

Resilienz

Sensibel wie die Orchidee und robust wie der Löwenzahn

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Sensory-Processing Sensitivity and Its Relation to Introversion and Emotionality

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Over a series of 7 studies that used diverse samples and measures, this research identified a unidimensional core variable of high sensory-processing sensitivity and demonstrated its partial independence from social introversion and emotionality, variables with which it had been confused or subsumed in most previous theorizing by personality researchers. Additional findings were that there appear to be 2 distinct clusters of highly sensitive individuals (a smaller group with an unhappy childhood and related variables, and a larger group similar to nonhighly sensitive individuals except for their sensitivity) and that sensitivity moderates, at least for men, the relation of parental environment to reporting having had an unhappy childhood. This research also demonstrated adequate reliability and content, convergent, and discriminant validity for a 27-item Highly Sensitive Person Scale.

Von Sensory-Processing Sensitivity (SPS) (Aron & Aron, 1997)

bis zu high-sensitiven Individuen
(Orchideen) (Lionetti et al., 2018)

Die Entwicklung des Begriffes Hochsensibilität bei Aron & Aron

Lionetti et al. *Translational Psychiatry* (2018)8:24
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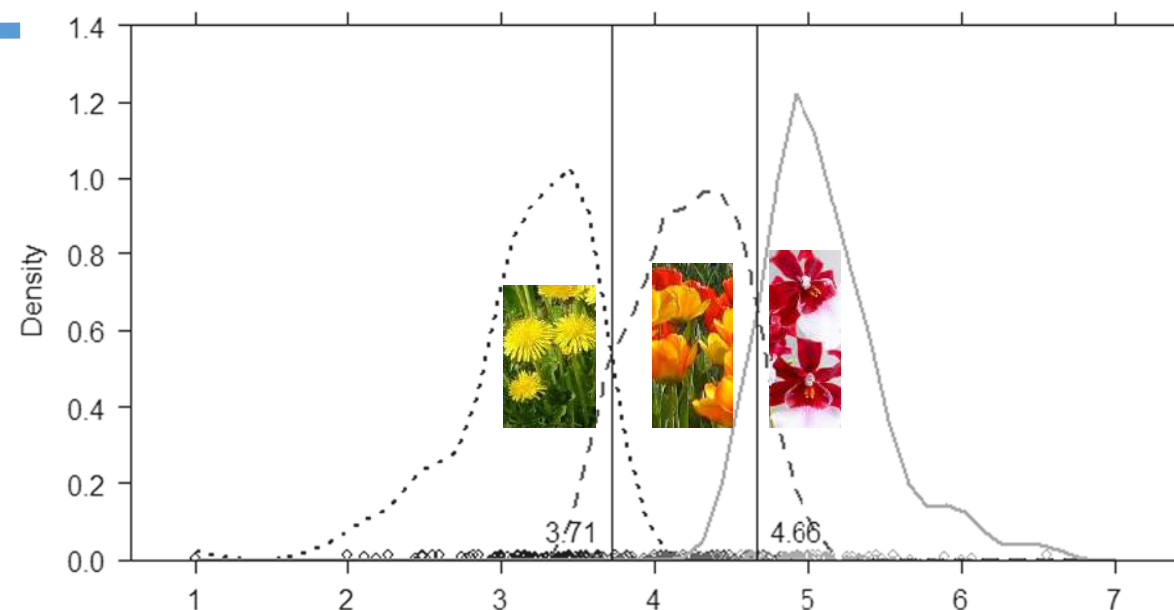
Translational Psychiatry

ARTICLE

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Dandelions, tulips and orchids: evidence for the existence of low-sensitive, medium- sensitive and high-sensitive individuals

Francesca Lionetti, Arthur Aron, Elaine N. Aron, G. Leonard Burns, Jadzia Jagiellowicz and Michael Pluess



Filterstörung vs. Hochsensibilität

Filterstörung

- Störung der Reizwahrnehmung

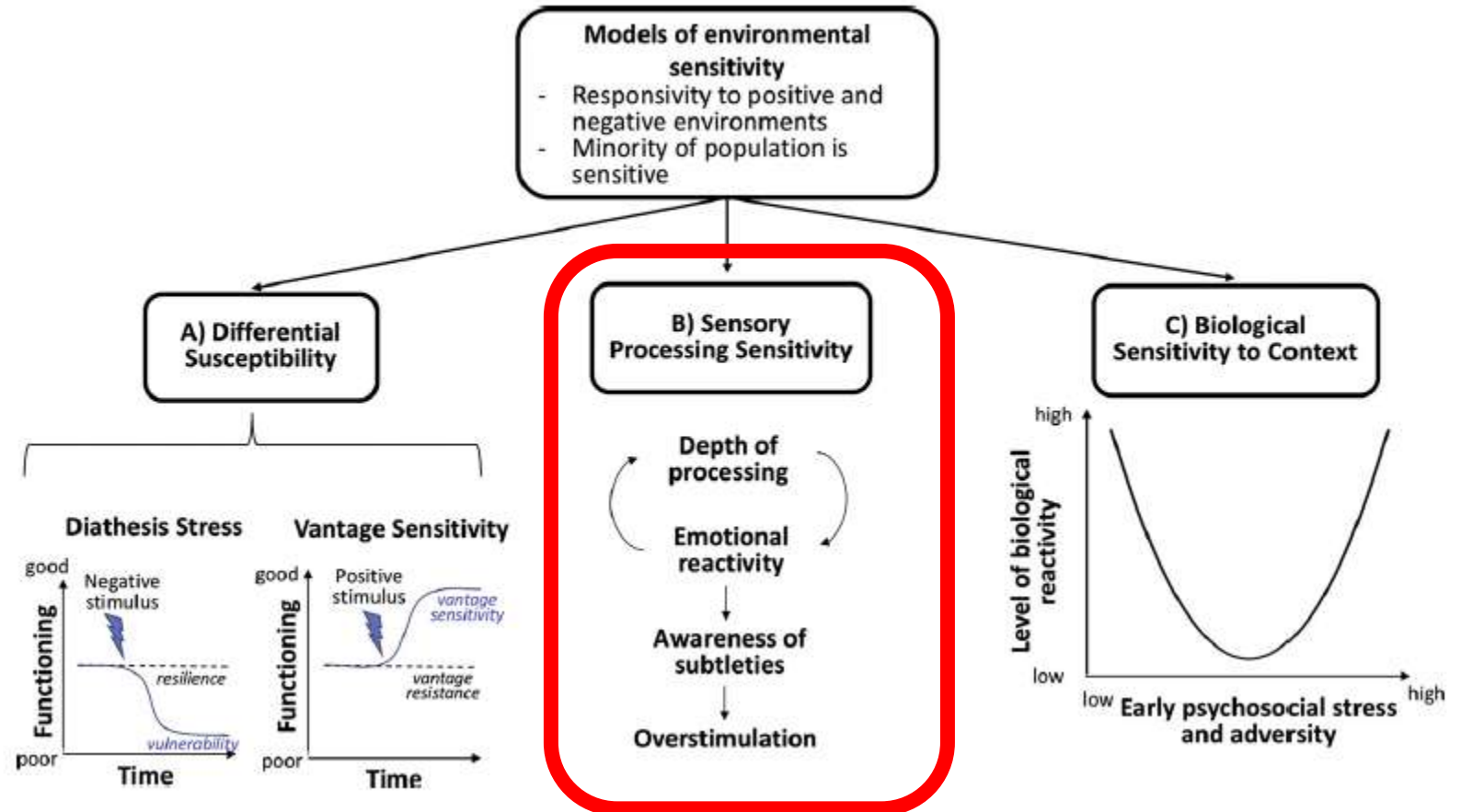
Hochsensibilität

- Per se keine Störung
- Andere Art der Reizverarbeitung

Modelle der Umweltsensibilität

Sensory Processing Sensitivity

Die Hypothese basiert darauf, dass eine **größere Verarbeitungstiefe** in Verbindung mit **emotionaler Reaktivität** die Kernkomponente ist, die zu einem tieferen Bewusstsein der **Feinheiten** und einer leichteren **Überstimulation** führt.



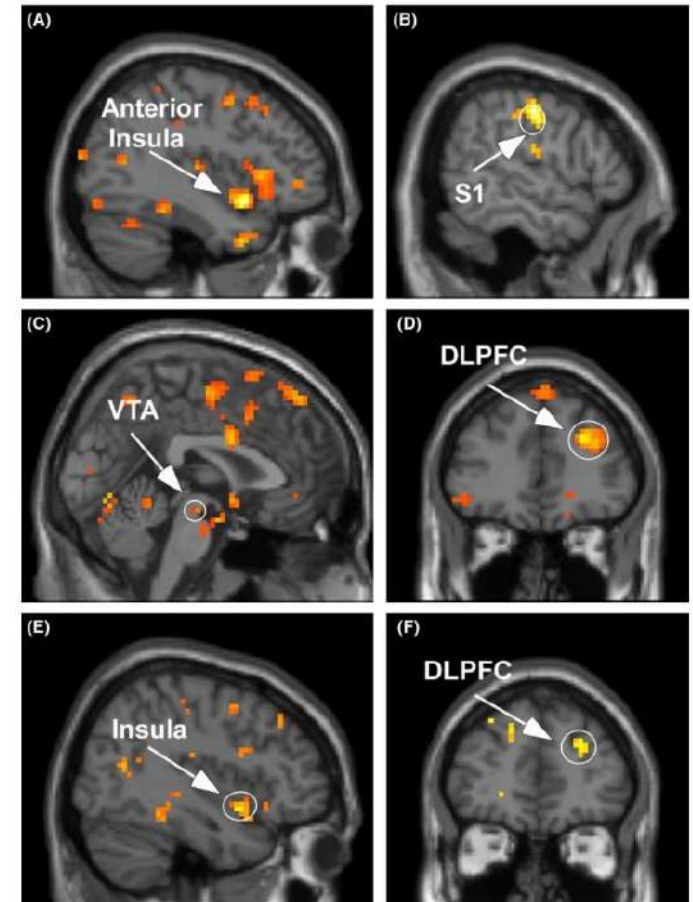
brain activations significantly associated with higher scores on the Highly Sensitive Person (HSP) scale scores

Images showing brain activations significantly associated with higher scores on the Highly Sensitive Person (HSP) scale scores (controlling for neuroticism scores) at Time 1 for the partner happy versus stranger happy condition in the

- (A) anterior insula (AI),
- (B) primary somatosensory cortex (S1),
- (C) ventral tegmental area (VTA)
- (D) dorsolateral prefrontal cortex (DLPFC);

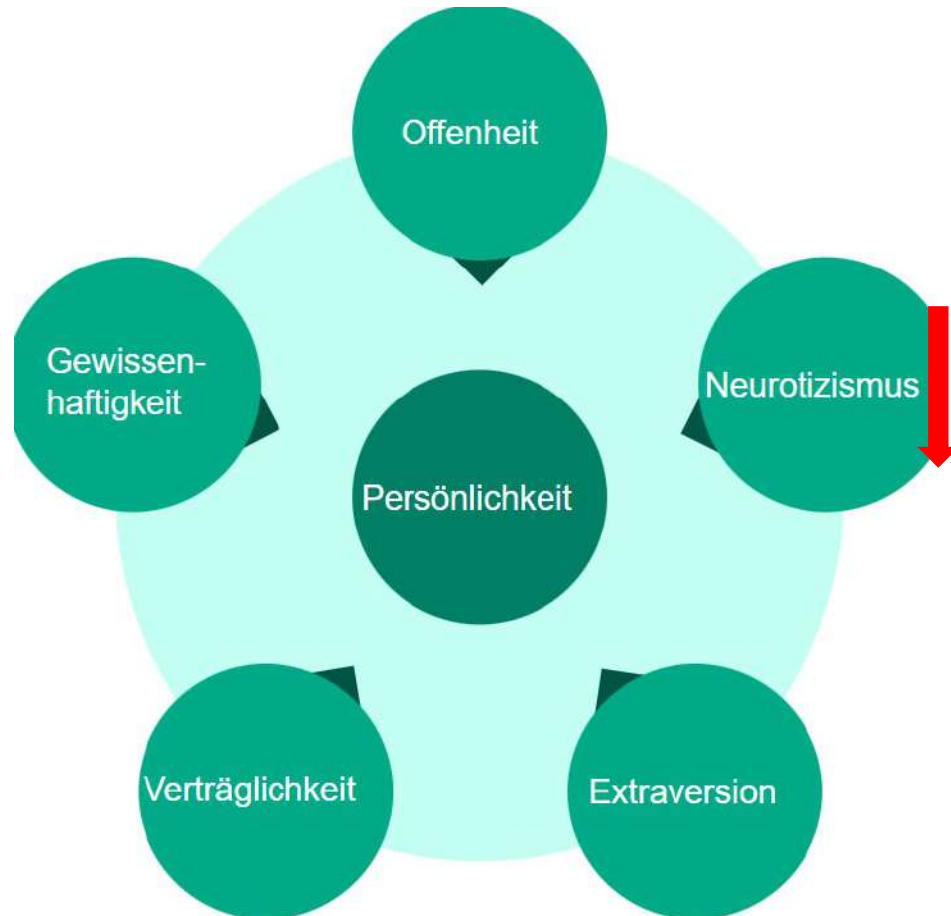
and for the partner sad versus stranger sad condition in the

- (E) insula
- (F) the DLPFC



Resilienz:

Sensibel wie die Orchidee und robust wie der Löwenzahn

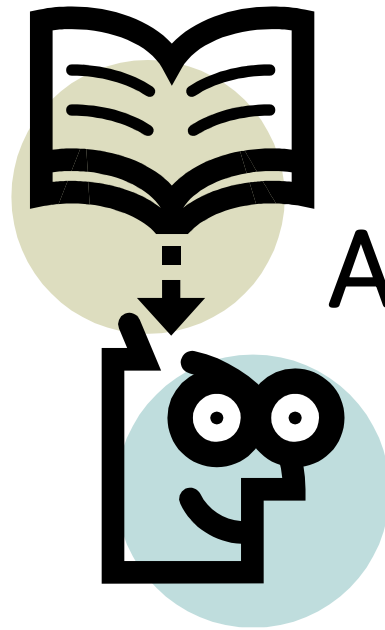


Resilienz: drei häufigsten Big-Five-Persönlichkeitsprofile aufweisen, mit niedrigem Neurotizismus-Wert und leicht überdurchschnittlichen Werten in den vier übrigen Dimensionen.

anpassungsfähig, belastbar, aufmerksam, tüchtig, gescheit, neugierig und voller Selbstvertrauen

Zusammenfassung

- Löwenzahn, Tulpe, Orchidee
- Vulnerabilität vs. Resilienz
- **Big Five-Persönlichkeitsprofile:** niedriger Neurotizismus, Gewissenhaftigkeit, Offenheit, Verträglichkeit, Exteraversion



Danke für die
Aufmerksamkeit!

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