Review sheet for Chapter 12: Biological Traits

Note: There are a number of diagrams within this chapter. Probably one of the easiest ways to remember Eysenck's theory is to have a command of these diagrams and what they mean.

What are the basic characteristics of The Four Temperaments? How does this typology work? What does it look like?

What is Eysenck's approach to research?

What is Eysenck's definition of personality? What are the hierarchical levels within his theory of personality?

What are the 3 main superfactors?

What is the fourth superfactor? What sub-divisions exist within this superfactor?

What are some basic differences between Eysenck and Cattell?

What is the difference between an oblique and an orthogonal factor?

What is criterion analysis?

What are the causal agents of behavior for each of the three main superfactors? What is the visceral brain? What is the reticular activating system?

What are Eysenck's beliefs regarding psychotherapy?