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