Name: James W. Bollinger
Advisor: Jeanette M. Bennett, PhD
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Title: Investigating the relationships among personality dimensions of extraversion and neuroticism, caffeine sensitivity and emotional reactivity

Abstract:

Personality and emotional reactivity are related. For example, extraverts are more likely to report greater positive affect and those high in neuroticism are more susceptible to negative affect. Caffeine, a psychoactive drug, is used by a great number of people and has varying effects on individuals. This research aims to see if personality is related to caffeine sensitivity or emotional reactivity, and thus examined the relationships among caffeine sensitivity, emotional reactivity, and personality. Twenty-one young adult females (age = 20.1 ± 2.4 years) participated in two lab sessions receiving caffeine or placebo at each visit and viewed two sets of emotional stimuli. Caffeine symptom sensitivity was not significantly related to positive emotional reactivity or extraversion. Neither positive nor negative emotional reactivity was significantly associated with either extraversion or neuroticism. Positive emotional reactivity was linked positively with neuroticism and negatively with extraversion in hypothesized direction, but these relationships did not reach statistical significance. However, caffeine sensitivity was associated with neuroticism. This suggests that those higher in neuroticism are either more sensitive to caffeine, or are more sensitive to changes in their physiological states compared to those lower in neuroticism.