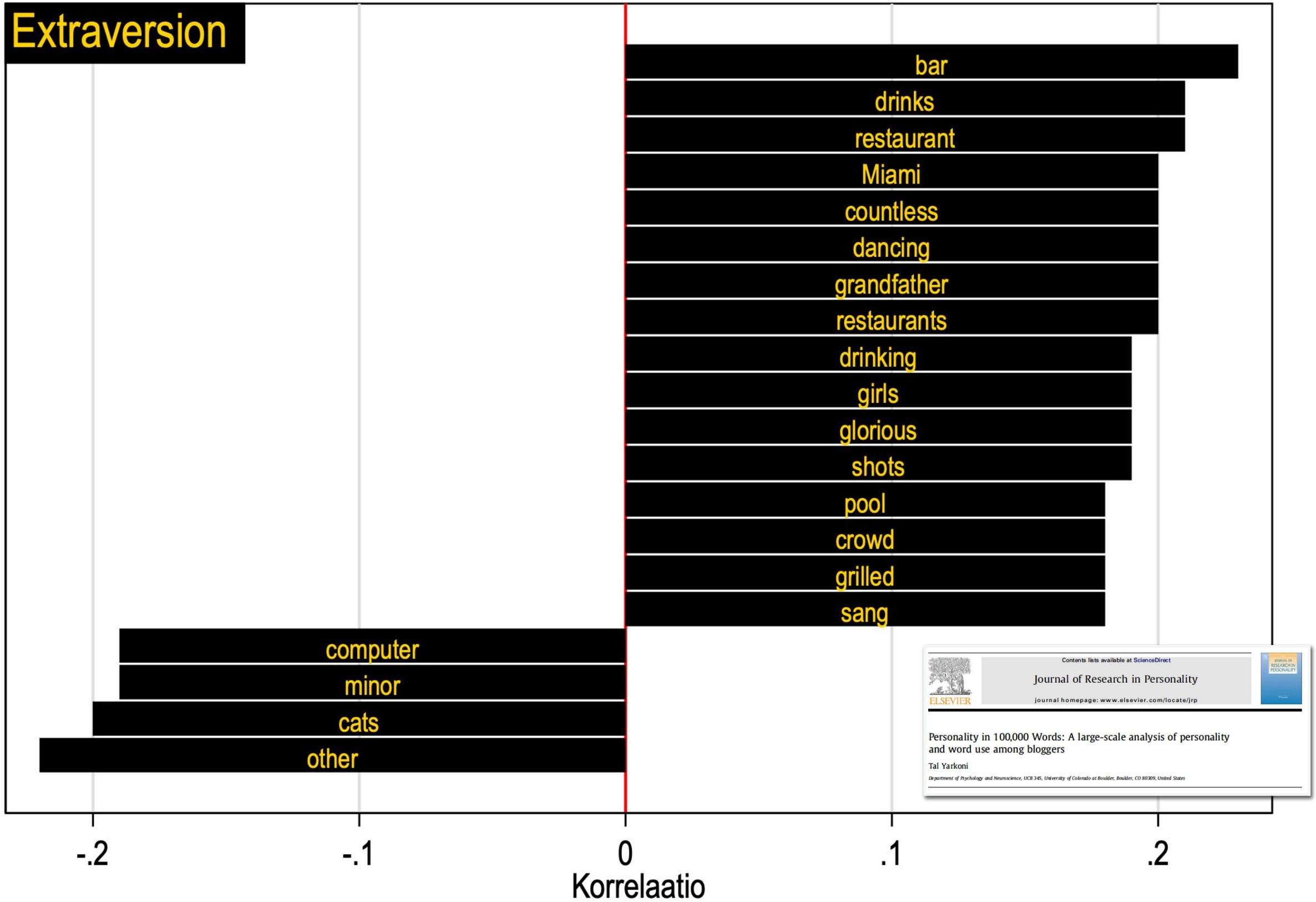
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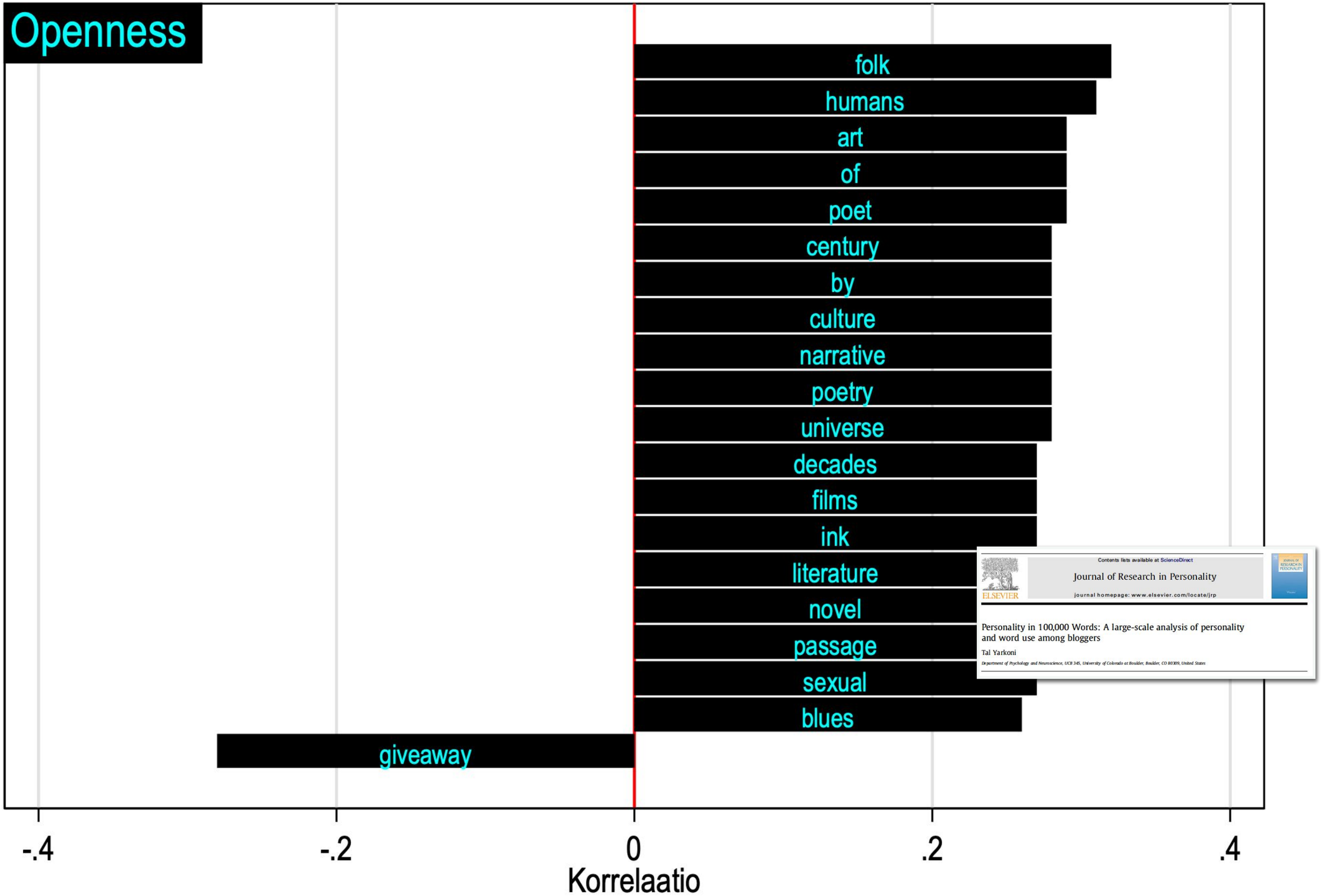
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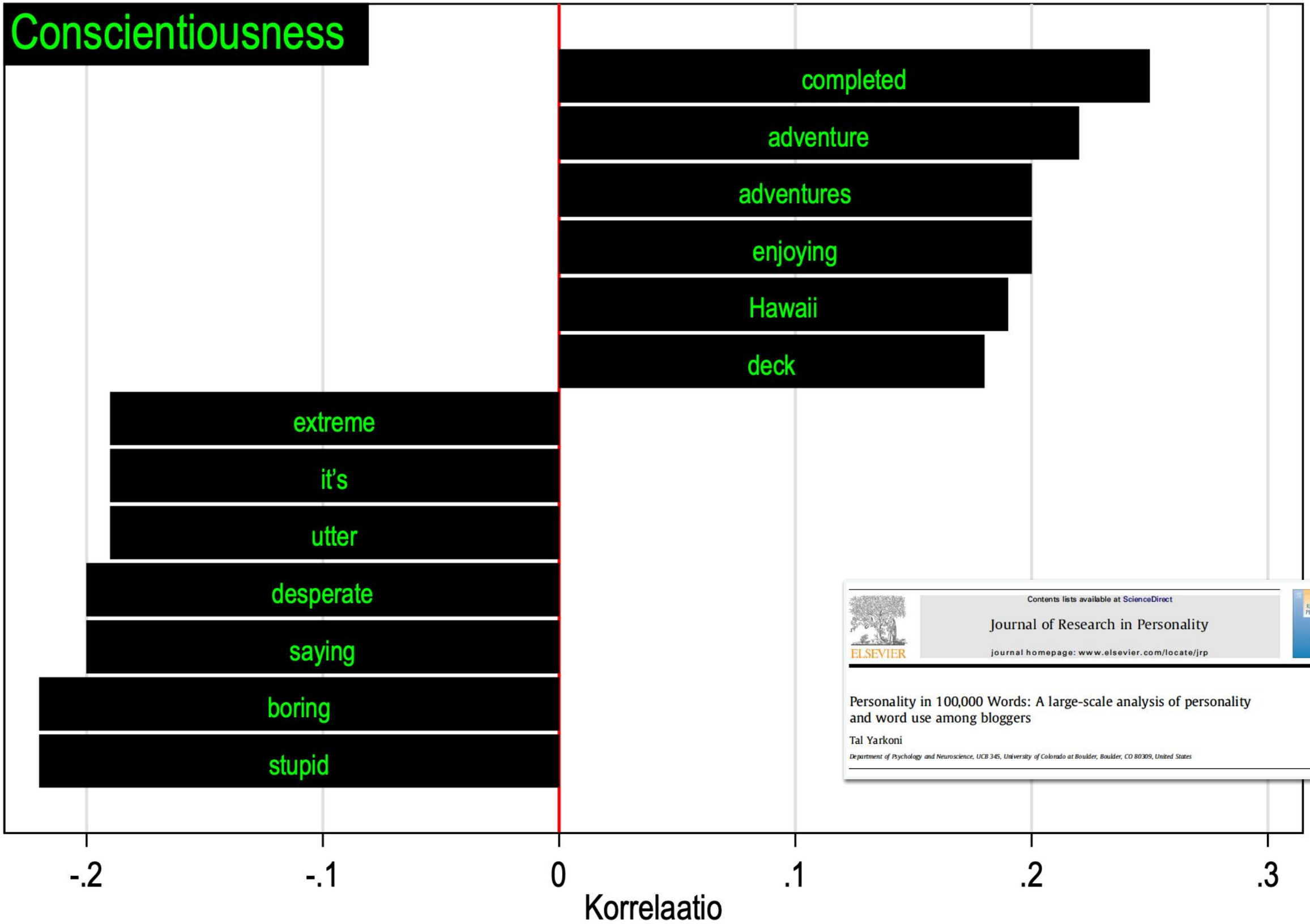

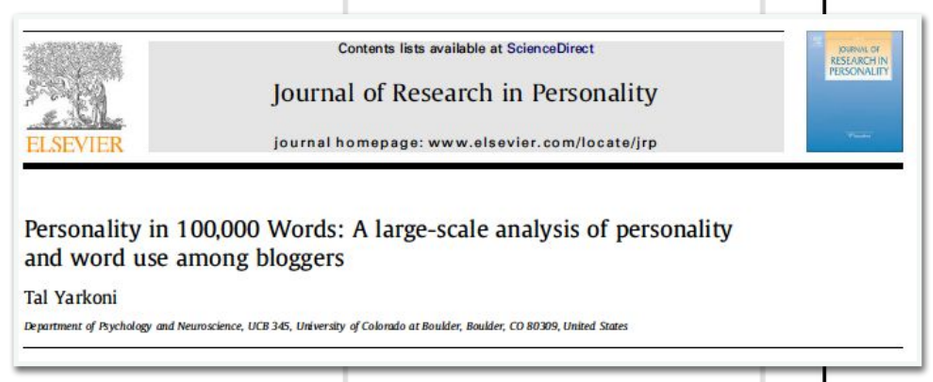

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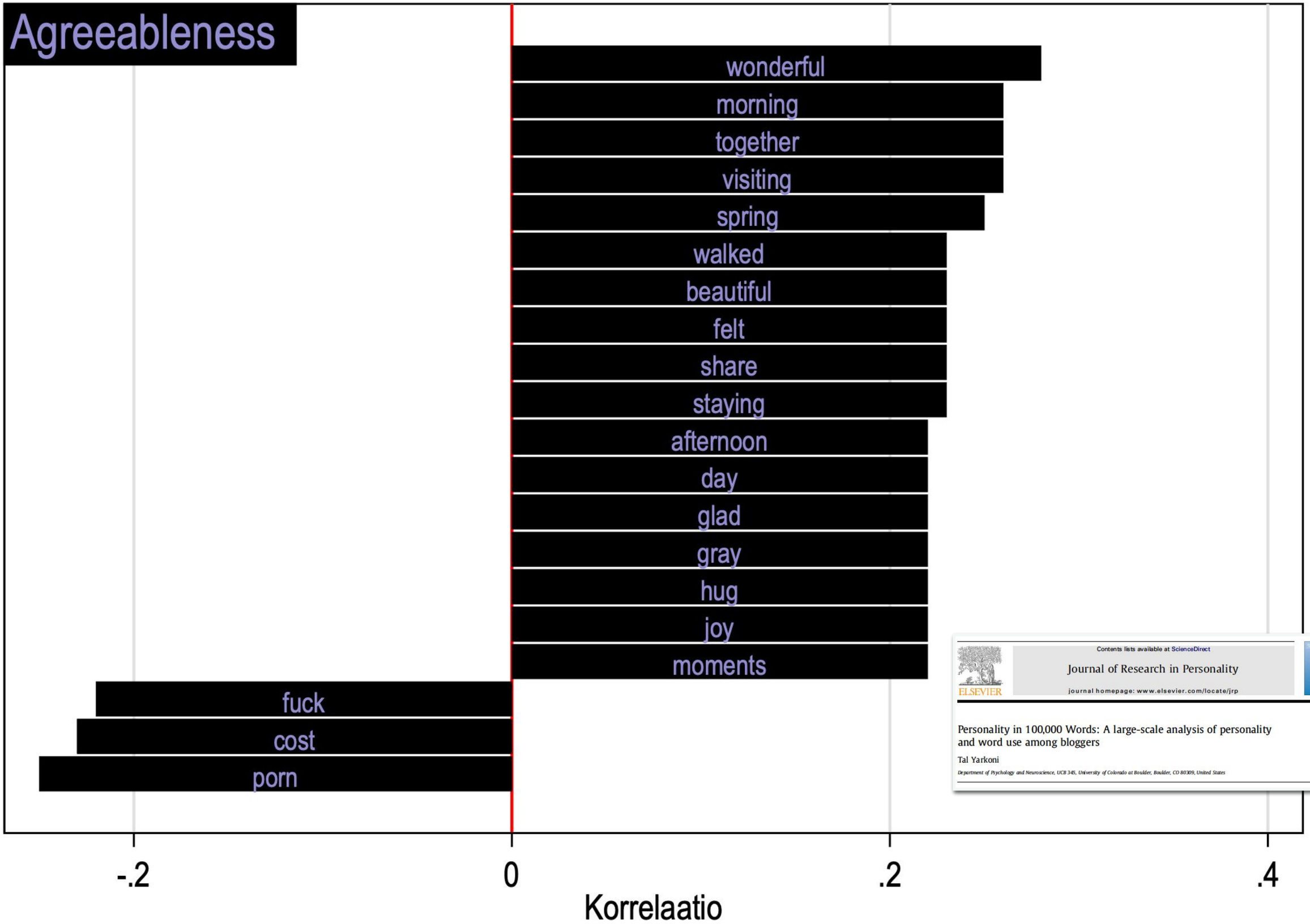

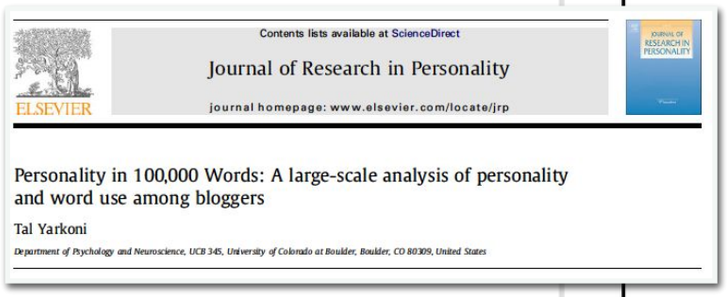

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Private traits and attributes are predictable from digital records of human behavior

Michal Kosinski[a,1], David Stillwell[a], and Thore Graepel[b]

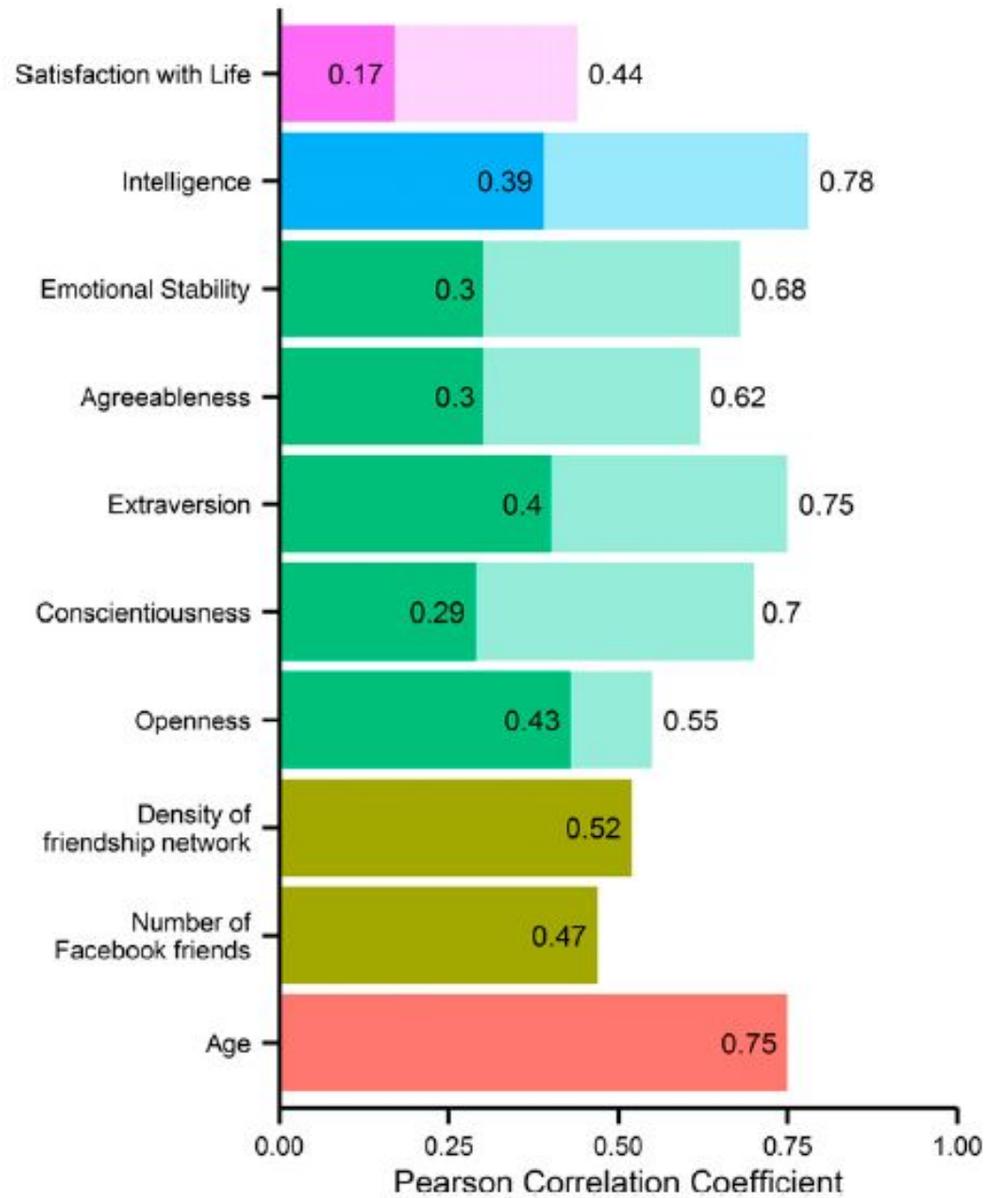

Fig. 3. Prediction accuracy of regression for numeric attributes and traits expressed by the Pearson correlation coefficient between predicted and actual attribute values; all correlations are significant at the $P < 0.001$ level. The transparent bars indicate the questionnaire's baseline accuracy, expressed in terms of test–retest reliability.

Mitä piirteitä algoritmi voi arvioida Facebook- tykkäyksiin perustuen?

Processes of Personality Development in Adulthood: The TESSERA Framework

Personality and Social Psychology Review
2017, Vol. 21(3) 253–277
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Cornelia Wrzus[1] and Brent W. Roberts[2]

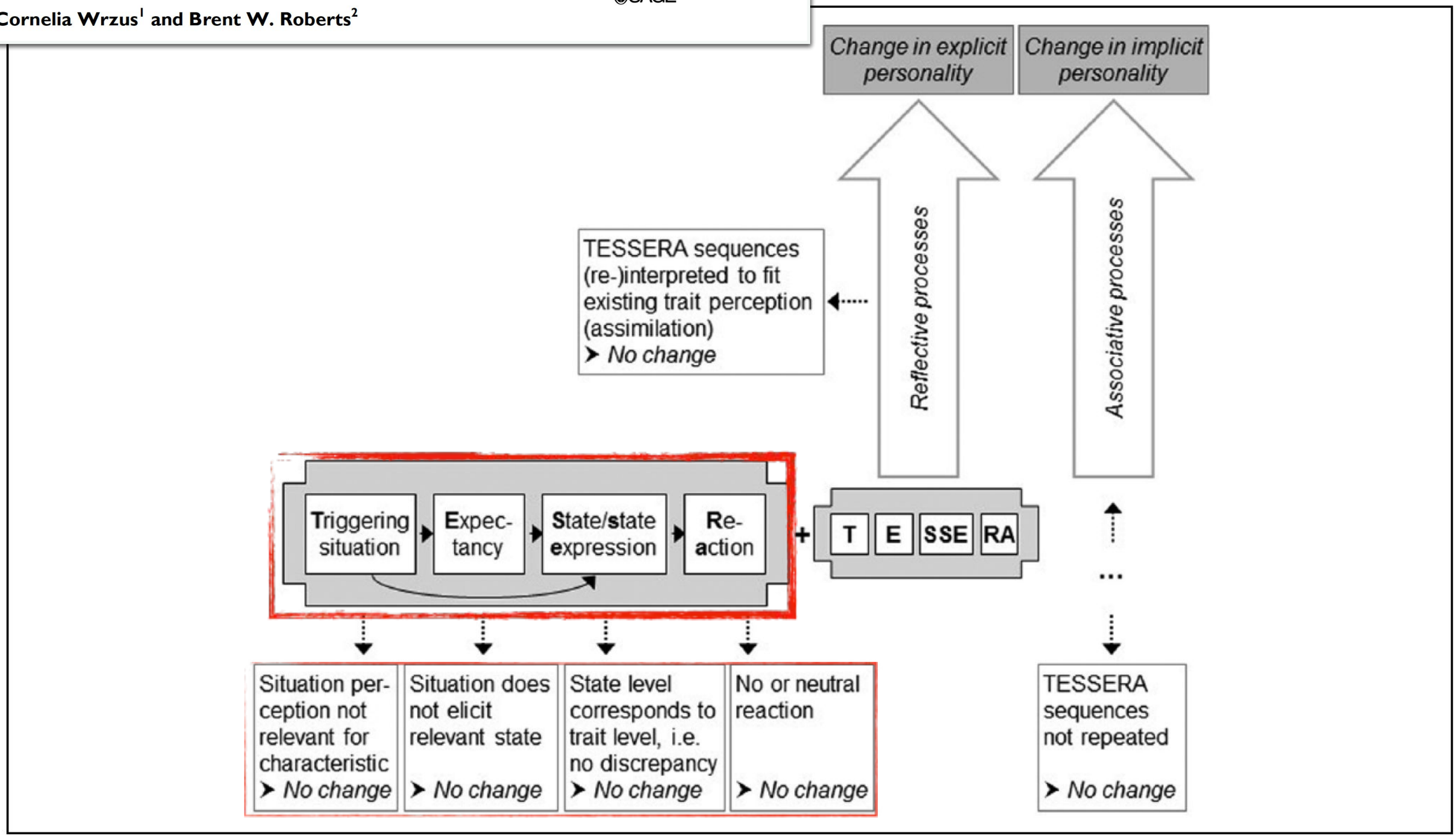

Figure 2. Conditions under which TESSERA sequences, reflective and associative processes do (not) lead to changes in personality characteristics.
Note. TESSERA = **T**riggering situations, **E**xpectancy, **S**tates/**S**tate **e**xpressions, and **R**eactions.