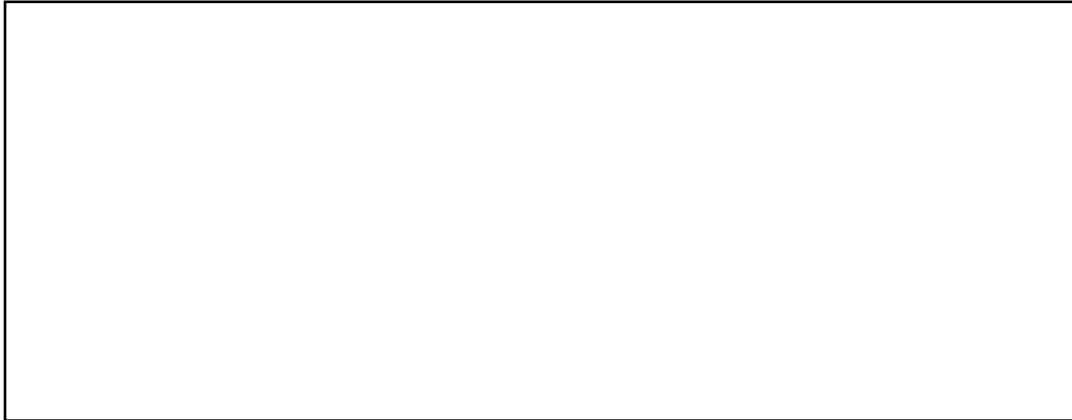


- Individuals high on extraversion are believed to have low levels of cortical arousal
 - Extraverts: lower levels of activity in the ARAS
 - The ARAS system of the extravert allows too little arousal in. Therefore, extraverts seek out contexts with high stimulation
- Individuals high on introversion are believed to have high levels of cortical arousal
 - Introverts: higher levels of activity in the ARAS
 - Introverts' ARAS allows too much arousal in. Therefore introverts seek out contexts with low stimulation

Hierarchical structure of neuroticism



Eysenck

- Neuroticism vs emotional stability
 - includes Cattell's source factors of emotional stability and apprehensiveness
 - people who score high on the neuroticism scale are not necessarily neurotics but they might be more susceptible to neurotic problems
- Eysenck - some people have a more responsive sympathetic nervous system (limbic system). Controls emotional responsiveness to emergency situations. Prepares us for fight or flight
- High levels of neuroticism arise from hypersensitivity or excessive activity of the sympathetic nervous system. React more to threatening environments
- 'Archetypal' neurotic symptom is the panic attack

Neuroticism and PTSD

- Holeva and Tarrier (2001) studied victims of road traffic accidents across 2 time periods (4 weeks and 6 months post accident)
 - Neuroticism (and to a lesser extent psychoticism) is associated with the development of PTSD
 - High levels of trait anxiety or heightened conditionability appear to increase the risk of developing PTSD

Neuroticism/negative affectivity and psychological disorders

- Various studies highlight a link between neuroticism/negative affectivity and psychological disorders including:
 - Ormel and Wohlfarth (1991) found links between N and psychological distress in life changing situations
 - Watson and Clark (1984) found an association between NA and the experience of aversive mental states