

**TABLE 14.7** Summary of Hypothesized Fitness Benefits and Costs of Increasing Levels of Each of the Five-Factor Personality Dimensions

DOMAIN	BENEFITS	COSTS
Extraversion	Mating success; social allies; exploration of environment	Physical risks; family stability
Neuroticism	Vigilance to dangers; striving and competitiveness	Stress and depression, with interpersonal and health consequences
Openness	Creativity, with effect on attractiveness	Unusual beliefs; psychosis
Conscientiousness	Attention to long-term fitness benefits; life expectancy and desirable social qualities	Missing of immediate fitness gains; obsessionality; rigidity
Agreeableness	Attention to mental states of others; harmonious interpersonal relationships; valued coalitional partner	Subject to social cheating; failure to maximize selfish advantage

Source: Nettle (2006, p. 628).