What is a Resilient Personality Profile and How Can You Have One Too?

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Resilience has become an important topic throughout all levels of science.

Word “resilience” originates from the *Latin verb* resilire, or, “to leap back”

OED: “being able to withstand or recover quickly from difficult conditions”

In psychology, the ability to bounce back from negative emotional experiences and flexibly adapt to the changing demands of stressful experiences.
Resilience Domains

Interpersonal
- Family Cohesion
- Social Support

Intrapersonal
- Personal Competence
- Social Competence
- Personal Structure

Resilience Domains

Intrapersonal

Social Competence
- Good at getting in touch with people
- Easy to establish new friendships

Personal Competence
- Believe in my own abilities
- Believe I can overcome difficult times

Personal Structure
- Regular routines
- Planned actions
Brief Resilience Coping Scale (BRCS)

I look for creative ways to alter difficult situations

Regardless of what happens to me, I believe I can control my reaction to it

I believe that I can grow in positive ways by dealing with difficult situations

I actively look for ways to replace the losses I encounter in life
Brief Resilience Coping Scale (BRCS)

I look for creative ways to alter difficult situations

1 = does not describe me at all
2 = does not describe me very well
3 = neutral
4 = describes me fairly well
5 = describes me very well
Brief Resilience Coping Scale (BRCS)

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### Table 6: Normative data from the general population for the BRCS

| Total | 14-24 y | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75 |       | 14-24 y | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75 |
|-------|---------|-------|-------|-------|-------|-------|-----|-------|---------|-------|-------|-------|-------|-------|-----|-------|
|       | N = 2508 |       |       |       |       |       |     |       | N = 204 |       |       |       |       |       |     |       |
| M     |         |       |       |       |       |       |     |       |         |       |       |       |       |       |     |       |
| S.D.  |         |       |       |       |       |       |     |       |         |       |       |       |       |       |     |       |
| Sum Score | Percentile\(^a\) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4     | 0.2     | 1.1  | .7   | .6   | .7   | -    | -   | -    | 8.0    | .5    | .5   | -    | -    | -    | -   | 1.1 |
| 5     | 0.6     | -    | -    | -    | -    | .7   | .6  | -    | -      | 1.2   | 1.0  | -    | -    | -    | .4  | -   |
| 6     | 0.9     | 2.7  | -    | -    | -    | -    | -   | 1.6  | -      | 2.5   | -    | 1.1  | -    | 1.7  | 3.7 | 2.2 |
| 7     | 1.5     | 1.3  | 2.2  | 1.42 | 2.0  | 1.4  | 2.3 | -    | 2.5    | -     | 1.1  | -    | 1.7  | 3.7  | 6.2 | 8.9 |
| 8     | 3.0     | 4.6  | 3.0  | 4.4  | 2.1  | 3.4  | 3.4 | 5.1  | 3.3    | 3.9   | 3.0  | 2.0  | 7.7  | 3.7  | 5.6 | 6.1 |
| 9     | 4.9     | 6.8  | 4.9  | 5.8  | 5.0  | 4.5  | 5.4 | 9.6  | 6.2    | 5.6   | 5.2  | 3.0  | 1.3  | 5.7  | 8.9 | 20 |
| 10    | 8.2     | 11.4 | 6.9  | 6.9  | 9.5  | 6.3  | 9.4 | 15.7 | 9.0    | 7.8   | 8.0  | 4.6  | 2.4  | 11.8 | 17.8|    |
| 11    | 12.7    | 16.3 | 10.2 | 9.7  | 13.0 | 8.7  | 14.5| 19.7 | 15.2   | 10.5  | 12.9 | 4.6  | 2.4  | 11.8 | 17.8|    |
| 12    | 19.5    | 23.1 | 17.4 | 15.3 | 18.7 | 13.4 | 19.3| 27.5 | 24.2   | 17.2  | 18.4 | 16.5 | 14.4 | 26.9 | 39.3| 27.4|
| 13    | 27.9    | 33.7 | 26.0 | 21.1 | 26.8 | 20.1 | 28.1| 39.3 | 32.4   | 27.2  | 24.6 | 23.2 | 25.6 | 33.7 | 53.3|    |
| 14    | 38.0    | 44.7 | 35.5 | 30.0 | 37.2 | 28.8 | 40.6| 49.4 | 42.6   | 39.0  | 34.8 | 31.4 | 34.5 | 42.9 | 64.8|    |
| 15    | 49.4    | 54.6 | 46.7 | 41.7 | 48.1 | 40.4 | 51.1| 59.6 | 51.2   | 51.2  | 49.0 | 43.3 | 47.2 | 55.2 | 72.6|    |
| 16    | 62.4    | 69.3 | 57.2 | 52.5 | 58.5 | 56.3 | 63.4| 72.5 | 62.3   | 64.5  | 63.4 | 60.4 | 61.1 | 67.5 | 81.5|    |
| 17    | 75.7    | 83.3 | 69.4 | 65.3 | 72.3 | 72.8 | 77.3| 82.0 | 77.5   | 77.2  | 74.4 | 76.0 | 75.3 | 79.3 | 90.4|    |
| 18    | 84.6    | 88.6 | 79.6 | 76.9 | 83.4 | 84.2 | 85.5| 84.8 | 87.7   | 85.1  | 83.6 | 85.3 | 84.1 | 88.4 | 94.4|    |
| 19    | 90.3    | 92.4 | 87.2 | 83.9 | 88.6 | 90.2 | 91.8| 87.6 | 92.2   | 89.5  | 91.3 | 92.6 | 89.1 | 93.8 | 97.8|    |
| 20    | 96.3    | 97.4 | 95.7 | 93.3 | 95.3 | 96.0 | 97.7| 94.5 | 96.7   | 95.6  | 97.3 | 98.1 | 95.6 | 98.0 | 99.6|    |

\(^a\)Percentiles indicate the rank of the subject compared to other subjects of the same age group and gender
Personality

Consistent patterns in thinking, feeling, & behaving

Also linked to how we adapt to life & pursue goals
Five major Domains of Personality*

- Neuroticism/Emotional Stability
  - Withdrawn, Volatile
- Agreeableness
  - Compassionate, Polite
- Conscientiousness
  - Industriousness, Orderly
- Extroversion
  - Enthusiasm, Assertive
- Openness
  - Intellect, Aesthetics, Absorption

*New research finds a 6th domain, Honesty-Humility
Stability Traits

- Neuroticism/Emotional Stability
- Agreeableness
- Conscientiousness

Plasticity Traits

- Extroversion
- Openness

Steady as it goes... versus... Flexible change in course
Personality Tests

Take these tests to learn about your personality. These tests are free and anonymous, and your results are shown instantly. Over 15 million people have taken these tests! And, your participation helps researchers at universities learn more about personality psychology. Curious to learn more? Read a short history of this site and learn about the research and results.

The Big Five Personality Test: A free and anonymous version of the Big Five personality test.

Are You a Freak?: Find out how unique you feel you need to be with this online quiz.

Find Your Star Wars Twin: Test to determine which Star Wars character is most like you.

The Morality Test: Assesses your moral attitudes, particularly as they relate to your religious and cultural background.
Big Five Inventory 10 (BFI-10)

Stability traits

**Emotional Stability**
- ... relaxed, handles stress
- ... don’t get nervous easily

1 = Disagree strongly
2 = Disagree a little
3 = Neutral
4 = Agree a little
5 = Agree strongly

**Agreeableness**
- ... generally trusting
- ... do not see faults in others

1 = Disagree strongly
2 = Disagree a little
3 = Neutral
4 = Agree a little
5 = Agree strongly

**Conscientiousness**
- ... is not lazy
- ... does a through job

1 = Disagree strongly
2 = Disagree a little
3 = Neutral
4 = Agree a little
5 = Agree strongly
Big Five Inventory 10 (BFI-10)

Plasticity traits

**Extroversion**

... not reserved
... outgoing and sociable

1 = Disagree strongly
2 = Disagree a little
3 = Neutral
4 = Agree a little
5 = Agree strongly

**Openness**

... artistic interests
... active imagination

1 = Disagree strongly
2 = Disagree a little
3 = Neutral
4 = Agree a little
5 = Agree strongly
Resilience Domains

- Social Competence
- Personal Competence
- Personal Structure

Personality Domains

- Neuroticism
- Extroversion
- Openness
- Agreeableness
- Conscientiousness
Resilience in relation to personality and intelligence

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2 The Military Institute of Leadership, Oslo, Norway
3 Norwegian University of Science and Technology, Department of Psychology

Abstract

Resilience is a construct of increasing interest, but validated scales measuring resilience factors among adults are scarce. Here, a scale named the Resilience Scale for Adults (RSA) was crossvalidated and compared with measures of personality (Big Five/5Fs), cognitive abilities (Raven’s Advanced Matrices, Vocabulary, Number series), and social intelligence (TSIS). All measures were given to 482 applicants for the military college.
Resilience domain correlation with personality

- Social Competence
  - Emotional Stability (Neuroticism): 0.34
- Personal Competence
  - Extroversion: 0.58
  - Openness: 0.36
  - Agreeableness: 0.59
- Personal Structure
  - Conscientiousness: 0.26
Resilience domain correlation with personality

- Social Competence
  - Personal Competence
    - Emotion Stability (Neuroticism) 0.64
    - Extroversion 0.43
    - Openness 0.26
    - Agreeableness 0.36
    - Conscientiousness 0.42
- Personal Structure

Resilience domain correlation with personality

- Social Competence
- Personal Competence
- Personal Structure

- Emotional Stability (Neuroticism)
- Extroversion
- Openness
- Agreeableness
- Conscientiousness

Correlation values:
- Social Competence: 0.69
- Personal Competence: 0.23
- Personal Structure: 0.18
- Personal Structure: 0.16
Resilience and Big Five personality traits: A meta-analysis

Atsushi Oshio\textsuperscript{a,*}, Kanako Taku\textsuperscript{b}, Mari Hirano\textsuperscript{c}, Gul Saeed\textsuperscript{d}

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\textsuperscript{d} Department of Psychology, McGill University, Monreal, Canada
Meta-analysis of the relationship between the Big Five personality traits and resilience

<table>
<thead>
<tr>
<th>Big Five</th>
<th>$k$</th>
<th>$N$</th>
<th>$r_m$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuroticism</td>
<td>30</td>
<td>15,609</td>
<td>$-0.46$</td>
</tr>
<tr>
<td>Extraversion</td>
<td>29</td>
<td>15,379</td>
<td>0.42</td>
</tr>
<tr>
<td>Openness</td>
<td>20</td>
<td>11,420</td>
<td>0.34</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>19</td>
<td>11,032</td>
<td>0.31</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>20</td>
<td>11,420</td>
<td>0.42</td>
</tr>
</tbody>
</table>
Personality Trait Change in Adulthood

Brent W. Roberts\textsuperscript{1} and Daniel Mroczek\textsuperscript{2}
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\textsuperscript{2}Purdue University

Abstract

Recent longitudinal and cross-sectional aging research has shown that personality traits continue to change in adulthood. In this article, we review the evidence for mean-level change in personality traits, as well as for individual differences in change across the life span. In terms of mean-level change, people show increased self-confidence, warmth, self-control, and emotional stability with age. These changes predominate in young adulthood (age 20–40). Moreover, mean-level change in personality traits occurs in middle and old age, showing that personality traits can change at any age. In terms of individual differences in personality change, people demonstrate unique patterns of development at all stages of the life course, and these patterns appear to be the result of specific life experiences that pertain to a person’s stage of life.
What Accounts for Personality Maturation in Early Adulthood?

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Abstract
During early adulthood, individuals tend to increase in personality traits that mark greater social maturity. The compelling question is why most young adults change in the direction of greater maturity. Recently, this question has been addressed by a diverse array of research, ranging from behavioral-genetic to prospective longitudinal and cross-cultural studies. The present article reviews the new insights gained from these studies, discusses their implications for two theoretical accounts of personality-trait development, and highlights challenges for future research.
Fig. 1. Cumulative mean-level change in three Big Five personality-trait domains, based on data from a meta-analysis of 92 longitudinal studies by Roberts, Walton, and Viechtbauer (2006). Mean-level change reflects the degree to which a population decreases or increases in specific traits over a specific period of time. These graphs were created by adding average amounts of standardized mean-level change (d scores) from separate decades of the life course together, under the assumption that personality-trait change may be cumulative. Adapted from “Patterns of Mean-Level Change in Personality Traits Across the Life Course: A Meta-Analysis of Longitudinal Studies,” by B. W. Roberts, K. E. Walton, and W. Viechtbauer, 2006. Psychological Bulletin, 132(1), p. 15. Copyright 2006 by the American Psychological
Nature and Nurture in Personality Development: The Case of Neuroticism and Extraversion

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Abstract
The stability of interindividual differences (i.e., rank-order continuity) in personality traits tends to increase with age until it plateaus in middle adulthood and finally decreases in old age. Rank-order continuity also tends to decrease as the time intervals between occasions of personality assessment increase, irrespective of age. These patterns show that personality development is a lifelong process. Yet the sources of these patterns are unknown. Theories suggest that personality continuity and change may result from environmentally mediated processes of identity development due to age-graded social roles and individual life experiences, but also from biological maturation. Genetically informative longitudinal studies across different age cohorts allow a differentiated picture of genetic and environmental sources. In this article, I give a short overview of the genetic and environmental contributions to rank-order continuity and change in neuroticism and extraversion. Both genetic and environmental factors contribute to personality continuity and change, but genetic factors affect rank-order change only in younger decades of life, whereas environmental influences appear to represent a lifelong source of interindividual differences in personality development.
Fig. 3. Heritability estimates (the proportion of interindividual differences accounted for by genetic differences) for extraversion (depicted by the blue line and data points) and neuroticism (depicted by the orange line and data points) as a function of age. The heritability estimates shown are based on the results of genetically informative longitudinal and age-cohort studies (weighted by sample size): Bratko and Butkovic (2007), De Fruyt et al. (2006), Gillespie, Evans, Wright, and
Personality Maturation Around the World: A Cross-Cultural Examination of Social-Investment Theory

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Abstract
During early adulthood, individuals from different cultures across the world tend to become more agreeable, more conscientious, and less neurotic. Two leading theories offer different explanations for these pervasive age trends: Five-factor theory proposes that personality maturation is largely determined by genetic factors, whereas social-investment theory proposes that personality maturation in early adulthood is largely the result of normative life transitions to adult roles. In the research reported here, we conducted the first systematic cross-cultural test of these theories using data from a large Internet-based sample of young adults from 62 nations (N = 884,328). We found strong evidence for universal personality maturation from early to middle adulthood, yet there were significant cultural differences in age effects on personality traits. Consistent with social-investment theory, results showed that cultures with an earlier onset of adult-role responsibilities were marked by earlier personality maturation.
Transitions into adult roles (family & job) by Country

Higher numbers = Earlier transitions

Fig. 1. Scatter plot showing the relation between regression-based factor scores on the family- and job-role-transition indices for 62 nations (see Table 1 for exact z scores). UAE = United Arab Emirates, USA = United States of America.
The country with the earliest transition to adult roles (Pakistan) shows the steepest declines in neuroticism (i.e., increased in emotional stability).
What accounts for personality maturation?

* genetic influences important earlier in life

* age is associated with significant changes

* age-graded social transitions across life
Mindfulness Meditation may also account for Personality Maturation.
Structural equation modeling of the associations between amygdala activation, personality, and internalizing, externalizing symptoms of psychopathology

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Abstract
There is an expanding literature on the theoretical and empirical connections between personality and psychopathology, and their shared neurobiological correlates. Recent cybernetic theories of personality and psychopathology, as well as affective neuroscience theory, provide grounding for understanding neurobiological–personality–psychopathology (NPP) associations. With the emergence of large sample datasets (e.g., Human Connectome Project) advanced quantitative modeling can be used to rigorously test dynamic statistical representations of NPP connections. Also, research suggests that these connections are influenced by sex, and large samples provide the opportunity to examine how NPP associations might be moderated by sex. The current study used a large sample from the Duke Neurogenetics Study (DNS) to examine how amygdala activation to facial expressions was linked with self-report of personality traits and clinical interviews of internalizing and externalizing symptoms of psychopathology. Structural equation modeling results revealed direct associations of amygdala activation with personality trait expression, as well as indirect associations (though personality) with symptoms of psychopathology. Moreover, the NPP links were moderated by sex. The current results are in line with research that identifies a broader role played by the amygdala in personality and provide potential insights for continued research in personality neuroscience and recent theories on the neurobiology of personality.
Neurobiology is linked to expression of personality.
Mindfulness can be used to regulate our neurobiology...
Mindfulness group shows greater connectivity between amygdala and frontal areas compared to stress reduction group and this is associated with a reduction in anxiety (BAI) scores post-intervention.
On the Relationship Between the Practice of Mindfulness Meditation and Personality—an Exploratory Analysis of the Mediating Role of Mindfulness Skills

Paul A. M. van den Hurk · Tom Wingens · Fabio Gionmi · Henk P. Barendregt · Anne E. M. Speekens · Hein T. van Schie

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Abstract Mindfulness meditation (MM) has often been suggested to induce fundamental changes in the way events in life are experienced and dealt with, presumably leading to alterations in personality. However, the relationship between the practice of MM and personality has not been systematically studied. The aim of this study was to explore this relationship and to investigate the mediating role of mindfulness skills. Thirty-five experienced mindfulness meditators (age range, 31–75 years; meditation experience range, 0.25–35 years; mean, 13 years) and 35 age-, gender-, and ethnicity-matched controls (age range, 27–negative emotions and worrying and a reduced focus on achievements. Furthermore, the mediating role of specific mindfulness skills in the relationship between the practice of MM and personality traits was shown.

Keywords Mindfulness meditation · Personality · Mindfulness skills · Mediation analyses

Introduction
Mindfulness mediation is associated with increased emotional stability (lower neuroticism), extroversion & openness

<table>
<thead>
<tr>
<th>Table 3  Partial correlations between MM experience and NEO-FFI personality traits (controlled for age and education level)</th>
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<tbody>
<tr>
<td>MM experience (months)</td>
</tr>
<tr>
<td>------------------------</td>
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<tr>
<td>−0.39*</td>
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</tbody>
</table>

*p<0.05
Summary

Resilience is linked to how well we adapt to stressors in life

Personality is linked with resilience

Personality changes throughout our life

Biology, Age, Life Transitions & Meditation are linked to changes in personality and thus resilience