

DEEPdown: a personality exploration and self-development programme

Dr Conal Twomey & Prof Gary O'Reilly

University College Dublin

DEEPdown: part of UCD's innovative approach to eMental Health



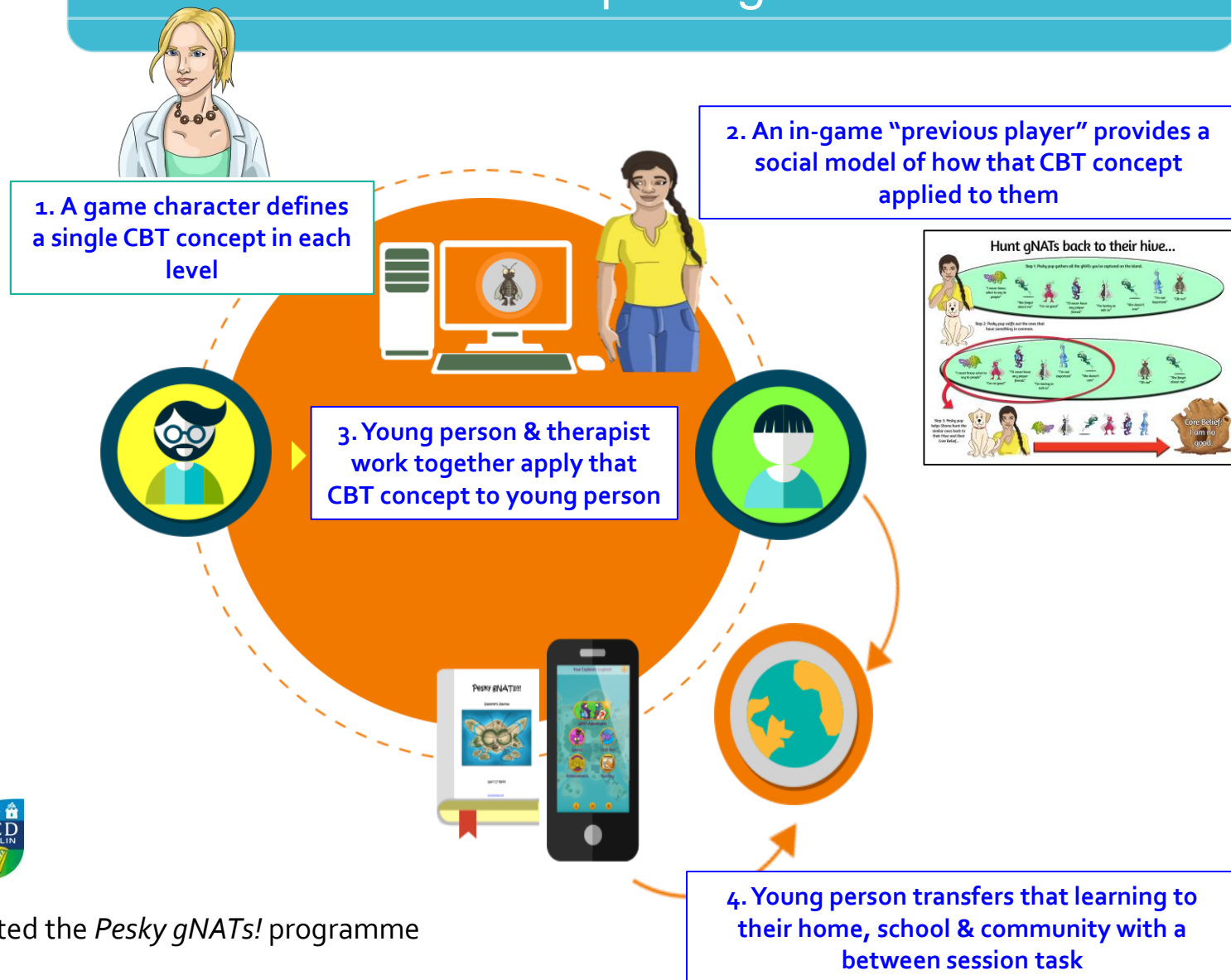
Professor Gary O'Reilly and Dr David Coyle created the *Pesky gNATs!* programme

DEEPdown: part of UCD's innovative approach to eMental Health

Professor Gary O'Reilly and Dr David Coyle created the *Pesky gNATs!* programme



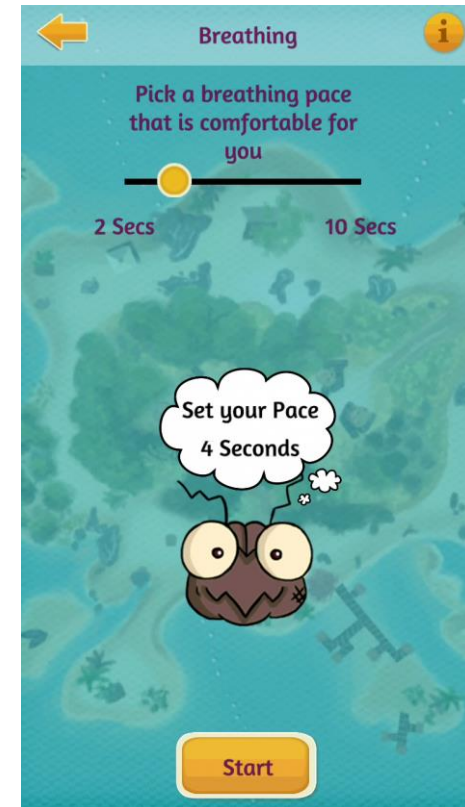
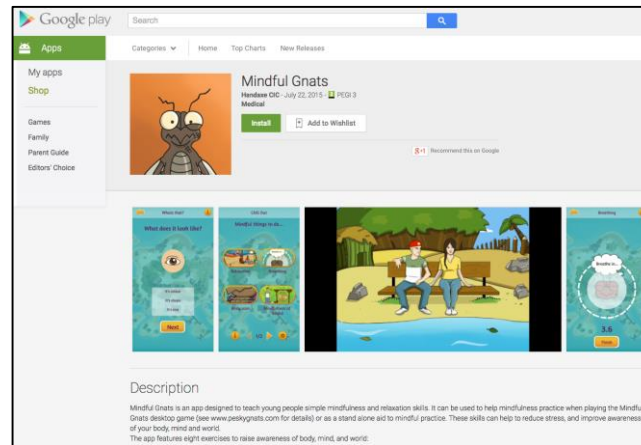
In-session computer game features



DEEPdown: part of UCD's innovative approach to eMental Health



A gift for you from today's talk...
Mindful Gnats App
free from the iTunes store or Google Play

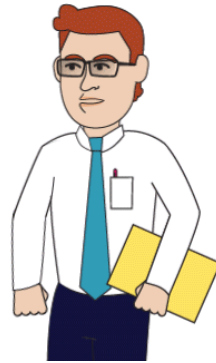
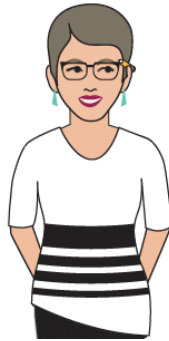


Professor Gary O'Reilly and colleagues created the *Mindful gNATs!* programme

DEEPdown:
starting point



Personality
assessment is
clinically useful

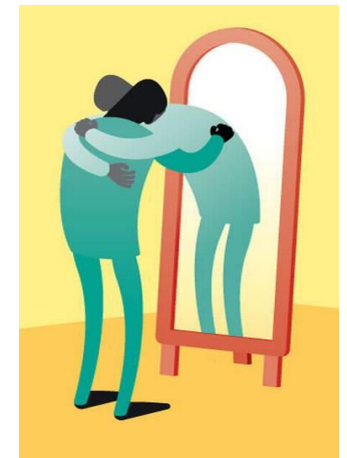


But few
interventions
are based
around the
exploration of
personality



DEEPdown

- DEEPdown is a personality exploration and self-development programme with 7 sessions.
- DEEPdown involves the following:
 - Self-report personality assessment with results shared with participants
 - Education about personality traits and sub-traits
 - Exploration of environmental factors influencing personality expression
 - Self-reflective and behavioural tasks.



DEEPdown

Course layout

- 1) Introduction
- 2) Extraversion
- 3) Openness
- 4) Conscientiousness
- 5) Neuroticism
- 6) Agreeableness
- 7) Conclusion

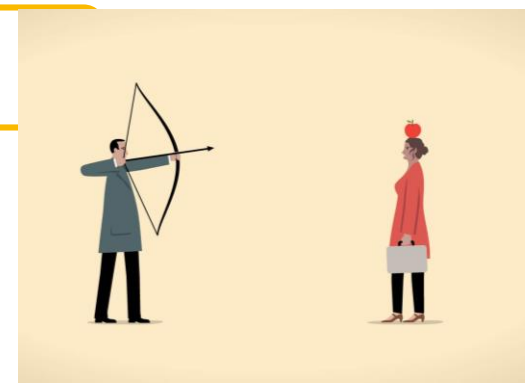
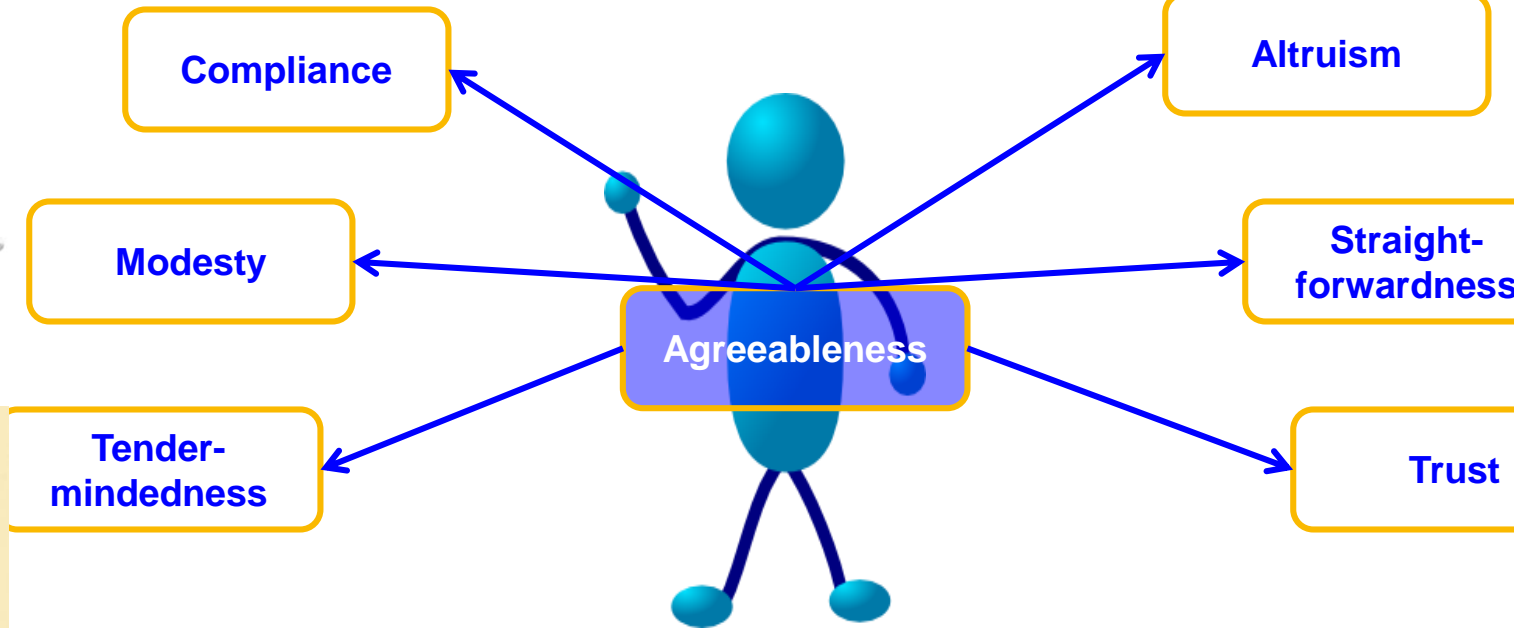
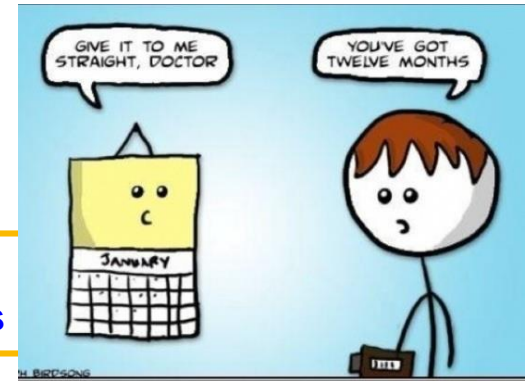


DEEPdown

Agreeableness



Agreeableness



An interpersonal trait...getting on with others.

Handout

DEEPdown Session 5: AGREEABLENESS

The below summary is largely based on McCrae & Costa's (2010) NEO Inventories

Like Extraversion, **Agreeableness (A)** is primarily a dimension of interpersonal tendencies. High A scores tend to be altruistic, sympathetic, and helpful; and they trust others to respond in kind. Low A scorers tend to be more disagreeable, egocentric, sceptical of others' intentions, and competitive.

It is tempting to see high A as socially preferable; indeed, high A scorers tend to be more popular than low A scorers. However, there are many social advantages of disagreeableness; for example, fighting for one's own interests in social, political, and legal domains. Moreover, scepticism is important for accurate analysis in the sciences.

Neither pole of A is necessarily better in terms of the individual's mental health; indeed, the psychoanalyst Karen Horney (1945) posited that both 'moving towards people' and 'moving away from people' are both maladaptive dispositions. Furthermore, high A can lead to over-dependence on others, while low A is associated with narcissism, paranoia, and anti-social behaviour.

There are six facets underlying A – Trust, Straightforwardness, Altruism, Compliance, Modesty, and Tender-mindedness – summarised below.

A facet	High scorers tend to be:	Low scorers tend to be:
1. Trust	<ul style="list-style-type: none">Disposed to believe others are honest and well-intentioned.	<ul style="list-style-type: none">Cynical and sceptical.Mistrustful of others.
2. Straight-forwardness	<ul style="list-style-type: none">Frank, sincere, and ingenuous.	<ul style="list-style-type: none">More willing to manipulate others through flattery, craftiness, or deception.¹
3. Altruism	<ul style="list-style-type: none">Actively concerned about others.Generous, considerate and helpful.	<ul style="list-style-type: none">More self-centred.More reluctant to get involved in the problems of others
4. Compliance	<ul style="list-style-type: none">Deferential, unaggressive, meek.More likely to 'forgive and forget'.	<ul style="list-style-type: none">Aggressive.Competitive.Uninhibited when dealing with anger.
5. Modesty	<ul style="list-style-type: none">Humble and self-effacing, though not necessarily lacking in self-confidence or self-esteem.	<ul style="list-style-type: none">Of the belief that they are superior to others; they may come across as arrogant.²
6. Tender-mindedness	<ul style="list-style-type: none">Moved by others' needs.Empathetic and sympathetic.	<ul style="list-style-type: none">More hard-hearted and less moved by appeals to pity. They often consider themselves as logical 'realists'.

Were your scores as you expected?

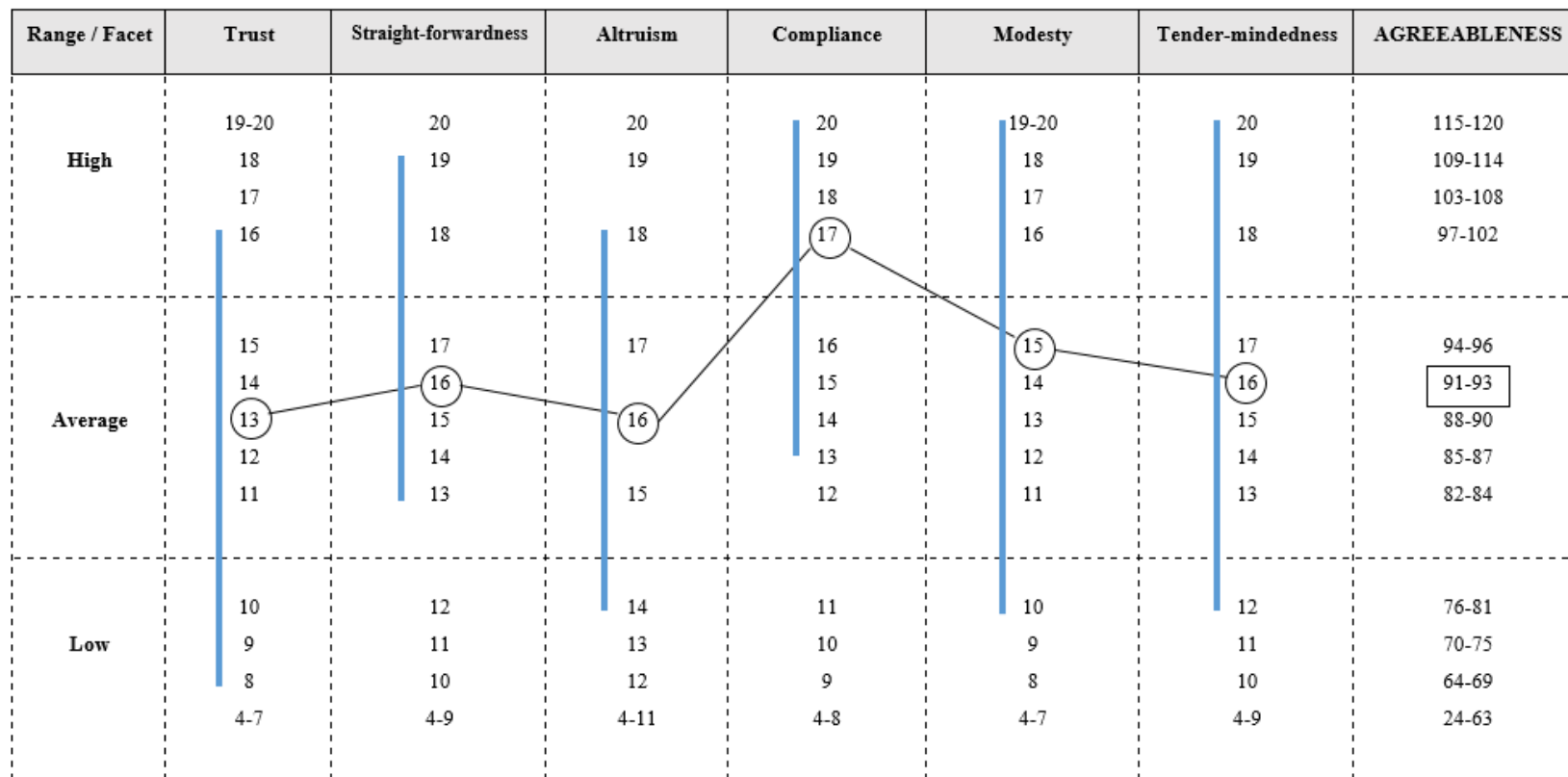
Does any one score best represent you?

Anything you'd like to change?

Any other comments?

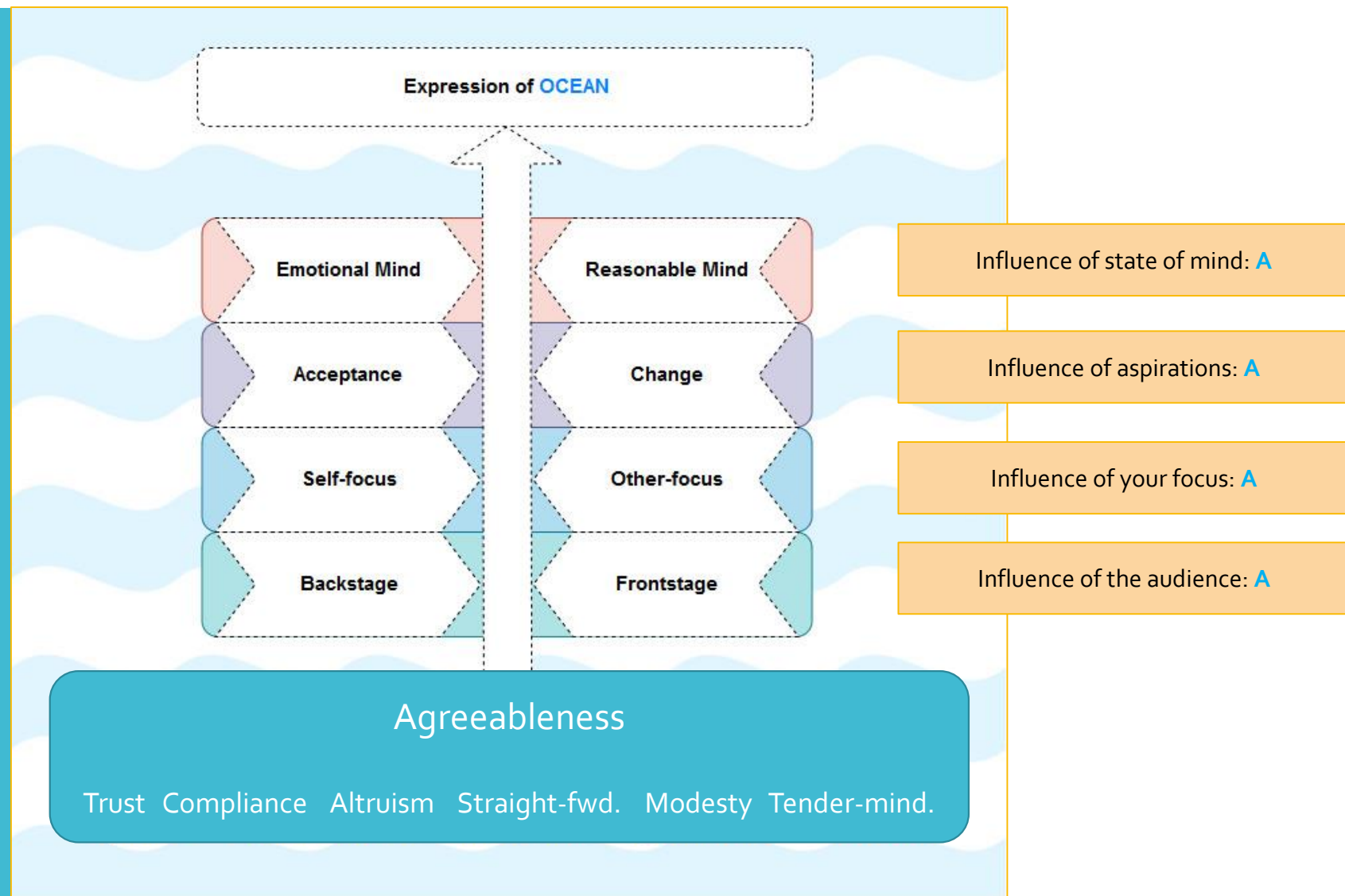
IPIP-NEO-120 AGREEABLENESS SCORES

Participant Group Mean Date xx/xx/xxxx



Notes: Norms based on 1767 participants from Ireland aged 18-25 who completed the IPIP-NEO-120 online (<http://www.personal.psu.edu/~j5j/IPIP/ipipneo120.htm>). Dataset kindly provided by Dr John Johnson, Penn State University. <https://osf.io/tbmh5/>. Average range treated as 0.5 Standard Deviations above and below the mean. More precise estimates of your personality traits can be obtained using the NEO-PI-3 (Costa & McCrae, 2010) but this test is not freely available.

A expression



1) Think of an A facet that is a personal strength and use it!

Report back next week 😊

Trust

Compliance

Altruism

Straightforwardness

Modesty

Tender-mindedness

2) Pick two of the following:

Report back next week 😊

Trust

Make a list of times people have kept their promises to you

Altruism

Give a friend or family member a small, unexpected gift

Modesty

When someone compliments you, say out loud, "Thank you."

Tender-mindedness

Ask someone how they are doing and really listen

DEEPdown

University-based pilot study

Pilot study aims

- To gather general feedback to DEEPdown (acceptability)
- To model and process DEEPdown's outcomes

Methods

- Participants were 29 University College Dublin students aged 18-24 ($M=21.0$; $SD=1.65$). Four were attending university counselling services.
- Programme acceptability data were subject to descriptive analysis.
- Thematic analysis identified key themes from focus groups and questionnaires

Findings:

General
feedback



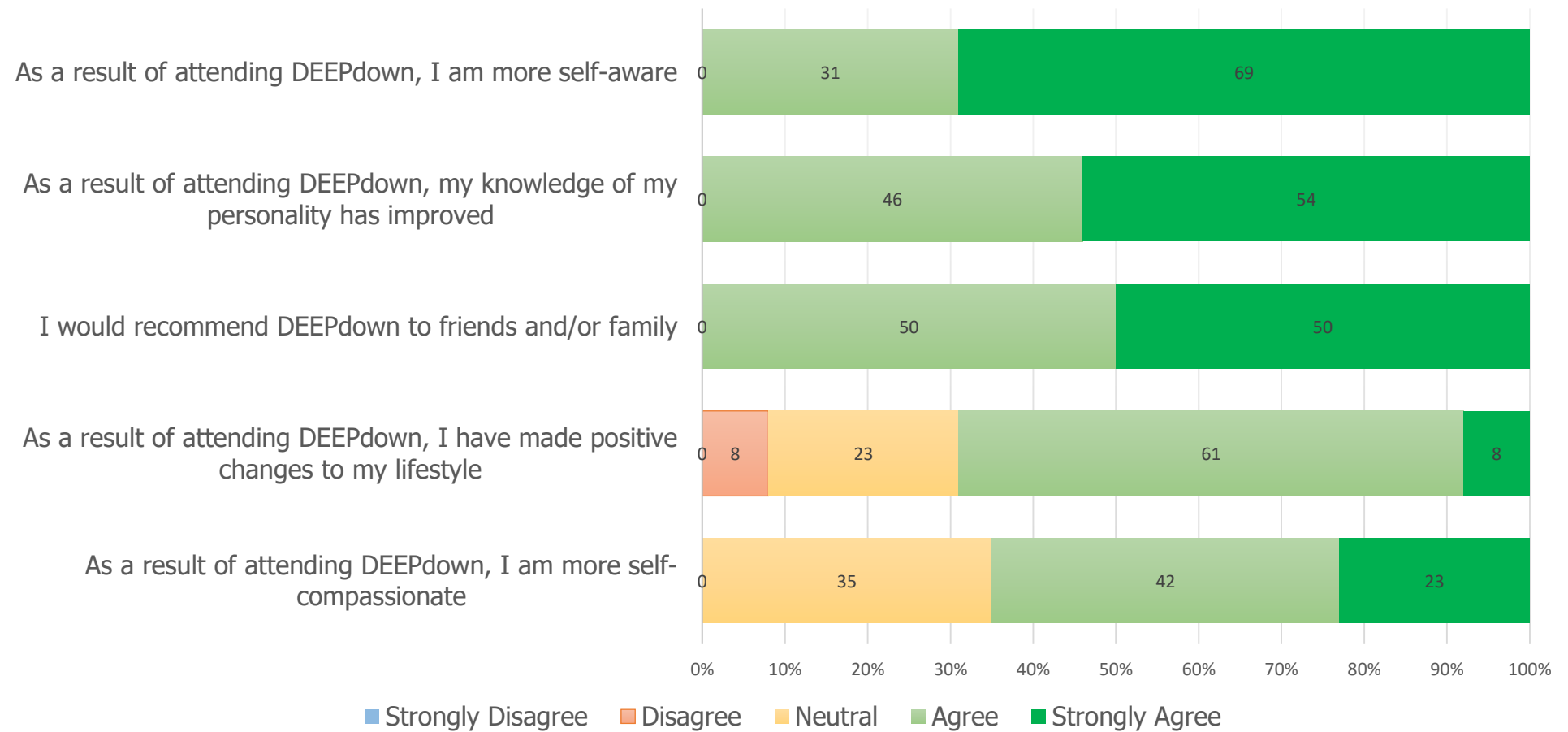
- 27 of 29 participants completed the programme (94%).

Findings:

General
feedback



- 54% of participants indicated that they were very satisfied with DEEPdown, and 46% indicated that they were satisfied.



Focus group feedback

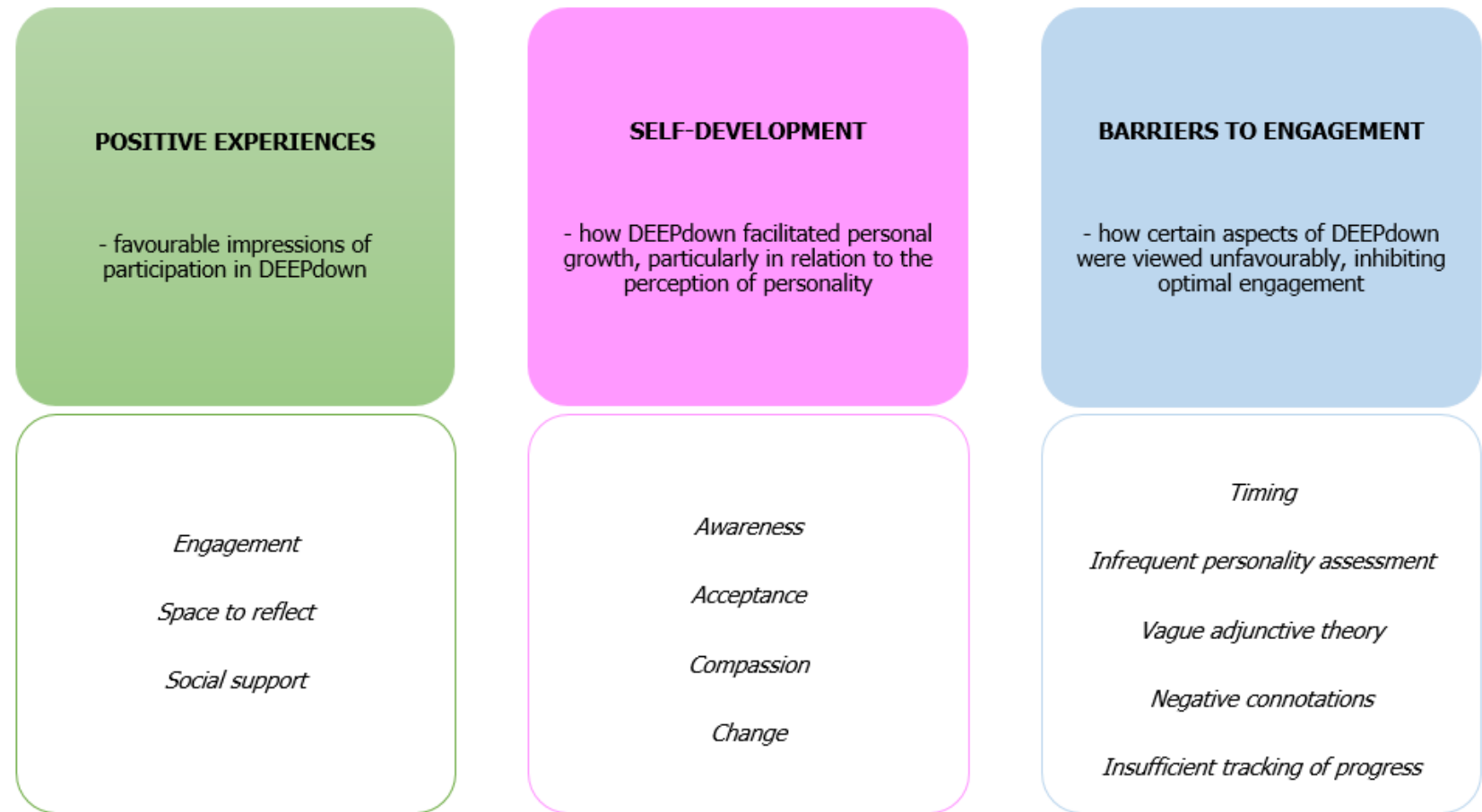


Figure 7.2. Thematic analysis of DEEPdown focus group data.

Helpful events and their impacts

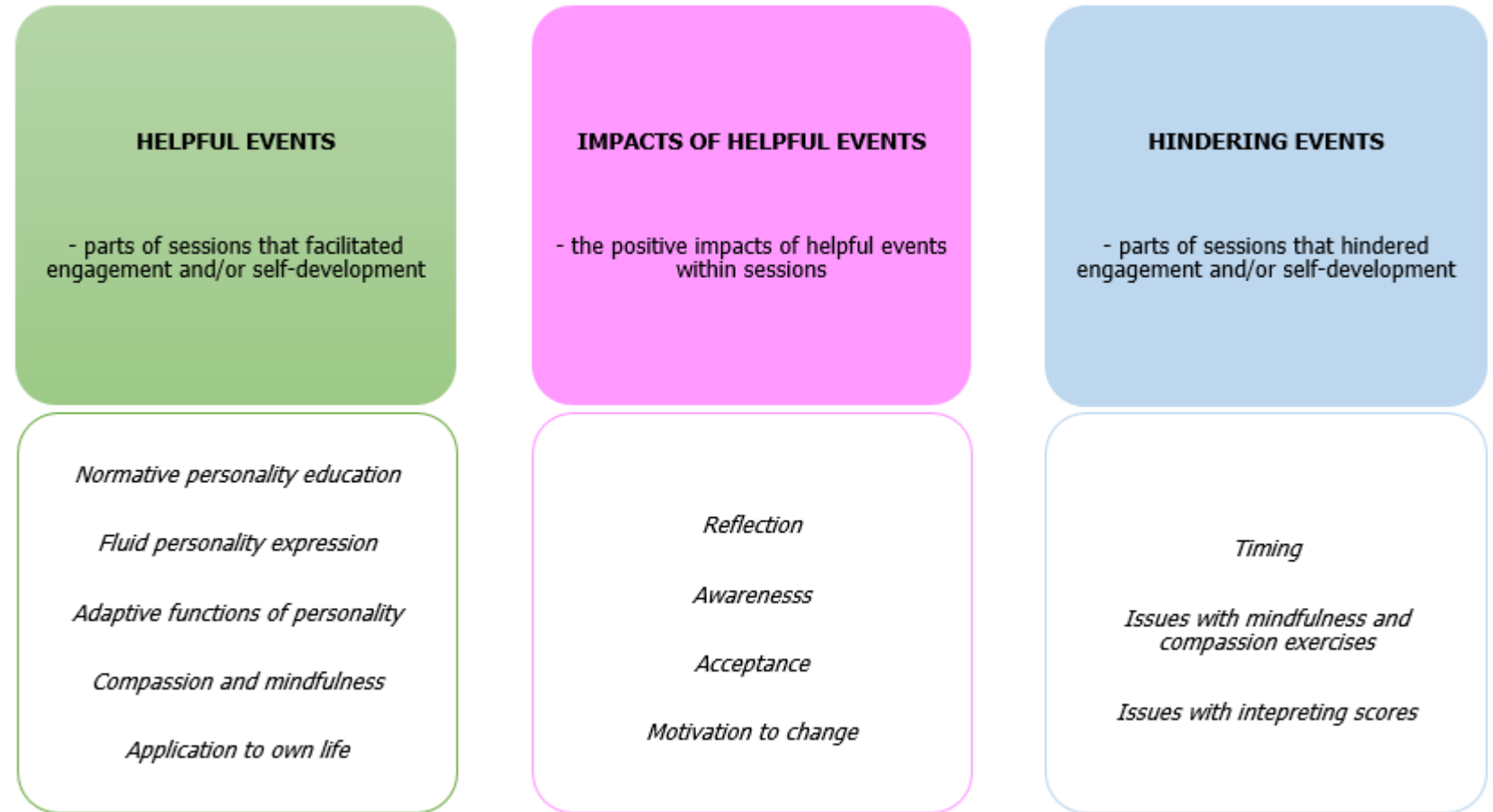


Figure 7.3. Thematic analysis of responses to questions on the Helpful Aspects of Therapy form.

Findings: summary

- 27 of 29 participants completed the programme (94%).
- Feedback was very encouraging!
- Key outcomes identified (e.g. self-awareness; self-acceptance)
- Room for improvement (e.g. clarity, timing)
- Next steps:
 - Further pilots and evaluations
 - Expansion to online format

Thank you

- conal.Twomey.1@ucdconnect.ie
- @C_2me