

# Differenze di genere nelle emozioni

## Espressività emotiva

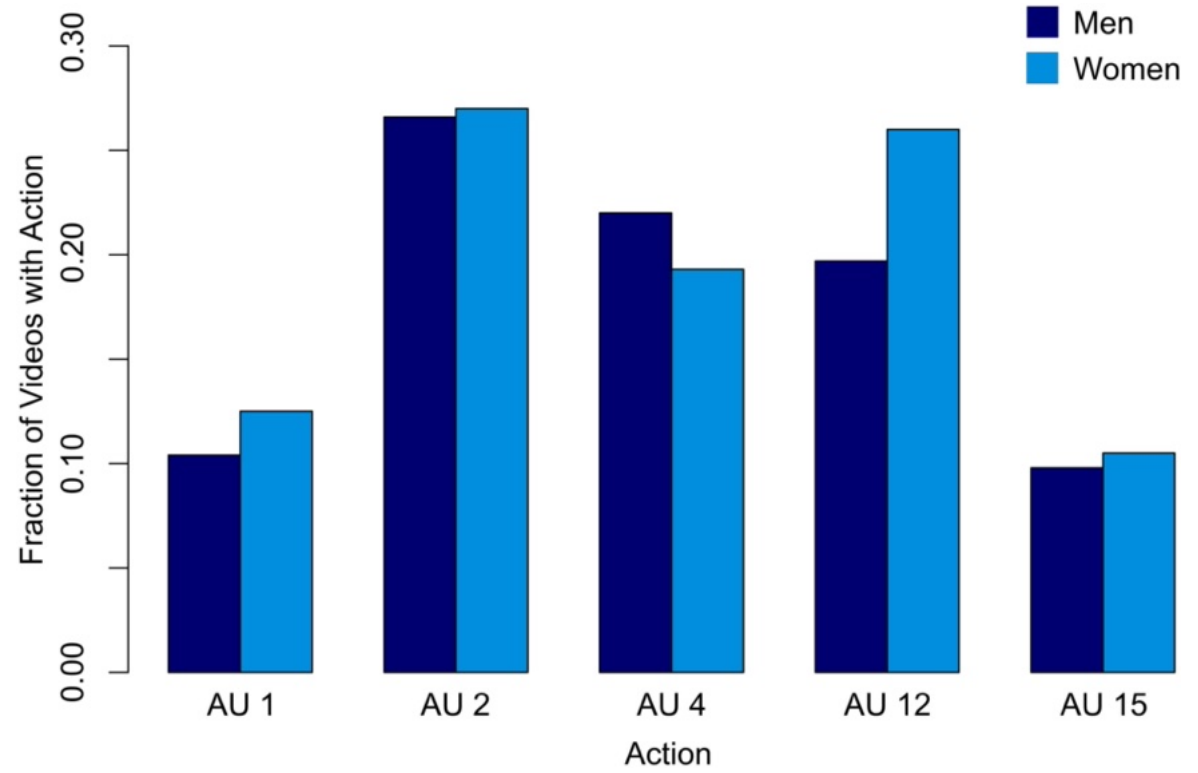
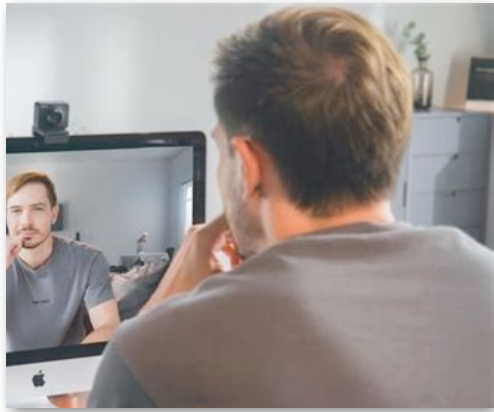


- In generale:  $F > M$
- Rabbia, fierezza:  $M > F$   
(percezione di status/dominanza)
- Congruente con valutazioni pos/neg e attrazione sex.

Category and emotion	<i>g</i>	95% CI		<i>k</i>
		<i>LL</i>	<i>UL</i>	
Positive composite	-.08**	-0.14	-0.03	146
Happiness	-.05	-0.12	0.02	90
Surprise	-.03	-0.13	0.08	13
Positive, not specified	-.15**	-0.24	-0.06	64
Internalizing composite	-.10***	-0.16	-0.05	110
Sadness	-.06	-0.12	0.004	69
Fear	-.10**	-0.17	-0.03	24
Anxiety	-.01	-0.09	0.07	33
Shame	-.56*	-1.01	-0.11	6
Sympathy	-.13**	-0.22	-0.04	17
Internalizing, not specified	-.04	-0.42	0.35	7
Externalizing composite	.09**	0.03	0.15	78
Anger	.10**	0.03	0.16	77
Contempt	-.26*	-0.49	-0.04	3
Disgust	-.02	-0.15	0.11	8
General negative composite	.03	-0.03	0.08	111
Negative, not specified	.04	-0.02	0.09	105
Embarrassment	-.19	-0.43	0.06	6
Other emotions				
Pride	.42	-0.56	1.41	3
Joy at another's expense	.29*	0.06	0.51	4
Interest	-.16*	-0.29	-0.02	19
Overall emotionality	-.12	-0.54	0.31	4

Note. Positive *g*s indicate boys > girls and negative *g*s indicate girls > boys. Significance is derived from

Emotion category	Infant	Toddler/preschool	Child	Adolescent
Positive	.02 CI = -.09, .12 ( <i>k</i> = 50)	-.04 CI = -.10, .02 ( <i>k</i> = 53)	-.20** CI = -.35, -.06 ( <i>k</i> = 28)	-.28*** CI = -.42, -.13 ( <i>k</i> = 15)
Internalizing	-.14** CI = -.23, -.05 ( <i>k</i> = 19)	-.09* CI = -.18, .003 ( <i>k</i> = 54)	-.12* CI = -.23, -.01 ( <i>k</i> = 27)	-.06 CI = -.17, .06 ( <i>k</i> = 10)
Externalizing	.09 CI = -.07, .25 ( <i>k</i> = 13)	.17*** CI = .09, .24 ( <i>k</i> = 41)	.13* CI = .03, .24 ( <i>k</i> = 13)	-.27*** CI = -.36, -.17 ( <i>k</i> = 11)
Negative	.08 CI = -.002, .15 ( <i>k</i> = 41)	.03 CI = -.05, .11 ( <i>k</i> = 45)	.14** CI = .04, .24 ( <i>k</i> = 17)	-.35*** CI = -.45, -.24 ( <i>k</i> = 8)




**Fig 1. Frequency of facial actions in men and women.** The mean fraction of videos in which inner brow raises, outer brow raises, brow furrows, lip corner pulls and lip corner depressors appeared.

## Sorriso



### Summary Statistics for the Meta-Analysis

Statistic	Value
Total no. of participants	109,654
Research reports	162
No. of effect sizes ( $k$ )	418 <sup>a</sup>
Overall mean weighted effect size ( $d$ )	0.41 
95% confidence interval	0.39, 0.42
Overall mean weighted $d$ (including assigned zeros)	0.40
Unweighted mean $d$	0.38
Unweighted median $d$	0.41
Sum of $Z$	948.86
Combined $Z$	46.41
Probability associated with mean $Z$	$1.7 \times 10^{-470}$
Fail-safe $N$ from file drawer analysis	332,267

LaFrance et al. 2003

F > M in generale, ma **grande importanza del contesto**

### Standardized Regression Coefficients for the Association Between Each Moderator and the Smiling Difference ( $d$ )

Moderator	$\beta$
Observation awareness	0.163****
Presence of others	0.258****
Engagement with others	-0.159***
Instructions to get acquainted	-0.006
Research setting	-0.038*
Archival material	-0.160****
Familiarity	0.146****
Overall constraint	-0.055****
Power	-0.132****
Caretaking role	0.099****
Teaching	-0.028****
Interview	0.134****
Deception	-0.078****
Competition	0.002
Conflict	-0.118****
Persuasion	-0.060****
Social tension	-0.036**
Task tension	-0.055****
Self-disclosure	0.165****
Embarrassment	-0.039****
Sadness	0.015
Happiness	-0.061****
Humor	0.019

\*  $p = .06$ . \*\*  $p < .05$ . \*\*\*  $p < .01$ . \*\*\*\*  $p < .001$ .

# Pianto



	IC	MF	GDPpc	GEM	MAT
<b>Women</b>					
MCS	-.01	-.53**	.18	.37*	-.23
Shame	.10	.20	.05	-.02	.12
ECF	.56***	.09	.58***	.43*	-.46*
<b>Men</b>					
MCS	.35	-.32	.38*	.42*	-.42*
Shame	-.14	.14	-.22	-.33	.38*
ECF	.50**	.47**	.32	.00	-.07

Note: MCS = Mood Change Score; Shame = feeling ashamed when crying; ECF = Estimated Crying Frequency; IC = Individualism-Collectivism; MF = Masculinity-Femininity; GDPpc = Gross Domestic Product per capita; GEM = Gender Empowerment Measure; MAT = Mean Annual Temperature.

	Gender differences on crying variables	
	Tendency to cry	Time since last crying
<b>Distress model</b>		
Gender Development Index (N = 28)	.52**	-.12
<b>Expressiveness model</b>		
Gender Empowerment Measure (N = 37)	.69**	.41*
Femininity (N = 30)	.21	.38*
Gender stereotype differentiation (N = 15)	.58*	.41

Average country scores for mood change, estimated crying frequency, and shame

Country	MCS		ECF		Shame	
	Men	Women	Men	Women	Men	Women
	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)
Australia	2.7 (3.6)	2.7 (3.4)	1.5 (1.7)	2.8 (2.2)	4.5 (1.9)	3.8 (2.0)
Belgium	4.0 (2.4)	3.7 (2.9)	1.3 (2.2)	3.3 (2.6)	4.4 (1.7)	4.5 (1.9)
Brazil	3.3 (2.9)	4.2 (2.6)	1.0 (1.5)	3.1 (2.6)	4.2 (2.0)	3.4 (2.1)
Bulgaria	2.4 (2.8)	2.8 (3.0)	0.3 (0.6)	2.1 (2.0)	4.0 (2.5)	3.3 (1.9)
Chile	4.5 (2.4)	4.1 (2.4)	1.2 (1.4)	3.6 (2.3)	3.5 (2.0)	3.2 (1.7)
China	3.0 (2.7)	3.6 (2.5)	0.4 (0.6)	1.4 (1.5)	3.4 (2.1)	3.0 (2.0)
Finland	4.7 (2.4)	4.9 (2.5)	1.4 (2.2)	3.2 (2.5)	2.9 (1.8)	3.0 (1.9)
Germany	3.7 (2.7)	3.8 (2.3)	1.6 (1.9)	3.3 (2.6)	2.8 (1.8)	3.4 (1.9)
Ghana	2.5 (2.8)	4.2 (2.5)	0.7 (1.4)	1.7 (2.1)	3.7 (2.2)	3.6 (1.7)
Greece	3.6 (2.2)	3.7 (2.7)	1.1 (1.5)	2.8 (2.5)	4.1 (2.2)	3.9 (2.2)
Iceland	3.6 (2.9)	4.6 (2.7)	0.6 (1.4)	1.9 (1.9)	3.9 (2.0)	3.7 (1.9)
India	3.6 (2.8)	3.1 (3.4)	1.0 (2.0)	2.5 (2.2)	3.8 (2.1)	3.4 (2.0)
Indonesia	2.4 (3.3)	3.8 (2.8)	1.0 (1.4)	2.1 (2.0)	4.8 (2.4)	4.2 (1.9)
Israel	2.8 (3.2)	2.7 (3.1)	1.3 (1.5)	2.7 (2.3)	3.5 (2.1)	3.2 (1.7)
Italy	2.9 (3.5)	3.1 (2.5)	1.7 (2.7)	3.2 (3.2)	4.1 (2.0)	3.6 (2.2)
Kenya	3.9 (3.5)	3.9 (3.3)	1.3 (1.9)	2.1 (2.2)	4.8 (2.4)	3.7 (2.5)
Lithuania	3.0 (3.0)	4.5 (2.0)	0.8 (1.2)	3.1 (2.7)	4.1 (2.1)	3.5 (2.0)
Malaysia	2.3 (2.8)	3.8 (3.0)	0.6 (1.0)	2.1 (2.1)	4.9 (2.2)	3.9 (1.8)
Nepal	2.0 (3.0)	1.3 (3.2)	1.9 (2.9)	2.0 (2.4)	4.3 (2.2)	4.5 (2.1)
Netherlands	4.4 (2.3)	4.3 (2.3)	0.9 (1.6)	3.4 (2.4)	4.9 (2.0)	4.5 (1.6)
Nigeria	1.9 (3.5)	3.0 (3.6)	1.0 (2.1)	1.4 (2.4)	4.8 (2.4)	3.9 (2.4)
Peru	1.7 (4.5)	3.1 (4.5)	0.6 (1.0)	1.6 (2.1)	4.3 (1.9)	4.5 (1.5)
Poland	2.3 (2.5)	3.5 (2.9)	0.9 (1.8)	3.1 (2.3)	4.5 (2.2)	4.4 (2.0)
Portugal	3.9 (2.4)	3.6 (2.7)	0.6 (1.1)	2.3 (2.1)	3.6 (2.1)	3.6 (2.0)
Romania	2.7 (3.2)	3.8 (2.8)	0.9 (1.4)	2.4 (2.5)	4.0 (2.2)	3.5 (2.1)
Spain	3.8 (2.9)	3.6 (2.3)	0.6 (1.1)	2.8 (2.3)	3.7 (2.1)	3.2 (2.0)
Sweden	4.4 (2.3)	4.9 (2.2)	0.8 (1.2)	2.8 (1.9)	3.3 (1.7)	3.5 (1.7)
Switzerland	2.8 (3.2)	3.5 (2.9)	0.7 (1.4)	3.3 (2.9)	4.8 (2.0)	4.7 (2.1)
Turkey	3.2 (2.7)	3.3 (2.8)	1.1 (1.6)	3.6 (3.1)	4.4 (2.4)	3.4 (2.2)
USA	2.7 (3.4)	3.0 (3.1)	1.9 (2.2)	3.5 (2.8)	3.9 (2.3)	3.7 (2.0)
<b>Total</b>	<b>3.3 (3.0)</b>	<b>3.7 (2.9)</b>	<b>1.0 (1.7)</b>	<b>2.7 (2.5)</b>	<b>4.1 (2.2)</b>	<b>3.7 (2.0)</b>

Note: MCS = Mood Change Score; ECF = Estimated Crying Frequency; Shame = feeling ashamed when crying.

Becht & Vingerhoets 2002

- Differenze più marcate nei paesi più egualitari

Le donne sono leggermente più brave a **riconoscere i segnali non verbali** (espressioni, voce...)

<i>Moderator</i>	<i>Sample size</i>	<i>Estimated mean d</i>	<i>95% CI</i>	<i>Orwin fail-safe</i>	<i>Observed significant</i>	<i>Expected significant</i>
<i>Specific emotion</i>						
Overall/other	237	0.174	0.136–0.212	175	63	53.56
Happy	57	0.177	0.107–0.247	43	18	14.07
Angry	57	0.247	0.177–0.316	84	25	19.81
Sad	60	0.239	0.171–0.306	83	23	20.14
Fear	55	0.220	0.155–0.285	66	22	17.85
Surprise	37	0.146	0.089–0.203	17	8	7.05
Disgust	48	0.174	0.103–0.245	35	20	18.22
<i>Emotion type</i>						
Negative	220	0.236	0.202–0.270	299	90	76.03*
Positive	94	0.190	0.171–0.208	84	26	21.12
Other	237	0.167	0.147–0.187	158	63	53.56
<i>Sensory modality</i>						
Visual	478	0.171	0.140–0.202	339	148	121.98*
Audio	42	0.159	0.134–0.184	24	16	14.28
Audio-visual	2	0.181	0.149–0.213	1	0	0.46
Combination	29	0.381	0.256–0.506	81	15	13.98
<i>Sex of actor</i>						
Mix-NR	512	0.174	0.142–0.206	378	164	137.61*
Female	31	0.182	0.076–0.288	25	9	7.26
Male	8	0.608	0.419–0.797	45	6	5.83
<i>Age categories</i>						
<13	77	0.108	0.056–0.160	6	17	12.58
13–18	5	0.226	0.050–0.402	6	0	0.64
18–30	103	0.230	0.161–0.299	133	37	32.44
>30	30	0.182	0.100–0.264	24	7	7.81

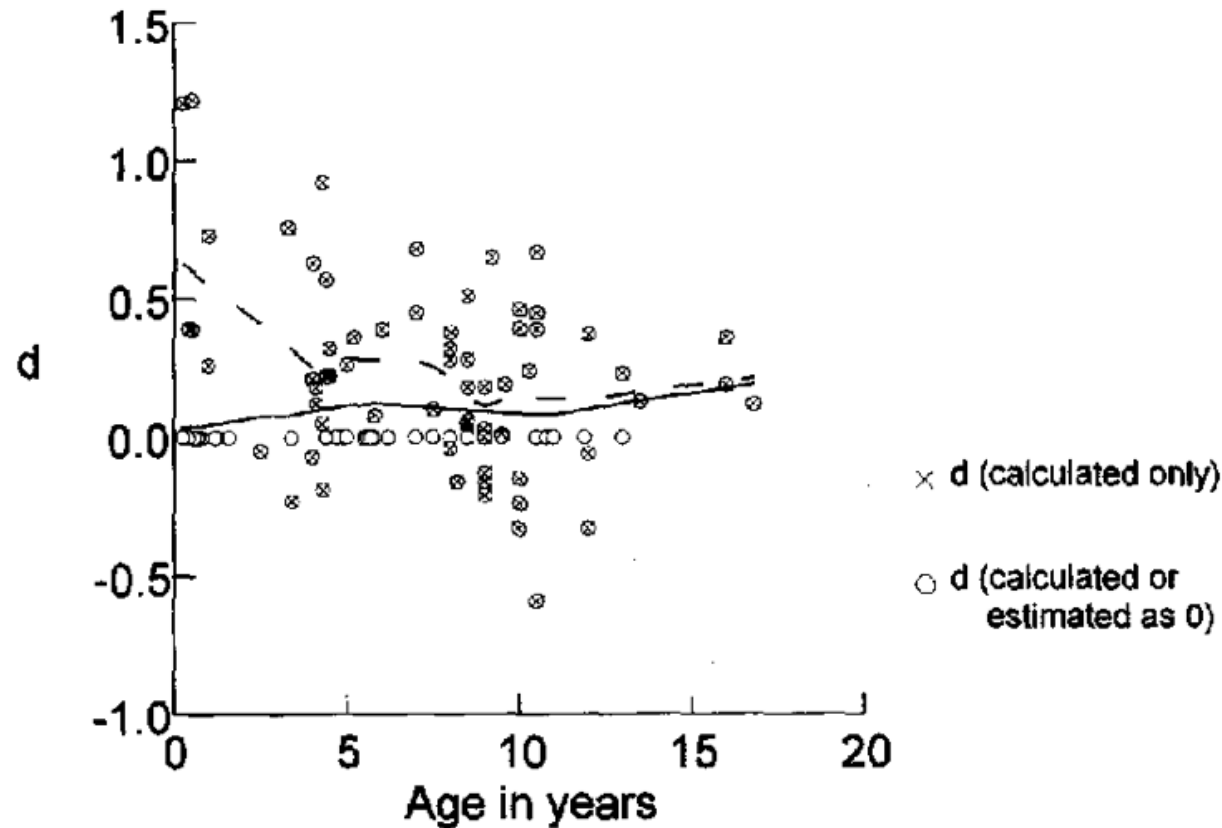
Thompson & Voyer 2014

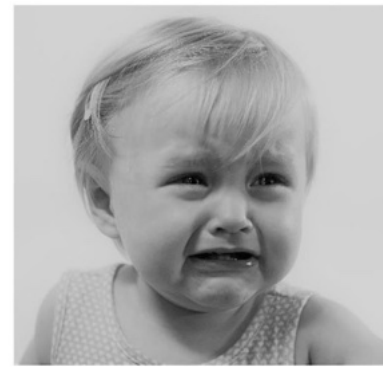
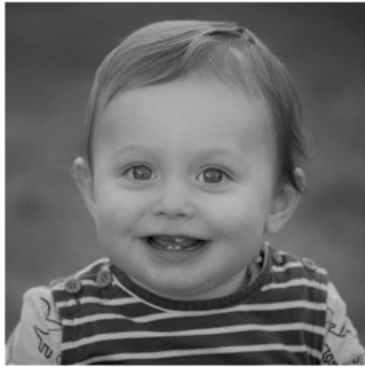
- Riconoscimento delle **discrepanze**: nello sviluppo M migliorano, F peggiorano (priorità al viso)

*Meta-Analyses of Sex Differences in Facial Expression Processing in Infants and Children*

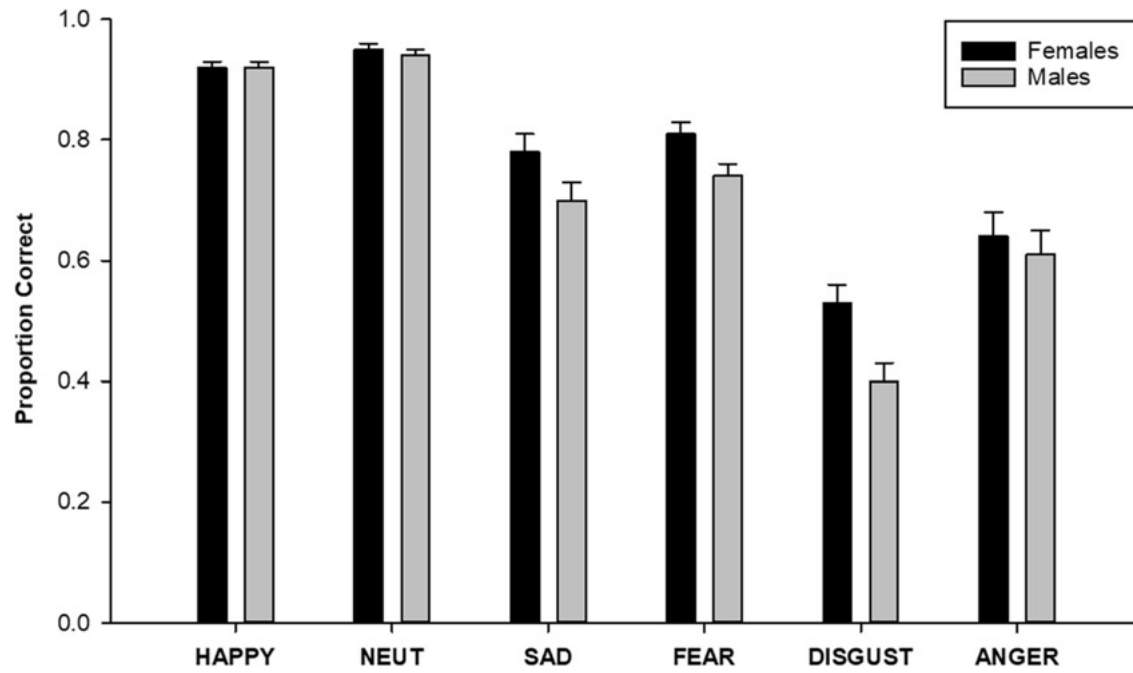
Independent variable	<i>d</i>	<i>d</i> <sub>+</sub>	<i>d</i> <sub>R</sub>	<i>k</i>	<i>Q</i>	<i>df</i>	File-drawer <i>N</i>
<b>Child/adolescent studies</b>							
Effect size available	.18 (±.08)*	.17 (±.05)*	.21 (±.10)*	60	91.81*	59	1,831
Effect size available and/or nonsignificant results	.13 (±.06)*	.13 (±.04)*	.16 (±.07)*	80	101.92*	79	1,811
<b>Infant studies</b>							
Effect size available	.70 (±.35)*	.92 (±.22)*	.95 (±.38)*	6	12.99*	5	— <sup>a</sup>
Effect size available and/or nonsignificant results	.18 (±.15)*	.25 (±.11)*	.26 (±.15)*	23	63.56*	22	64

McClure 2000

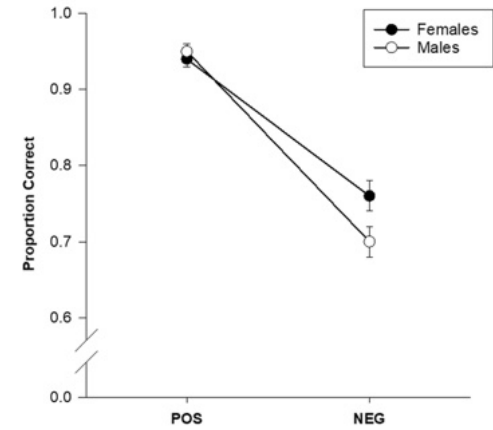




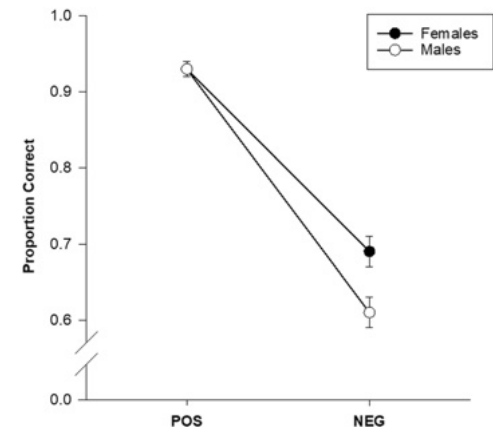
### Recognition of Infant/Toddler Expressions



### Adult Faces



### Child Faces



# Intelligenza Emotiva (EI)

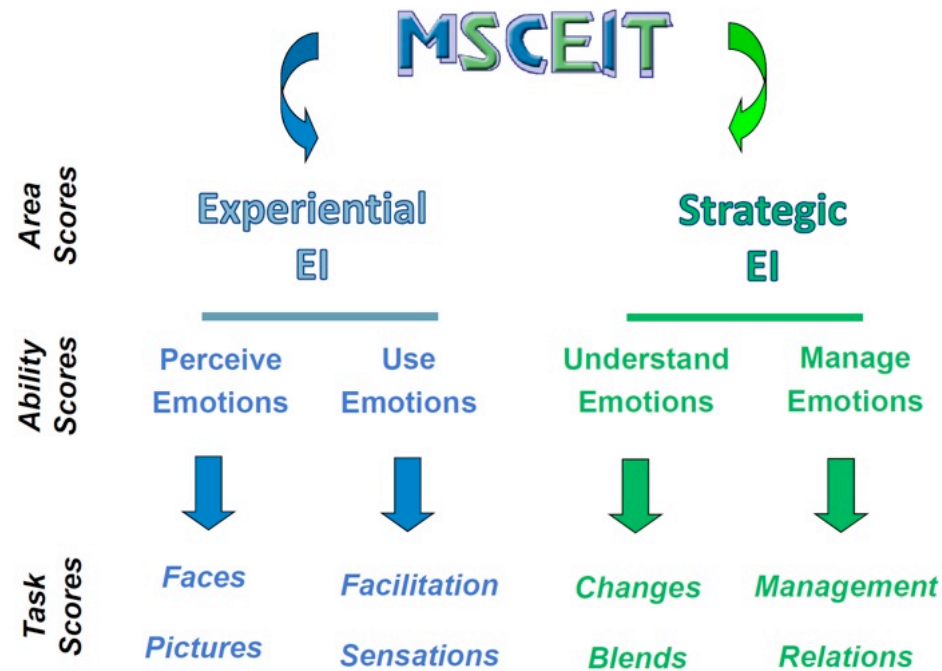


Bar-On: Emotional Quotient inventory (EQ-i), self-report

EQ-i SCALES	The EI Competencies and Skills Assessed by Each Scale
<b>Intrapersonal</b>	<b>Self-awareness and self-expression:</b>
Self-Regard	<i>To accurately perceive, understand and accept oneself.</i>
Emotional Self-Awareness	<i>To be aware of and understand one's emotions.</i>
Assertiveness	<i>To effectively and constructively express one's emotions and oneself.</i>
Independence	<i>To be self-reliant and free of emotional dependency on others.</i>
Self-Actualization	<i>To strive to achieve personal goals and actualize one's potential.</i>
<b>Interpersonal</b>	<b>Social awareness and interpersonal relationship:</b>
Empathy	<i>To be aware of and understand how others feel.</i>
Social Responsibility	<i>To identify with one's social group and cooperate with others.</i>
Interpersonal Relationship	<i>To establish mutually satisfying relationships and relate well with others.</i>
<b>Stress Management</b>	<b>Emotional management and regulation:</b>
Stress Tolerance	<i>To effectively and constructively manage emotions.</i>
Impulse Control	<i>To effectively and constructively control emotions.</i>
<b>Adaptability</b>	<b>Change management:</b>
Reality-Testing	<i>To objectively validate one's feelings and thinking with external reality.</i>
Flexibility	<i>To adapt and adjust one's feelings and thinking to new situations.</i>
Problem-Solving	<i>To effectively solve problems of a personal and interpersonal nature.</i>
<b>General Mood</b>	<b>Self-motivation:</b>
Optimism	<i>To be positive and look at the brighter side of life.</i>
Happiness	<i>To feel content with oneself, others and life in general.</i>



# Mayer-Salovey-Caruso (MSCEIT): test di “abilità” (scoring basato sul consenso di esperti)



<b>Branch 1: (Perception of emotion)</b>	<b>Branch 2: (Use of emotion to facilitate thinking)</b>	<b>Branch 3: (Understanding of emotion)</b>	<b>Branch 4: (Management of emotion)</b>
<p><i>Task 1: Faces</i> Participants view photographs of faces and identify the emotions in them</p>	<p><i>Task 3: Sensation</i> Which tactile, taste, and color sensations are reminiscent of a specific emotion?</p>	<p><i>Task 5: Blends</i> Which emotions might blend together to form a more complex feeling?</p>	<p><i>Task 7: Emotion management</i> How effective alternative actions would be in achieving a certain outcome, in emotion-laden situations where individuals must regulate their feelings</p>
<p><i>Task 2: Pictures</i> Participants view photographs of faces and artistic representations and identify the emotions in them</p>	<p><i>Task 4: Facilitation</i> How moods enhance thinking, reasoning and other cognitive processes</p>	<p><i>Task 6: Changes</i> How emotions progress and change from one state to another</p>	<p><i>Task 8: Relationship management</i> Test-takers evaluate how effective different actions would be in achieving an emotion-laden outcome involving other people</p>

# MSCEIT vs. intelligenza (cognitiva)

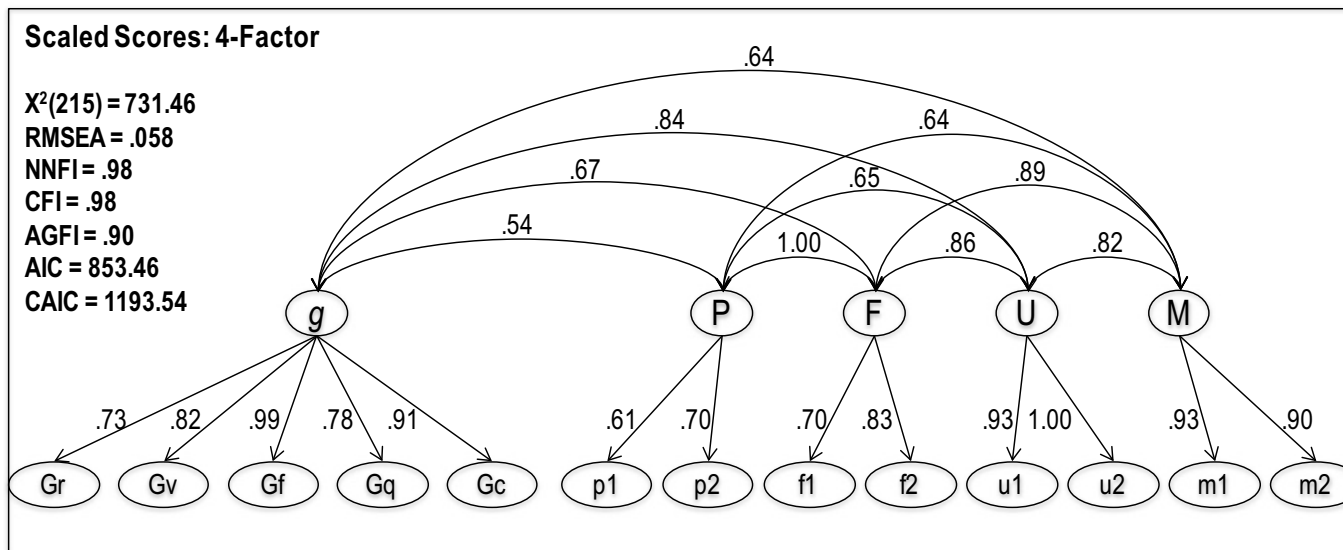
Meta-analysis results estimating the MSCEIT loadings on g

MSCEIT Branch	$\rho$	$\bar{r}$	$n$	$K$
Perceiving Emotion	.10	.09	4710	21
Facilitating Thought	.18	.15	3971	18
Understanding Emotion	.39	.31	4581	20
Managing Emotion	.16	.13	4277	19
EI Ability Total Scores	.26		5538	28

Note. Results from Joseph and Newman (2010);  $\bar{r}$  = the sample-size weighted mean correlation;  $\rho$  = correlation corrected for attenuation in the criterion and range restriction.

	Main effect			
	$k$	$n$	$\bar{r}_c$	95% CI ( $\bar{r}_c$ )
<i>Overall intelligence measure</i>	22	3846	.30 <sup>a</sup>	[.25, .35]
Instrument type				
Intelligence test	16	2399	.33	[.29, .36]
Standardized/admission test	6	1447	.21 <sup>a</sup>	[.08, .33]
Study population				
Just university students	13	1994	.26 <sup>a</sup>	[.20, .32]
Other	9	1852	.36 <sup>a</sup>	[.27, .44]
<i>Verbal intelligence measure</i>	20	3551	.26 <sup>a</sup>	[.16, .36]
Instrument type				
Intelligence test	14	2376	.26 <sup>a</sup>	[.12, .38]
Standardized/admission test	6	1175	.28 <sup>a</sup>	[.11, .44]
Study population				
Just university students	14	2517	.21 <sup>a</sup>	[.08, .34]
Other	6	1034	.39 <sup>a</sup>	[.29, .48]
<i>Nonverbal intelligence measure</i>	20	3587	.23 <sup>a</sup>	[.14, .32]
Instrument type				
Intelligence test	16	3170	.27 <sup>a</sup>	[.17, .36]
Standardized/admission test	4	417	.05	[-.05, .15]
Study population				
Just university students	14	1716	.17 <sup>a</sup>	[.06, .27]
Other	6	1871	.36 <sup>a</sup>	[.22, .50]

Kong 2014



Legree et al. 2014

## Correlati di personalità

1. Abilità (MSCEIT)	Variable	<i>k</i>	<i>n</i>	<i>r</i>	<i>r<sub>c</sub></i>	Observed variance	Corrected variance	90% Credibility interval	95% Confidence interval
2. Self-report basati sul MSCEIT	Neuroticism								
	Stream 1	25	4596	-.130**	-.157	.018	.026	-.314; .054	-.183; -.078
	Stream 2	22	5663	-.329**	-.396	.018	.026	-.530; -.128	-.385; -.273
3. Self-report estesi (EQ-i etc.)	Stream 3	33	6829	-.471**	-.544	.034	.043	-.760; -.182	-.534; -.408
	Extroversion								
	Stream 1	25	4684	.092**	.110	.017	.024	-.085; .269	.041; .143
	Stream 2	21	5343	.265**	.318	.024	.032	.033; .497	.200; .331
	Stream 3	33	6655	.423**	.491	.026	.034	.177; .670	.368; .478
	Openness								
	Stream 1	22	4045	.149**	.182	.015	.024	-.014; .311	.097; .200
	Stream 2	19	4940	.240**	.297	.012	.016	.089; .392	.191; .290
	Stream 3	25	5426	.326**	.388	.010	.016	.192; .460	.286; .366
Agreeableness									
Stream 1	22	3998	.217**	.261	.009	.013	.113; .321	.177; .257	
Stream 2	19	4792	.251**	.260	.008	.012	.140; .361	.211; .291	
Stream 3	30	5992	.320**	.380	.017	.023	.135; .505	.274; .366	
Conscientiousness									
Stream 1	22	4401	.095**	.112	.014	.018	-.057; .248	.047; .144	
Stream 2	21	5343	.310**	.377	.005	.013	.193; .427	.271; .349	
Stream 3	30	6149	.324**	.377	.008	.009	.224; .424	.293; .355	
Cognitive ability									
Stream 1	30	5192	.264**	.315	.019	.027	.070; .458	.215; .313	
Stream 2	12	1986	.070*	.083	.006	.008	N/A	.027; .114	
Stream 3	25	5382	.050*	.060	.005	.008	-.001; .101	.021; .079	

Job performance	<i>k</i>	<i>n</i>	<i>r</i>	<i>r<sub>c</sub></i>	Observed variance	Corrected variance	90% Credibility interval	95% Confidence interval	% var SE
All streams	43	5795	.236*	.278	.014	.020	.094; .378	.201; .272	47
Stream 1	9	700	.206*	.238	.027	.036	.008; .405	.100; .313	45
Stream 2	7	1134	.256*	.298	.008	.011	.181; .331	.192; .320	72
Stream 3	27	3961	.235*	.281	.013	.019	.095; .375	.191; .278	46

Table 6. Results of incremental validity tests (harmonic mean of *n* = 68)

	$\beta$	SE	$\beta$	SE	$\beta$	SE	$\beta$	SE
Cognitive ability	.644**	.104	.626**	.107	.642**	.093	.659**	.099
Neuroticism	.074	.120	.072	.120	.114	.117	.177	.120
Extraversion	.101	.112	.100	.112	.070	.109	.008	.111
Openness	-.224	.116	-.226	.116	-.256*	.112	-.268*	.111
Agreeableness	.020	.112	.006	.113	.003	.108	-.001	.106
Conscientiousness	.299*	.117	.294*	.118	.256*	.114	.275*	.112
Stream 1			→ .066	.104				
Stream 2					→ .253*	.104		
Stream 3							→ .326**	.115
	$R^2 = .423^{**}$		$R^2 = .427^{**}$		$R^2 = .475^{**}$		$R^2 = .491^{**}$	
			$\Delta R^2 = .004$		$\Delta R^2 = .052^*$		$\Delta R^2 = .068^{**}$	

Self-report di intelligenza emotiva (EQ-i etc.): globalmente  $M \geq F$

-  $F > M$  in alcune sottoscale (empatia, espressione/riconoscimento...),  $M > F$  in altre (regolazione...)

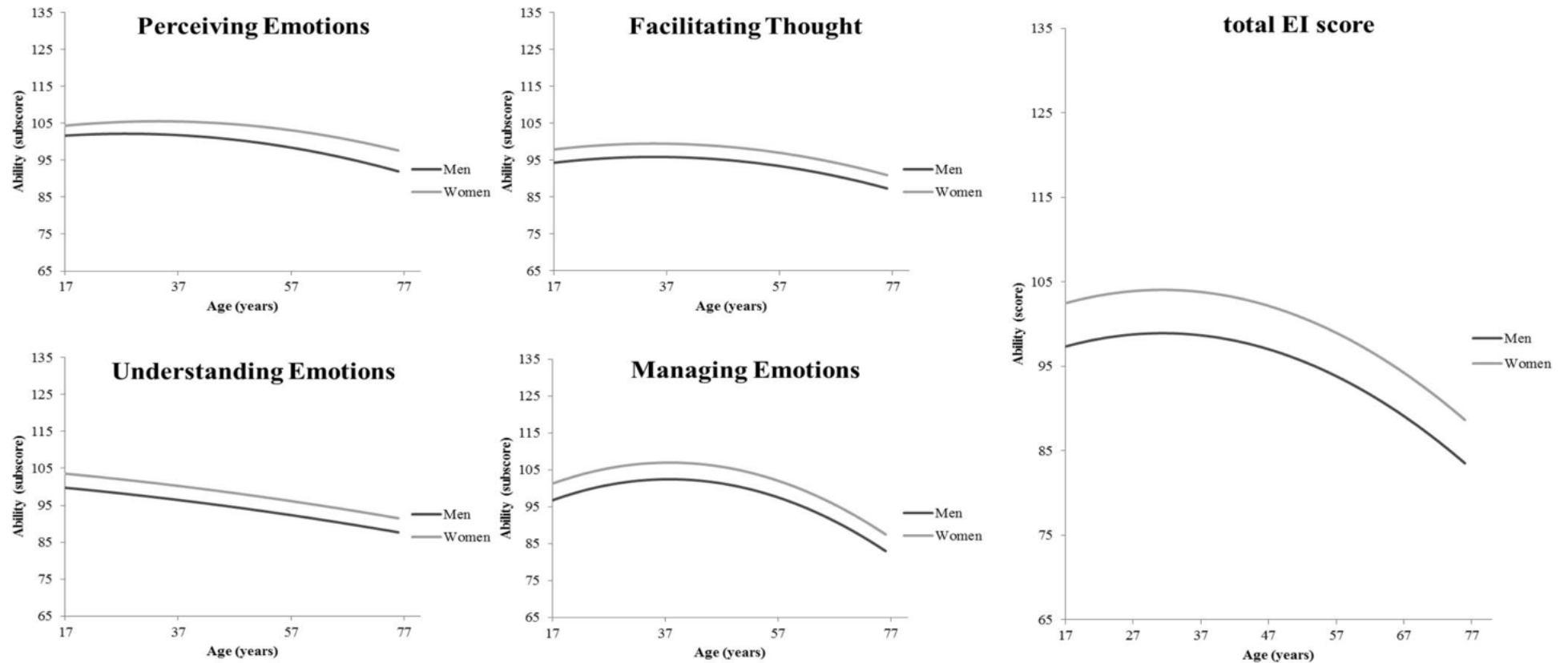
Punteggi al MSCEIT:  $F > M$



	M	S.D.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1. Emot. Mgt.	101.8	10.8	-																		
2. Emot. Und.	99.4	12.6	0.51***	-																	
3. Emot. Int.	101.2	11.2	0.40***	0.30***	-																
4. Emot. Per.	92.7	16.0	0.47***	0.40***	0.54***	-															
5. Neuroticism	2.8	0.70	0.01	0.02	-0.06	-0.11*	(0.87)														
6. Extraversion	3.6	0.52	-0.02	-0.15*	-0.11*	-0.05	-0.36***	(0.80)													
7. Openness	3.4	0.53	0.23***	0.13*	0.18**	0.18**	-0.05	-0.07	(0.73)												
8. Agreeableness	3.7	0.48	0.16**	0.03	0.03	0.10	-0.20***	0.38***	0.03	(0.74)											
9. Conscientious	3.6	0.56	0.05	-0.01	0.01	0.02	-0.28***	0.25***	-0.16**	0.20***	(0.84)										
10. Gender <sup>b</sup>	-	-	0.30***	0.18**	0.22***	0.24**	0.18**	-0.03	0.06	0.11*	0.05	-									
11. Age	21.4	4.7	0.04	0.01	-0.04	-0.14*	0.03	-0.20***	-0.03	0.05	0.07	-0.10	-								
12. Year of study	2.4	1.1	0.17**	0.06	0.13*	0.13*	-0.02	-0.05	0.00	0.01	0.04	-0.00	0.33***	-							
13. Civic virtue	3.6	0.49	0.00	0.01	-0.01	-0.05	0.01	-0.01	0.12*	-0.10	-0.19**	-0.03	0.10	0.12*	(0.70)						
14. Sportsmanship	4.1	0.50	0.06	0.10	-0.02	-0.10	0.14*	0.02	0.02	0.02	-0.10	0.01	-0.02	0.02	-0.11*	(0.83)					
15. Helping	3.6	0.42	0.02	0.04	0.02	-0.03	0.00	0.09	0.11*	-0.01	-0.13*	0.04	0.04	0.07	0.73***	0.14*	(0.87)				
16. Grp. Civic	3.9	0.70	0.14*	0.17**	0.14*	0.09	0.08	0.03	0.11*	0.09	0.05	-0.05	-0.04	-0.11	0.06	-0.02	0.10	(0.42)			
17. Grp. Sports	4.0	0.72	0.32***	0.19**	0.21***	0.17**	-0.05	0.06	0.17**	0.06	0.01	0.10	0.01	0.01	-0.00	0.22***	0.04	0.11	(0.57)		
18. Grp. Helping	3.8	0.54	0.08	0.02	0.12	0.09	0.01	0.21***	0.04	0.19**	0.15*	0.00	0.05	0.01	0.08	0.08	0.14*	0.45***	0.20***	(0.71)	
19. Ind. Perform <sup>c</sup>	17.7	4.3	0.02	0.06	0.08	0.17**	-0.05	-0.07	-0.07	0.06	0.02	-0.20**	0.05	0.12	0.07	-0.04	0.01	-0.02	0.11*	0.06	-
20. Grp. Perform <sup>d</sup>	17.0	3.5	0.00	0.02	0.05	0.01	0.01	-0.05	0.03	0.00	-0.02	-0.08	0.11*	0.14*	-0.12*	0.15**	-0.11*	-0.05	0.04	-0.01	0.31***

Emot. Mgt. = emotional management; Emot. Und. = emotional understanding; Emot. Int. = emotional integration; Emot. Perc. = emotional perception; Grp. Civic = group score for civic virtue; Grp. Sports = group score for sportsmanship; Grp. Helping = group score for helping; Ind. Perform = individual performance on task; Grp. Perf. = group performance on task.

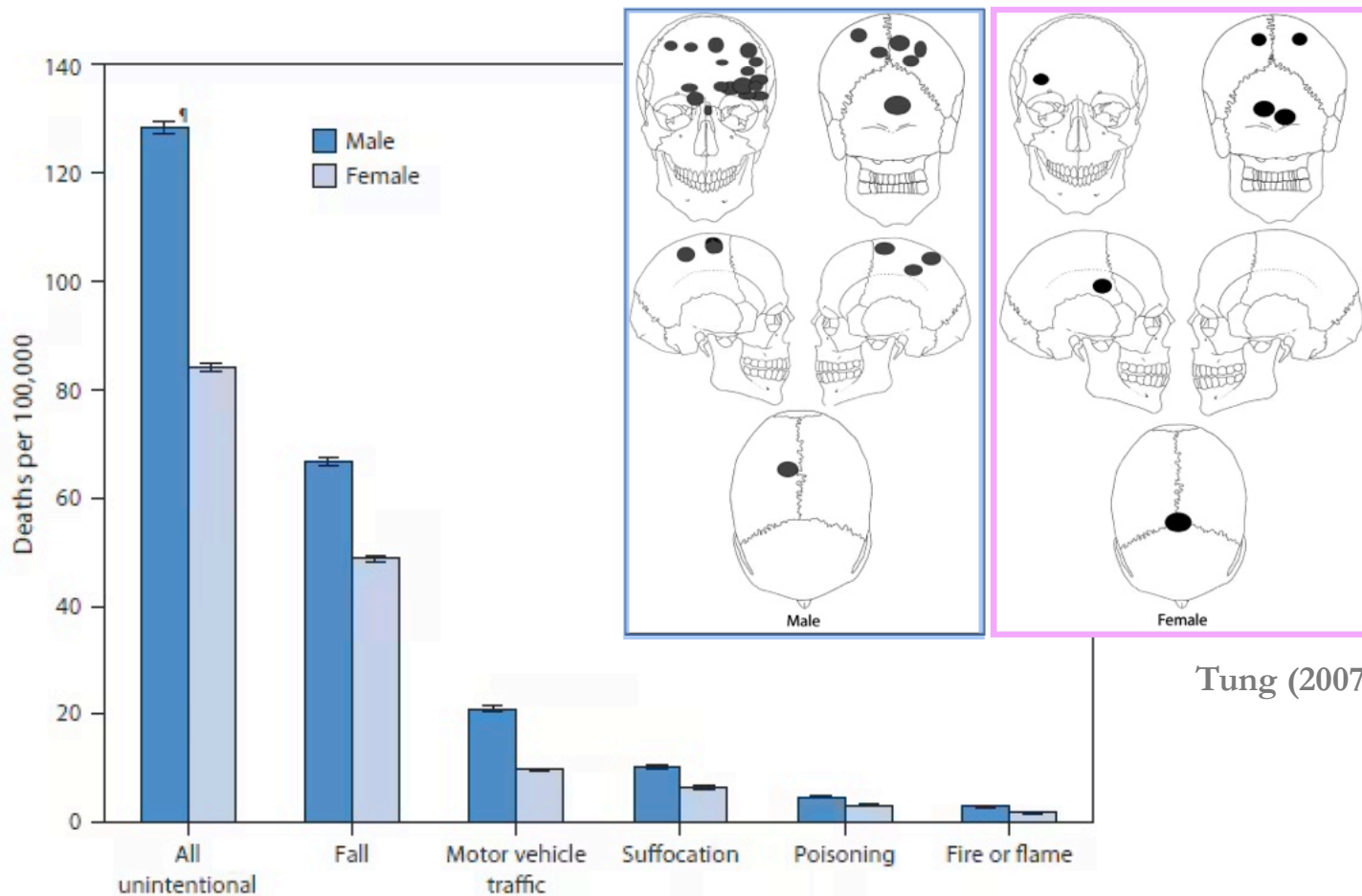
Ability EI	Internal consistency <sup>a</sup>	All		Men		Women		Younger		Middle		Older		Gender <i>d</i> <sup>b</sup>	Age <i>d</i> <sup>b, c</sup>
		<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Perceiving emotions	.91	102.59	14.50	100.96	14.63	104.72	14.04	103.47	13.32	103.47	14.40	100.77	15.58	-.26	-.19
Facilitating thought Understanding emotions	.72	96.53	11.68	95.03	11.89	98.48	11.11	97.06	10.67	97.27	11.63	95.20	12.62	-.30	-.16
Managing emotions	.76	97.75	13.07	95.78	12.61	100.32	13.20	100.78	12.95	97.79	13.01	94.50	12.45	-.35	-.49
Total EI score	.78	102.27	14.02	100.61	14.10	104.43	13.63	102.40	13.41	104.29	14.08	100.06	14.28	-.27	-.17
	.92	99.61	12.82	97.37	12.62	102.52	12.49	101.11	11.84	100.76	12.87	96.83	13.31	-.41	-.34



# Dal rischio all'evoluzione delle difese

- Perché i maschi (anche in altre specie) sono **più propensi a correre rischi**?

1. Maggiore competizione/variabilità riproduttiva: la variabilità **premia il rischio**
2. L'integrità fisica è meno cruciale per la riproduzione: **meno necessità di protezione**
3. **Coevoluzione** di propensione al rischio e robustezza fisica





## Evoluzione delle difese: un problema di gestione del rischio (“smoke detector principle”)



		SIGNAL	
		present	absent
RESPONSE	yes	hit	false alarm
	no	miss	correct rejection

### Difesa più sensibile:

- riduzione del rischio
- più falsi allarmi (costi, perdita di opportunità...)
- meno danni gravi

### Difesa meno sensibile:

- meno falsi allarmi
- più danni gravi



### Difese psicologiche

- Molte “emozioni negative” (base del tratto Nevroticismo):
  - Ansia
  - Paura, panico
  - Disgusto
  - Vergogna
  - Depressione
- Dolore



→ Ci sono **differenze di genere pervasive** nei meccanismi psicologici difensivi (Benenson, 2022)

### Colpa e vergogna

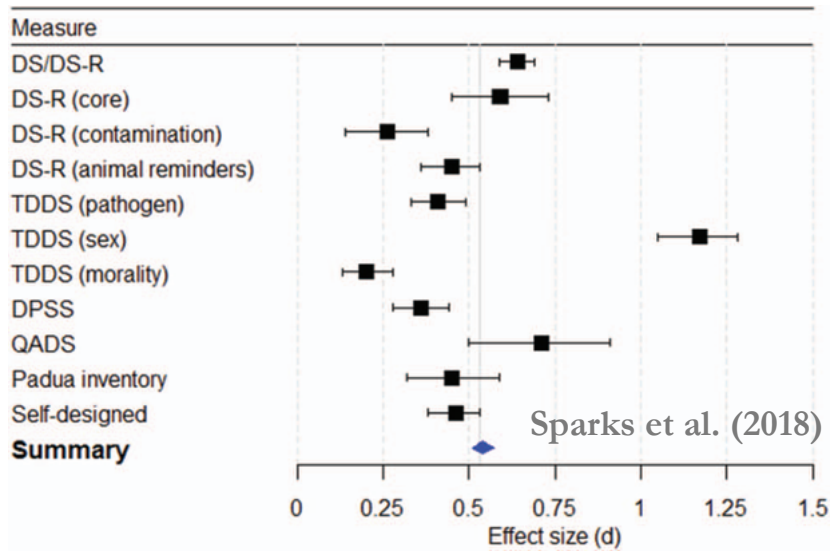
Emotion	<i>d</i>	<i>k</i>	95% CI	$Q_T$	$\nu$
Guilt	-0.27**	307	[-0.32, -0.23]	2119.94**	0.11
Shame	-0.29**	232	[-0.34, -0.24]	1627.12**	0.10
Embarrassment	-0.08	48	[-0.19, 0.02]	581.54**	0.12
Authentic pride	-0.01	93	[-0.05, 0.04]	749.66**	0.04
Hubristic pride	0.14	17	[-0.04, 0.31]	250.45**	0.12

Else-Quest et al. 2012

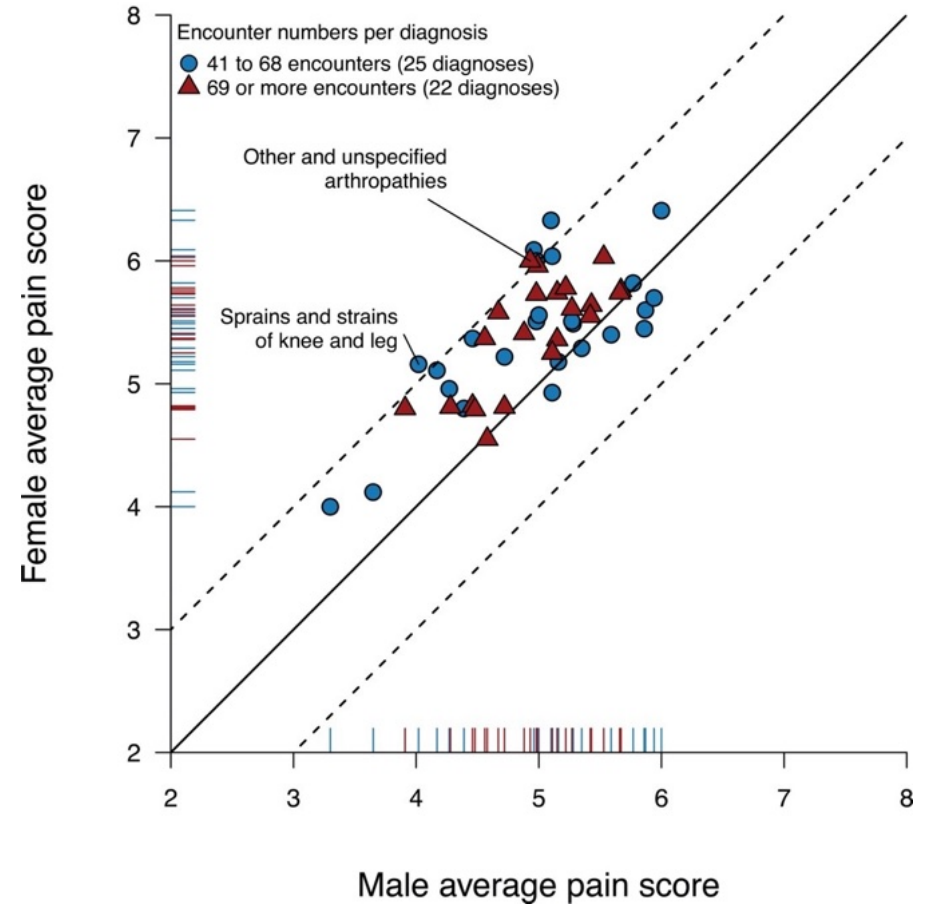
### Moderators of Gender Differences in Self-Conscious Emotions

Variable	Guilt			Shame			Embarrassment			Authentic pride			Hubristic pride		
	<i>d</i>	<i>k</i>	$Q_W$	<i>d</i>	<i>k</i>	$Q_W$	<i>d</i>	<i>k</i>	$Q_W$	<i>d</i>	<i>k</i>	$Q_W$	<i>d</i>	<i>k</i>	$Q_W$
Ethnicity															
Non-White	-0.13	31	14.83	-0.06	29	22.35	-0.20	6	1.44	-0.05	22	6.29	b		
Unspecified or mixed	-0.31**	145	210.77**	-0.33**	104	133.03*	-0.10	24	33.12	-0.03	49	67.07*	0.14	9	9.66
White	-0.27**	131	91.53	-0.32**	99	88.05	-0.02	18	15.55	0.11	22	16.71	0.15	7	4.90
Age <sup>a</sup>															
Childhood	-0.02	16	22.84	-0.14	21	15.17**	b			-0.09	16	59.34**	b		
Adolescence	-0.38**	23	13.10	-0.33**	26	14.66	-0.05	6	.20	-0.13	9	7.11	b		
Early adulthood	-0.32**	143	185.34**	-0.34**	116	103.41	-0.23	25	6.72	0.00	17	9.36	0.17	9	8.39
Adulthood	-0.23**	117	89.30	-0.23**	67	108.90**	0.32	13	39.66	0.02	51	13.74	0.04	7	6.16
Late adulthood	-0.20	8	5.25	b			b			b			b		
Scale type															
State	-0.23**	112	56.88	-0.07	69	64.05	-0.19	17	7.29	0.02	81	44.01	c		
Trait	-0.30**	195	260.15*	-0.38**	163	182.87	-0.02	31	42.75	-0.23**	12	47.32**	c		
Item type															
Situation or scenario based	-0.44**	101	94.23	-0.49**	98	69.23	-0.23	17	4.35	-0.07	7	4.31	0.00	6	2.08
Statement or adjective based	-0.19**	189	207.66*	-0.14**	132	174.73**	0.00	31	45.74*	0.00	86	86.06	0.19*	11	13.10

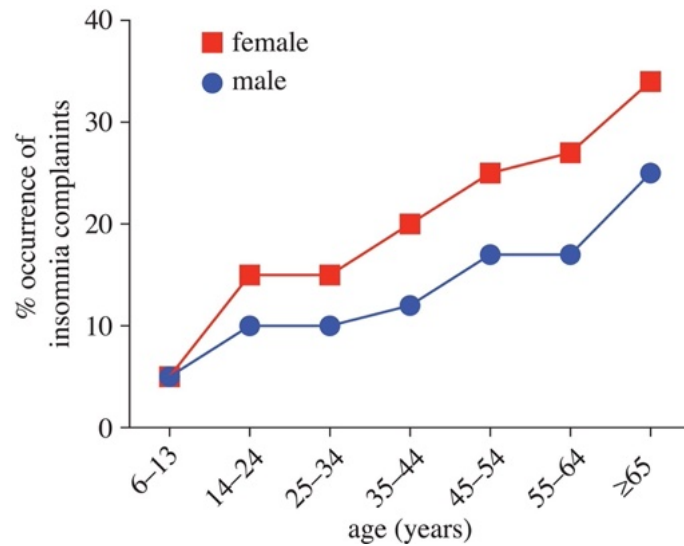
## Disgusto



## Dolore



## Insomnia



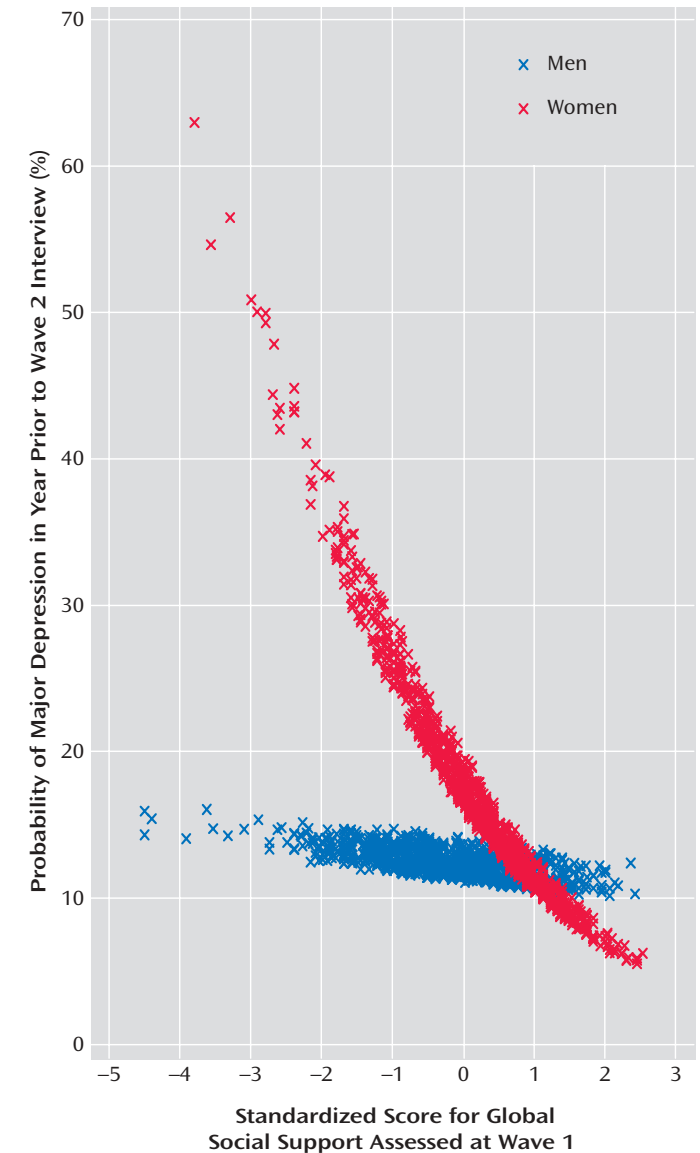
+ maggiore prevalenza nelle donne: **disturbi d'ansia, depressione, fobie, attacchi di panico...**

...ma anche: **specificità** nei fattori attivanti / di rischio / protettivi



**Depressione “da sconfitta”**, soprattutto negli uomini  
(subordinazione involontaria; Gilbert, 1992)

**Depressione “da rifiuto”/isolamento sociale**,  
soprattutto nelle donne (associata a sintomi atipici)



Kendler et al. (2005)

- **Co-ruminazione:** fattore di rischio F per la depressione

(**dilemma:** la condivisione di emozioni negative **cementa il legame nelle amicizie femminili**)

