

Iowa Longitudinal Personality Project (ILPP) Newsletter

Issue # 1

Summer/Fall 2001

YOU are important to us!

The Iowa Longitudinal Personality Project (ILPP) was created in 1999 to explore personality and mood/emotionality in young adulthood. You are a valuable member of this important scientific investigation. This newsletter was designed with you in mind to let you know the important findings and results of your data.

While a student in Elementary Psychology you participated in phase one of this project by completing personality and affect measures in group testing. You generously provided phase two data when we contacted you in the spring of 1999.

We are currently planning phase three of this longitudinal project. Phase three will include personality and affect measures that you've seen before. We'll also be expanding our research focus and predictions to find out about interesting areas of your life such as job and relationships.

Please look for a letter from us in the near future!

ILPP is rare, new, exciting, high quality research -- and you are a part of it!



Demographics: Who are the ILPP participants?

392 participants in 1999
Average age: 21.09
Men: 96
Women: 296
Married: 10
Single: 358
UI students: 296

How have you changed?

Is Personality Stable During College?

YES! *If you were high in Extraversion, Neuroticism, Conscientiousness, Agreeableness or Openness at time 1 (in 31:001 group testing) then you are still Extraverted, Neurotic, Conscientious, Agreeable, or Open 2.5 years later. Personality stability is assessed by calculating a correlation coefficient. This statistic tells us if your position in the group (or rank-order) has changed over time. High correlation coefficients as found in our data indicate that your position in the group is stable. So, if you were the most Extraverted individual in the group (position #1) at phase 1 then you are likely to be close to the top again at phase 2. We found very high stability of personality! Extraversion seems to be the most stable trait of these 5 traits. Your qualities of sociability, talkativeness and positive*

Personality Stability

Extraversion	.71
Neuroticism	.59
Conscientiousness	.64
Agreeableness	.59
Openness	.65

Affect Stability

Positive Affect	.50
Negative Affect	.49

emotionality are very consistent over time.

Also, personality is slightly more stable over time than affect (or mood/emotionality). Your positive or negative mood state changes more over time than your traits. But, affect is still quite stable over this 2.5 year time period.

So, even though you are still growing and maturing during college, your personality is very consistent.

What will happen by phase 3?



Have a chance to win \$10! One in 10 respondents will win!

Just log on or write to us at one of the three addresses below for a chance to win. Please confirm your name and current mailing address in your email or letter.

[HTTP://www.psychology.uiowa.edu/Faculty/Watson/ILPP](http://www.psychology.uiowa.edu/Faculty/Watson/ILPP)

OR

Iowa Longitudinal Personality Project
c/o David Watson

E11 Seashore Hall, Department of Psychology
University of Iowa, Iowa City, IA 52242

OR

ILPP@blue.weeg.uiowa.edu

Final drawing will be held on Friday, October 12.

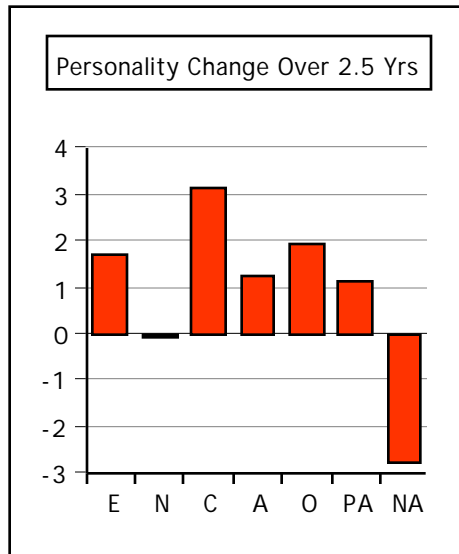
Does Personality Change with Time?

YES again! College students in our study did change significantly over the 2.5 year period.

Personality change is calculated by testing statistically for differences between the average score at time 1 and time 2.

Participants increased in Conscientiousness, Extraversion, Openness and Agreeableness. During these 2.5 years at the University of Iowa participants became more responsible, self-disciplined, sociable, talkative, open to experiences and ideas, more polite and trusting. Students experienced the changes expected during the college years; an individual becomes a responsible, flexible, caring adult.

Our participants' affective experience also changed over time. ILPP participants experienced less negative mood/emotionality and more positive mood/emotionality at phase 2.



Average level of traits changes over time.

E=Extraversion, N=Neuroticism,
C=Conscientiousness, A=Agreeableness,
O=Openness
PA=Positive Affect, NA=Negative Affect

The ILPP team

Dr. David Watson
Elizabeth Gray
Jeff Haig
Jatin Vaidya

ILPP Publications

The ILPP team has presented their findings to the scientific community in four conference presentations and is currently working on two manuscripts for psychological journals.

We appreciate your participation in this important and interesting research project.

Relationship & Sexual Satisfaction

Our study aimed to explore intimate relationships in early adulthood and to investigate the relation between personality and relationship/ sexual satisfaction.

Results indicate that personality does successfully predict subsequent relationship satisfaction and sexual satisfaction. Personality, measured early in college (Time 1), is a good predictor of satisfaction.

High Conscientiousness, low Neuroticism and high Agreeableness were associated with relationship satisfaction and high Conscientiousness predicted high sexual satisfaction.

Only low Agreeableness was significantly associated with increased number of "one night stands", higher number of expected sexual partners, and decreased length of time in relationship until first intercourse.

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TO: