

POSTER

EXTRAVERSION, WELL-BEING, AND FOOD CHOICE MOTIVATIONS: AN EVOLUTIONARY PERSPECTIVE

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ABSTRACT

Psychological well-being is related to the consumption of fruits/vegetables (FV). An evolutionary hypothesis for the interplay between these variables suggests that the consumption of these foods promotes optimal physical health, which might be valuable for survival and reproductive purposes. Thus, it is expected that their intake also promotes well-being on a psychological level, as a reward mechanism. Extraversion is also related to psychological well-being. This personality trait is related to an inclination towards seeking social interactions and positive experiences, valuable characteristics in evolutionary terms. This study explores the correlation between extraversion, well-being, food behavior, and food choice motivations. For that, 449 Brazilian adults, predominantly women (85.3%), mean age of 35.4 years ($SD = 12.4$), completed a questionnaire with instruments to assess the Big-5 factors of personality, well-being, self-esteem, eating behavior, and food choice motivations. Results showed relationships between extraversion and all aspects of well-being, self-esteem, and four motivations for food choices: health, mood, natural content, and ethical concerns. Also, the consumption of FV showed correlations with all well-being components, self-esteem, and food choice motivations. However, there was no relationship between FV intake and extraversion. These findings indicate that extraversion contributes to shaping well-being and decision-making on food choices. The lack of a connection between extraversion and FV intake highlights the complexity of preferences influenced by factors beyond personality traits. Taking an evolutionary perspective enhances comprehension of how behaviors may have evolved to meet specific needs and can also help develop effective interventions toward promoting healthier eating habits and well-being.