

**Fachbereich Erziehungswissenschaft und Psychologie**  
der Freien Universität Berlin

The Big Five Model of Personality and Primary Prevention in Adolescence

Dissertation  
Zur Erlangung des akademischen Grades  
Doktorin der Philosophie  
(Dr. phil.)

vorgelegt von

Dipl. Psych.  
Szirmák, Zsófia

Erstgutachter: Prof. Dr. Hans Westmeyer  
Zweitgutachter: Prof. Dr. Boele de Raad

Tag der mündlichen Prüfung: 20.6.2005

Berlin, 2005

### Danksagung

Bei der Entstehung dieser Arbeit haben mich viele Menschen unterstützt.

Mein besonderer Dank gilt Herrn Prof. Dr. H. Westmeyer für seine vielfältige und freundliche Unterstützung, seine ständige Diskussionsbereitschaft und für die ausgezeichneten Arbeitsbedingungen sowie Herrn Prof. Dr. B. De Raad für seine außergewöhnliche Hilfsbereitschaft und fachliche Betreuung.

Besonders herzlicher Dank gilt auch meinem Freundeskreis der mich unermüdlich ermutigt hat und dafür gesorgt hat, dass ich Zeit und Ruhe zur Arbeit fand. Vielen Dank Kerstin Bräunig, weil sie mir so warmherzig geholfen hat. Bedanken möchte ich mich vor allem bei David, dass er die Geduld hatte auf seine Mama zu warten und nie aufgegeben hat an mich zu glauben. Diese Arbeit möchte ich Germanus widmen: ohne mein Versprechen an Ihn hätte ich sie sicherlich nicht zu Ende geschrieben.

## CONTENTS

	Page
<b>Introduction</b>	<b>8</b>
<b>1. Personality in adolescence</b>	<b>11</b>
<b>1.1 Primary prevention</b>	<b>11</b>
1.1.1 The socialization-theoretical approach to adolescence	11
1.1.2 Developmental characteristics in adolescence	12
1.1.3 Risk factors and problem behavior in adolescence	14
1.1.4 Paths to drug abuse	15
1.1.5 Protecting factors against the emergence of problem behavior	16
1.1.6 The four-stages model of social deviation, problem behavior and health endangering	16
1.1.7 Health in adolescence	17
1.1.8 Primary prevention in adolescence	19
1.1.9 Traditional and substance specific primary prevention	19
1.1.10 Traditional and substance unspecific primary prevention	20
1.1.11 Substance specific psychosocially oriented primary prevention	20
1.1.12 The Life-Skills Training - a multimodal approach to primary prevention	21
1.1.13 Personality variables in the life-skills oriented primary prevention	23
<b>1.2 Developmental Big Five Research</b>	<b>26</b>
1.2.1 The lexical approach to personality	26
1.2.2 The Big Five model in developmental research	27
1.2.3 Free developmental personality description and the Big Five	30
1.2.4 The stability of personality through adolescence	31

	Page
1.2.5 Recent developmental issues in Big Five - developmental Big Five measures	33
<b>1.3 Conclusions and research questions</b>	<b>35</b>
<b>2. Method</b>	<b>36</b>
<b>2.1 The longitudinal design</b>	<b>36</b>
2.1.1. Subjects	36
2.1.2 Measures	38
2.1.3 Research design	38
2.1.4 The prevention program	40
<b>2.2 The adaptation of the FFPI</b>	<b>42</b>
2.2.1 Introduction	42
2.2.2 Self-ratings in personality relevant developmental research	43
2.2.3 The Five-Factor Personality Inventory	45
2.2.4 Pilot Study 1	47
2.2.5 Pilot study 2	49
<b>3. Results</b>	<b>50</b>
<b>3.1 General results and prevention effects</b>	<b>50</b>
3.1.1 Acceptance of the prevention program	50
3.1.2 Protective socio-demographic aspects	51
3.1.3 Substance specific prevention effects	52
3.1.4 Gender specific prevention effects	54
3.1.5 Conclusions	54
<b>3.2 FFPI scales</b>	<b>55</b>
3.2.1 Subjects	55

	Page	
3.2.2	Instruments	55
3.2.3	Procedure	55
3.2.4	Results	55
	3.2.4.1 Internal consistencies of the adapted FFPI scales	56
	3.2.4.2 Intercorrelations between the FFPI scales	57
	3.2.4.3 Factor-structure of the FFPI	58
	3.2.4.4 The different factor solutions	65
	3.2.4.5 Relations between the factors and scales	68
3.2.5	Conclusions	69
<b>3.3</b>	<b>Personality and psychosomatic symptoms</b>	<b>71</b>
3.3.1	Introduction	71
3.3.2	Recent trends in personality and health	73
3.3.3	Psychosomatics in adolescence	74
3.3.4	The Big Five model and psychosomatic complaints	75
3.3.5	Emotional Stability/Neuroticism in psychosomatics and adolescence	76
3.3.6	The empirical study	78
3.3.7	Subjects	78
3.3.8	Instruments	79
3.3.9	Results	79
	3.3.9.1 Reliabilities and gender differences	79
	3.3.9.2 The frequencies of psychosomatic complaints	80
	3.3.9.3 Gender differences in the occurrence of psychosomatic symptoms	81

	Page
3.3.9.4 The predictive role of personality	82
3.3.9.5 The multiple regression analyses	83
3.3.9.6 Model 1 - Gender	85
3.3.9.7 Model 2 - Gender and the personality variables	85
3.3.10 Conclusions	88
<b>3.4 Personality and smoking</b>	<b>91</b>
3.4.1 Introduction	91
3.4.2 Personality as a protective factor	93
3.4.3 Current research results of the protective role of personality factors in smoking	93
3.4.4 Method	94
3.4.5 Subjects	95
3.4.6 Measures	96
3.4.7 Results	97
3.4.7.1 The role of personality in smoking	99
3.4.7.2 Current smoking behavior	100
3.4.7.3 Intention to smoke	106
3.4.8 Discussion	109
<b>3.5 Personality and alcohol use</b>	<b>112</b>
3.5.1 Introduction	112
3.5.2 Alcohol use and life-skills promotion	114
3.5.3 Big Five and alcohol consumption	115
3.5.4 Method	118
3.5.5 Subjects	118

	Page
3.5.6 Measures	119
3.5.7 Results	120
3.5.7.1 The role of personality in alcohol use	122
3.5.7.2 Current alcohol consumption	123
3.5.7.3 Future intention to drink alcohol	128
3.5.8 Discussion	132
<b>4. Discussion and Summary</b>	<b>137</b>
<b>4.1 The FFPI in adolescence</b>	<b>138</b>
<b>4.2 Personality and psychosomatic complaints in adolescence</b>	<b>138</b>
<b>4.3 Adolescent smoking and personality</b>	<b>138</b>
<b>4.4 Adolescent alcohol use and personality</b>	<b>139</b>
<b>4.5 Methodical issues and implications for future research</b>	<b>140</b>
<b>4.6 Conclusion</b>	<b>141</b>
<b>Zusammenfassung (Summary in German)</b>	<b>142</b>
<b>References</b>	<b>152</b>
<b>Appendix</b>	<b>185</b>
Appendix A: The complete matrix of factor loadings for the five-, four and three-factor solutions of the adapted FFPI	
Appendix B: The Psychosomatic Complaints Scale	
Appendix C: Smoking	
Appendix D: Alcohol	
Appendix E: Lebenslauf und Erklärung	