

## VALIDATION OF THE ITALIAN TRANSLATION OF THE AFFECTIVE NEUROSCIENCE PERSONALITY SCALES<sup>1, 2</sup>

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*Summary.*—The theoretical perspective on affective neuroscience advanced by Panksepp, identified six basic innate affective systems: the SEEK, FEAR, ANGER, SADNESS, PLAY, and CARE systems.<sup>3</sup> It has been proposed that the fundamental elements of human personality and its variants may be based on the different expressions of these basic emotional systems and their combinations. A self-report inventory, the Affective Neuroscience Personality Scales (ANPS), has been devised with the aim of studying and evaluating personality from this perspective. This study reports data on the initial validation of ANPS Italian translation on a sample of 418 adult participants. Descriptive statistics for each scale were calculated, assessing also their internal consistency, as a measure of reliability and factorial validity. Acceptable internal consistency was found in all but one scale (SADNESS), and a second-order factor analysis identified a more general affective feature of personality hinging on relational characteristics, independent of the dimensions of general positive and negative affect.

In what may be considered a seminal work in affective neuroscience, Panksepp (1998) described this field of study as striving to discover the neural correlates of the basic emotions, and the associated inner states, in human beings and other mammals. According to Panksepp (1998), emotions are complex mental processes with a high adaptive value, which have been developed during the course of phylogenetic evolution to ensure the survival of the individual in critical situations. The complexity of

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<sup>3</sup>By convention, the names of the basic affective systems are written in uppercase letters.

these processes is due to their multi-dimensional nature, so that all emotions, whose basic elements are overwhelmingly innate, have behavioral-motor, cognitive-evaluative, and neuro-vegetative components, as well as being associated with subjective feelings.

In the field of affective neuroscience, researchers agree on the existence of some basic affective systems in all higher species, in which the neural organization of the brain involves chiefly the subcortex or the portions of the cerebral cortex, which were earliest to evolve (Panksepp, 1998; Panksepp & Biven, 2012). Panksepp's classification distinguishes six main affective systems: the SEEK system, the FEAR system, the ANGER system, the SADNESS (or SEPARATION DISTRESS) system, the PLAY system, and, finally, the CARE system.

By making use of the insights emerging from affective neuroscience and the study of subcortical emotional systems, Davis, Panksepp, and Normansell (2003) developed the Affective Neuroscience Personality Scales (ANPS), a psychometric tool for the assessment of personality viewed as an organization rooted in the activity of the six basic affective systems and their associated individual differences or "emotional endophenotypes" (Panksepp & Solms, 2012). The ANPS is a self-report inventory and provides an assessment of all six basic affective systems: the SEEK, PLAY, and CARE systems, which may conjointly constitute a measure of a general Positive Affect, and the FEAR, ANGER, and SADNESS systems, which may conjointly constitute a measure of a general Negative Affect. The authors have also included the assessment of a category defined as Spirituality, which is taken to be a feature typical of human beings, and refers to the spontaneous quest for a transcendent meaning in life, and a Faking scale for identifying "social desirability."

In the first ANPS validation study in English (Davis, *et al.*, 2003), normative data were obtained, broken down by sex, from a U.S. sample of 171 university students and 598 job applicants. Reliability was tested by calculating Cronbach's  $\alpha$  coefficients for each of the seven scales, which were found to range from .65 to .86. A factor analysis identified two main factors: an organization of the general Positive Affect, on which SEEK, PLAY, and CARE were significantly loaded, and an organization of the general Negative Affect, with considerable loadings from the three dysphoric affective systems.

Recently, ANPS has been translated and validated in other languages, but not necessarily culturally adapted (see Hambleton, Merenda, & Spielberger, 2005). For instance, the French version of the ANPS has been assessed in college students (95 men, 317 women) in psychology (Pahlavan, Mouchiroud, Zenasni, & Panksepp, 2008). With respect to the norms that have been provided for undergraduate students by the original validation

study (Davis, *et al.*, 2003), the French sample included not only a large majority of women (more than 70% in both studies), but also students in psychology exclusively. However, both these studies found that women had higher scores on CARE, SADNESS, and FEAR scales, but lower scores on the PLAY scale than men (Davis, *et al.*, 2003; Pahlavan, *et al.*, 2008). The effect sizes for the sex differences found by the French study were medium for CARE, SADNESS, and FEAR and small for PLAY. In other words, both studies showed that women display greater propensity for nurturing and empathizing than men (Davis, *et al.*, 2003; Schulte-Rüther, Markowitsch, Shah, Fink, & Piefke, 2008; Derntl, Finkelmeyer, Eickhoff, Kellermann, Falkenberg, Schneider, *et al.*, 2010).

This article presents and discusses the translation and initial validation of ANPS for the Italian context on a sample of 418 Italian adults. The original ANPS (Davis, *et al.*, 2003) was translated, which since the initiation of the present research has been revised as the ANPS 2.4 (Davis & Panksepp, 2011).

## METHOD

### *Participants*

The sample for the validation of the Italian translation of the ANPS included 418 participants, all volunteers, of whom 251 (60%) were women and 167 (40%) men. Their mean age was 41.2 yr. ( $SD=16.2$ ), ranging from 18 (1 participant) to 88 (1 participant) yr., and their mean educational level was 13.2 yr. ( $SD=3.4$ ).

### *Measure*

The ANPS was translated into Italian separately by two of the authors (A. C. and I. N.), who are fluent in English. The two versions were compared, and a final questionnaire in Italian, combining the best of each, was sent to a professional translator, whose mother tongue is English, to produce a back-translated version in English. Some discrepancies emerged from the comparison between the original text of the questionnaire and the back-translated version, so the Italian version was further modified and sent back to the translator for another back-translated version. The second draft produced a satisfactory match with the original text, and this became the definitive version of the inventory and was used in the present validation study (see the Appendix).

The original ANPS structure has been retained and contains a total of 110 items in its present form. It is scored on six scales, referring to the six basic affective systems (SEEK, PLAY, CARE, FEAR, ANGER, and SADNESS). Spirituality and Faking are scored separately; this last parameter is designed to reflect the individual tendency to a self-image impression management. The sum of the scores from each separate affective scale also

provides an overall evaluation of general Positive and Negative Affect (see above). In order to encourage a process of self-assessment bearing a real relation to personal affective experience, the statements in each item are always expressed in the first person and the contents refer to personal behavior or feelings, rather than to generic social judgments. For instance, "I'm regarded as someone who makes work fun" was preferred to "It's important to make work fun."

For each item, the respondent has to express the extent to which he or she agreed with it on a 4-point Likert-type scale with anchors 0: Maximum agreement and 3: Maximum disagreement. Each scale consists of 14 items, except for the Spirituality scale which has 12. For each emotional state, half of the items assess it directly and the other half inversely, in an alternating sequence. The Faking scale is made up of seven items, and the inventory is completed by seven further filler items. In the various scales (SEEK, FEAR, CARE, ANGER, PLAY, SADNESS, Spirituality, and Faking), items are presented in a set sequence throughout the questionnaire.

In this study, no time limit was set for the individual completing of the ANPS. It was filled in the presence of a collaborator specially trained to provide standard instructions on how to fill it out.

#### *Data Analysis*

Descriptive statistics were calculated for each ANPS scale and to establish the internal consistency of the scales, as gauge of reliability, and the ANPS factorial structure, after calculating the scales' descriptive statistics for the sample as a whole and intercorrelations among scales by Pearson's  $r$  coefficients (see Davis, *et al.*, 2003). Descriptive statistics were run by sex and age as well. Scales' internal consistency reliabilities were established by calculating Cronbach's  $\alpha$  coefficients.

The investigation of the factorial structure of the ANPS was performed through a principal component analysis (PCA), a method of multivariate statistics whose results are comparable to factor analysis. In a first PCA, the six basic affective systems were considered as variables (second order factor analysis), in a similar way to the original validation study of the questionnaire devised by Davis, *et al.* (2003). A second PCA was also conducted, in which all the 84 items assessing the six basic affective systems (SEEK, PLAY, CARE, FEAR, ANGER, and SADNESS) were considered.

## RESULTS

### *Descriptive Data of ANPS Italian Version*

Table 1 shows descriptive statistics for the validation sample for the six basic affective system scales, the Spirituality scale, the two scales relating to the general Positive and Negative Affect, and the Faking scale, for

TABLE 1  
 DESCRIPTIVE DATA (MEANS AND STANDARD DEVIATIONS) OF THE ITALIAN VERSION OF THE ANPS,  
 WITH REFERENCE TO THE WHOLE SAMPLE AND SEPARATED BY SEX

ANPS Scale	Whole Sample (N=418)		Women (n=251)		Men (n=167)	
	M	SD	M	SD	M	SD
SEEK	25.72	3.87	25.53	3.65	26.00	4.16
PLAY	24.41	4.90	23.86	4.60	25.23	5.22
CARE	26.65	4.94	27.67	4.71	25.13	4.91
FEAR	22.90	5.79	23.82	5.60	21.52	5.82
ANGER	21.71	5.19	21.94	5.14	21.37	5.25
SADNESS	23.25	4.75	24.32	4.46	21.65	4.74
Spirituality	18.78	6.41	19.94	6.26	17.02	6.26
General Positive Affect	76.78	9.63	77.04	9.26	76.39	10.18
General Negative Affect	67.91	12.41	70.12	11.73	64.59	12.69
Faking (Social Desirability)	10.04	2.74	9.82	2.97	10.36	2.32

the assessment of social desirability. It also includes the ANPS descriptive data broken down by sex. Table 2 shows descriptive data of the ANPS Italian version separated by age.

Table 3 reports intercorrelations among ANPS scales. Correlations with values above .30 were found between SEEK and PLAY, CARE and Spirituality, FEAR and ANGER, FEAR and SADNESS, and ANGER and SADNESS.

TABLE 2  
 DESCRIPTIVE DATA (MEANS AND STANDARD DEVIATIONS) OF THE ITALIAN VERSION OF THE ANPS,  
 BROKEN DOWN BY AGE GROUP

ANPS Factor/Scale	18–30 yr. (n=142)		31–45 yr. (n=104)		46–60 yr. (n=126)		> 60 yr. (n=46)	
	M	SD	M	SD	M	SD	M	SD
SEEK	26.61	3.30	25.99	3.77	25.28	4.17	23.43	3.83
PLAY	26.56	4.94	23.81	4.40	23.25	4.35	22.22	5.00
CARE	27.78	4.95	26.38	4.02	25.89	5.05	25.89	6.03
FEAR	23.55	6.44	22.74	5.20	22.49	5.60	22.37	5.59
ANGER	22.84	5.74	21.92	4.42	21.48	4.56	18.24	5.16
SADNESS	24.18	5.06	22.84	4.16	22.41	4.67	23.74	4.85
Spirituality	18.47	6.60	18.42	5.98	18.65	6.53	20.91	6.31
General Positive Affect	80.95	8.85	76.16	8.29	74.46	9.41	71.54	10.57
General Negative Affect	70.55	14.43	67.70	10.25	66.39	11.96	64.35	9.97
Faking (Social Desirability)	10.62	2.20	9.63	2.29	10.06	3.53	9.13	2.36

TABLE 3  
 INTERCORRELATIONS AMONG THE ANPS SCALES, INCLUDING SPIRITUALITY  
 (BRAVAIS-PEARSON'S CORRELATION COEFFICIENTS)

ANPS Scale	PLAY	CARE	FEAR	ANGER	SADNESS	Spirituality
SEEK	.35	.15	-.21	-.02	-.09	.05
PLAY		.21	-.24	.03	-.06	.04
CARE			.18	-.10	.29	.33
FEAR				.37	.59	.01
ANGER					.34	-.14
SADNESS						.20

Cronbach's  $\alpha$  coefficients for the affective system scales were: SEEK, .60; PLAY, .73; CARE, .72; FEAR, .81; ANGER, .80; SADNESS, .55; and Spirituality, .82. The coefficient was also calculated for the general Positive Affect (.80) and for the general Negative Affect (.86).

*Factorial structure of the ANPS.*—The ANPS factorial structure was studied using the principal component analysis, with a promax rotation that included all the extracted factors. The result of the data processing, considering the six basic affective system scales as variables (second-order factor analysis), as previously done by Davis, *et al.* (2003), explained 75.18% of the total variance, achieving the convergence criteria in 10 iterations, as illustrated in Table 4. There were three factors with eigenvalues > 1: in the first, FEAR (0.81), ANGER (0.73), and SADNESS (0.81) had

TABLE 4  
 FACTOR STRUCTURE EXTRACTED CONSIDERING THE SIX BASIC  
 AFFECTIVE SYSTEMS (SECOND-ORDER FACTOR ANALYSIS)

ANPS Scale	Extracted Factors and Loadings			$h^2$
	1	2	3	
SEEK	-0.10	0.77	0.11	0.62
PLAY	-0.07	0.82	0.15	0.68
CARE	0.22	0.22	0.89	0.85
FEAR	0.81	-0.27	0.15	0.76
ANGER	0.73	0.24	-0.49	0.85
SADNESS	0.81	-0.04	0.29	0.74
% Variance explained	33.45	24.76	16.97	

*Note.*—Extraction method: principal components analysis, with promax rotation and Kaiser normalization (rotation converged in 10 iterations).  $h^2$  is communality. Italics indicate problematic cross-loadings > .30.

particularly high loadings; in the second, SEEKING (0.77) and PLAYFULNESS (0.82); in the third, CARE (0.89) and ANGER (-0.49).

The result of a second PCA, which considered all the 84 items assessing the six basic affective systems as variables, explained 29.52% of the total variance, achieving the convergence criteria in 64 iterations, as illustrated in Table 5. Based on the scree plot (Fig. 1), five factors were extracted on which 43 items had loadings above .30 (Table 5).

#### DISCUSSION

Descriptive data (means and standard deviations) and first results were presented for an initial validation of the Italian version of the ANPS devised by Davis, *et al.* (2003), which was translated from English using internationally recognized criteria (Merenda, 2005, 2006), including two separate translators and the drafting of back-translated versions of the text until the match between the two forms was considered satisfactory. The statistical descriptive data, shown in Tables 1 and 2, were calculated from a sample of 418 Italian adults ranging broadly in age and educational level. Descriptive data broken down by sex and age are also provided.

The internal consistency of the ANPS, as a gauge of reliability, was assessed by calculating Cronbach's  $\alpha$  coefficient for every scale. The range was found to vary from a minimum of .55 to a maximum of .86. Although not achieving the reliability observed in the previous validation studies—Pingault, Pougá, Grèzes, and Berthoz (2012) found a Cronbach's  $\alpha$  coefficient range between 0.64 and 0.87 (using the revised ANPS 2.4 version) and Davis, *et al.* (2003) between 0.65 and 0.86—the values obtained were nonetheless acceptable in the vast majority of scales for use with research purposes.

The first factor analysis (actually a second-order factor analysis) resulted in three factors to be identified (Table 4): the first incorporates the three dysphoric affective systems and outlines the possible presence of a more general emotional dimension associated with unpleasant experiences; the second, which equally clearly includes SEEK and PLAY, two of the three affective systems found in the general Positive Affect, suggests the presence of a more general emotional dimension associated with pleasure, or at least with approach tendencies. The presence of an organization of the emotional functions, both in animals and human beings, based on the more general parameters of pleasure and sorrow, at the level of individual experience, or of approach and avoidance tendencies, as far as observed behavior is concerned, is widely reported in the literature (Olds & Milner, 1954; Gray, 1972; Frijda, 1990; Davidson, 1995). These results were also consistent with previous validation studies (Davis, *et al.*, 2003; Pingault, *et al.*, 2012) that found moderate intercorrelations between the three positive ANPS scores, as well as between the three negative ANPS scores.

TABLE 5  
 FACTOR STRUCTURE EXTRACTED FROM ALL 84 ITEMS ASSESSING THE SIX BASIC AFFECTIVE  
 SYSTEMS USING PRINCIPAL COMPONENTS ANALYSIS, WITH PROMAX ROTATION AND KAISER  
 NORMALIZATION (ROTATION CONVERGED IN 56 ITERATIONS)

ANPS Scale and Item	Extracted Factor and Loading				
	1	2	3	4	5
SEEK 1		0.42			
PLAY 1			-0.32		
PLAY 4			0.53		
PLAY 6			0.48		
PLAY 7			-0.42		
PLAY 8			0.48		
PLAY 9			0.82		
PLAY 10			-0.69		
PLAY 11		-0.33			
PLAY 13			-0.46		
PLAY 14			0.91		
CARE 1		0.32			
CARE 2				-0.62	
CARE 4				-0.32	-0.32
CARE 5				0.98	
CARE 7				0.63	
CARE 8				-0.86	
CARE 11				0.30	
CARE 13					-0.38
FEAR 1		0.74			
FEAR 2					0.38
FEAR 4					0.31
FEAR 6					0.92
FEAR 7	0.33				
FEAR 8					0.95
FEAR 10					0.51
FEAR 12		0.67			
FEAR 14		-0.33			
ANGER 1	-0.49				
ANGER 3	-0.38				
ANGER 4	0.40				
ANGER 6	0.71				

(continued on next page)

*Note.*—Items with loadings  $\geq .30$  are indicated as the name of the affective dimension assessed and listed by their ordinal number of appearance in the inventory.



TABLE 5 (CONT'D)  
 FACTOR STRUCTURE EXTRACTED FROM ALL 84 ITEMS ASSESSING THE SIX BASIC AFFECTIVE SYSTEMS USING PRINCIPAL COMPONENTS ANALYSIS, WITH PROMAX ROTATION AND KAISER NORMALIZATION (ROTATION CONVERGED IN 56 ITERATIONS)

ANPS Scale and Item	Extracted Factor and Loading				
	1	2	3	4	5
ANGER 8	0.91				
ANGER 9	-0.38				0.36
ANGER 10	0.60				
ANGER 11	-0.41				
ANGER 12	0.70				
ANGER 14	0.66				
SADNESS 1		0.87			
SADNESS 3		0.72			
SADNESS 5		0.54			
SADNESS 8					0.30
SADNESS 10			0.32		
% Variance explained	11.51	4.48	3.94	2.97	2.43

*Note.*—Items with loadings  $\geq .30$  are indicated as the name of the affective dimension assessed and listed by their ordinal number of appearance in the inventory.

The third factor included CARE and, negatively, ANGER. This might indicate the presence of a more general affective dimension of a relational nature which is independent of the other two, where the tendency to look after and take an interest in others represents the positive pole and the

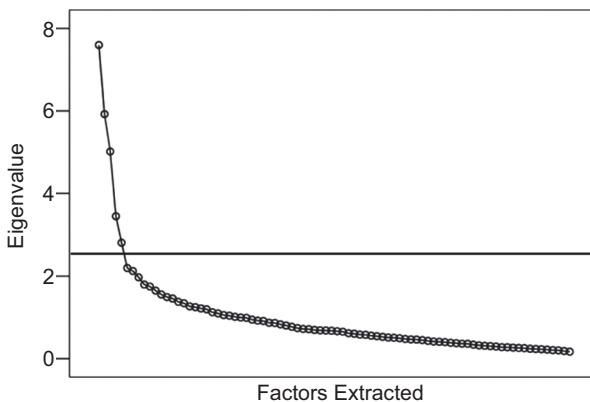


FIG. 1. Scree plot of the PCA of the 84 items assessing the six basic affective systems

undermining or rupture of interpersonal relations the opposite, negative pole. Such evidence may be comparable to the sociobiological concept of an innate social motivation (Wilson, 1975), displayed in species such as our own, or to the psychoanalytical notion of object relations (Fairbairn, 1952; Mitchell, 1988). Davis and Panksepp (2011) also referred to a “love/hate” dimension as reflecting a tertiary reconfiguration of the underlying primary brain emotion systems. The neural basis of this hypothesized third dimension is at least partially supported by an intercultural experiment of de Greck, Shi, Wang, Zuo, Yang, Wang, *et al.* (2012), in which the authors found that enhanced emotion regulation during empathy (or caring in our theoretical context) to anger in an individualistic culture (e.g., German) is mediated by the left dorsolateral prefrontal cortex. In contrast, increased tolerance toward the expression of anger in a collectivistic culture (e.g., Chinese) is associated with increased activity in the right inferior and superior temporal gyrus and in left middle insula. In other words, it could be speculated that the third “relational” dimension has a neurological basis, i.e., also mediated by intercultural variables regulating the expression of feelings.

The second factor analysis, which included all 84 items assessing the six basic affective systems, resulted in five main dimensions. About half of the considered items showed important loadings in the resulting factorial structure, but the SEEK system showed only one item with a loading higher than .30. Therefore, the ANPS Italian version has to be developed more robustly in future research, and using the revised ANPS 2.4 (Davis & Panksepp, 2011) could be the next step.

The purpose of this study was to translate the ANPS, a self-report inventory designed to identify and assess the basic affective systems of the personality, for Italian speakers and provide its initial validation. There are, of course, important limitations, such as the presence of a weak factor structure, when data processing includes single items and not the basic affective dimensions, the lack of cultural adaption procedures, and the fact that volunteers were used as the sample. Moreover, there are other ways of studying validity and reliability of an inventory, such as the test-retest method. The observation of a possible superordinate relational factor—object relations, from a psychoanalytical standpoint—independent of the more “narcissistic” parameters of pleasure and sorrow (and thus related to the self), have also provided the opportunity to reflect on the contribution of emotional dimensions to theories of personality, suggesting further scientific research that might be carried out in the future. These reflections may be additionally supported by recent neuroscientific findings (e.g., de Greck, *et al.*, 2012) that could provide a neurobiological perspective.

In the field of affective neuroscience, the ANPS can therefore be viewed as a useful and interesting tool to research into the emotional roots

of personality. The information it provides can in future be compared with other data obtained from the same persons by other means, such as functional neuroimaging or neuropsychological assessment.

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APPENDIX

ANPS ITALIAN TRANSLATION WITH ENGLISH ITEMS

	++ molto d'accordo, + d'accordo, -in disaccordo, --molto in disaccordo [++ strongly agree, + agree, -disagree, --strongly disagree]	++	+	-	--
1	Il mio interesse viene stimolato anche dai più piccoli problemi o quesiti. [Almost any little problem or puzzle stimulates my interest.]				
2	Le persone che mi conoscono bene direbbero che sono un persona ansiosa. [People who know me would say I'm an anxious person.]				
3	Sento spesso un forte desiderio di prendermi cura degli altri. [I often feel a strong need to take care of others.]				
4	Quando mi sento frustrato di solito mi arrabbio. [When I am frustrated, I usually get angry.]				
5	Sono una persona che si diverte facilmente e ride molto. [I am a person who is easily amused and who laughs a lot.]				
6	Mi sento spesso triste. [I often feel sad.]				
7	Sentirmi in armonia con il resto del creato mi aiuta a dare più significato alla mia vita. [Feeling a oneness with all of creation helps give more meaning to my life.]				
8	Devo fare uno sforzo per rimanere consapevole dei miei sentimenti ed emozioni. [I make an effort to remain aware of my feelings and emotions.]				
9	Sono una persona che non si entusiasma molto nell'attesa di eventi importanti e di situazioni speciali. [I do not get much pleasure out of looking forward to special events.]				
10	Raramente mi sento incerto se devo prendere una decisione. [I do not often struggle over making decisions.]				

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- 11 Penso sia ridicolo il modo in cui alcune persone si emozionano quando vedono dei cuccioli. [I think it is ridiculous the way some people carry on around baby animals.]
- 12 Se mi viene impedito di ottenere quello che voglio, di solito lo accetto. [If I am blocked from getting what I want, I usually just accept it.]
- 13 I miei amici probabilmente mi descriverebbero come un persona troppo seria. [My friends would probably describe me as being too serious.]
- 14 Mi sembra che essere rifiutato dagli altri mi faccia soffrire meno rispetto alla maggior parte delle persone. [I seem to be affected less by personal rejection than most people.]
- 15 Il significato della mia vita non deriva dal fatto di sentirmi in armonia con gli altri esseri viventi. [The meaning in my life does not come from being connected to other living things.]
- 16 Ogni tanto mi piace fare dei pettegolezzi. [I will gossip a little at times.]
- 17 Mi piace andare alla ricerca di nuove esperienze. [I really enjoy looking forward to new experiences.]
- 18 Mi capita spesso di pensare a che cosa sarebbe stato meglio fare dopo che l'occasione *di agire* è ormai passata. [I often think of what I should have done after the opportunity has passed.]
- 19 Amo prendermi cura dei bambini. [I like taking care of children.]
- 20 Probabilmente i miei amici mi descriverebbero come una testa calda. [My friends would probably describe me as a hothead.]
- 21 Sono conosciuto come uno che rende il lavoro divertente. [I am known as one who keeps work fun.]
- 22 Spesso ho la sensazione di voler piangere. [I often have the feeling that I want to cry.]
- 23 Mi sento spesso spiritualmente toccato dalla bellezza del creato. [I am often spiritually touched by the beauty of creation.]
- 24 Quando ascolto della musica, alle volte ne vengo così assorbito che perdo il contatto con tutto ciò che mi circonda. [When listening to music, I sometimes become so absorbed in the music that I lose track of everything else going on around me.]
- 25 Preferisco pormi degli obiettivi pratici piuttosto che fare dei piani grandiosi. [I like to set very practical goals rather than grandiose plans.]
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- 26 Non mi descriverei come una persona che si preoccupa molto. [I would not describe myself as a worrier.]
- 27 Prendermi cura delle persone ammalate per me é un peso. [Caring for a sick person would be a burden for me.]
- 28 Non riesco a ricordare neppure una volta in cui mi sono sentito così arrabbiato da voler rompere qualcosa. [I cannot remember a time when I became so angry that I wanted to break something.]
- 29 Generalmente non mi piacciono i giochi forti che comportano un contatto fisico. [I generally would not enjoy vigorous games which required physical contact.]
- 30 Sembro essere meno triste di molte altre persone. [I seem to be less sad than most other people.]
- 31 Raramente faccio affidamento su delle ispirazioni spirituali per far fronte a delle sfide importanti. [I rarely rely on spiritual inspiration to help me meet important challenges.]
- 32 Dico sempre la verità. [I always tell the truth.]
- 33 Cercare una risposta è divertente tanto quanto trovare la soluzione. [Seeking an answer is as enjoyable as finding the solution.]
- 34 Frequentemente mi sento più teso di quanto gli altri possano percepire. [I am frequently more tense inside than others realize.]
- 35 Adoro stare assieme ai cuccioli. [I love being around baby animals.]
- 36 Quando mi arrabbio mi viene spesso da dire parolacce. [When I get angry, I often feel like swearing.]
- 37 Mi vengono spesso in mente delle situazioni divertenti della mia vita e mi sento bene. [I usually think about good times and have happy thoughts.]
- 38 Mi sento spesso solo. [I often feel lonely.]
- 39 Sentire un legame con la vita intera è per me un'importante fonte di ispirazione. [For me, experiencing a connection to all of life is an important source of inspiration.]
- 40 Amo godere delle piccole cose, come i colori delle bolle di sapone. [I like to take pleasure in small things, such as the colors in soap bubbles.]
- 41 Solitamente provo poco entusiasmo quando penso ai miei obiettivi. [I often feel little eagerness or anticipation when thinking about my goals.]

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ITALIAN VALIDATION OF ANPS

ANPS ITALIAN TRANSLATION WITH ENGLISH ITEMS (CONT'D)

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- 42 Poche cose nella vita mi fanno veramente paura. [I have very few fears in my life.]
- 43 Non mi piace molto stare con i bambini. [I do not especially enjoy being around children.]
- 44 Quando sono frustrato mi arrabbio raramente. [When I am frustrated, I rarely become angry.]
- 45 Non amo l'umorismo sciocco. [I dislike humor that gets really silly.]
- 46 Sono molto legato alla mia famiglia. [I am very attached to my family.]
- 47 A mio avviso la spiritualità non è la fonte primaria di pace e di armonia interiori. [For me, spirituality is not a primary source of inner peace and harmony.]
- 48 Alle volte mi vien voglia di imprecare. [Sometimes I feel like swearing.]
- 49 Mi attira pianificare e perseguire un progetto quasi quanto attuarlo. [I enjoy anticipating and working toward a goal almost as much as achieving it.]
- 50 Alle volte non riesco a smettere di preoccuparmi dei miei problemi. [I sometimes cannot stop worrying about my problems.]
- 51 Spesso mi faccio prendere dalla compassione nei confronti degli animali randagi. [I often feel softhearted toward stray animals.]
- 52 Quando qualcuno mi fa arrabbiare, tendo a rimanere molto irritato per lungo tempo. [When someone makes me angry, I tend to remain fired up for a long time.]
- 53 Le persone che mi conoscono direbbero che sono una persona che ama divertirsi. [People who know me would say I am a very fun-loving person.]
- 54 Spesso penso alle persone che ho amato e che non sono più con me. [I often think about people I have loved who are no longer with me.]
- 55 Meditare su questioni spirituali spesso mi riempie di un profondo senso di meraviglia e di speranza. [Contemplating spiritual issues often fills me with a sense of intense awe and possibility.]
- 56 Non ho mai cercato di esprimermi attraverso la poesia. [I have never attempted to express myself by writing poetry.]
- 57 Di solito non mi interessa cercare di risolvere dei quesiti o dei rompicapi solo per il piacere di farlo. [I am usually not interested in solving problems and puzzles just for the sake of solving them.]

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- 58 I miei amici direbbero che sono una persona coraggiosa e che ci vuole molto per spaventarmi. [My friends would say that I am courageous and that it takes a lot to frighten me.]
- 59 Ritengo che animali domestici in casa mia mi arrecherebbero più che altro fastidio. [I would generally consider pets in my home to be more trouble than they are worth.]
- 60 Le persone che mi conoscono bene direbbero che non mi arrabbio quasi mai. [People who know me well would say I almost never become angry.]
- 61 Non amo particolarmente prendere in giro gli altri e dire spiritosaggini. [I do not particularly enjoy kidding around and exchanging "wisecracks".]
- 62 Non mi intristisce particolarmente il fatto che gli amici o i membri della mia famiglia mi disapprovino. [It does not particularly sadden me when friends or family members are disapproving of me.]
- 63 Il fine ed il significato della mia esistenza non provengono dalle mie credenze spirituali. [My sense of significance and purpose in life do not come from my spiritual beliefs.]
- 64 Non mi sono mai "dato malato" per evitare qualcosa. [I have never "played sick" to get out of something.]
- 65 La mia curiosità alle volte mi induce a fare delle cose che altri potrebbero ritenere una perdita di tempo. [My curiosity sometimes drives me to do things that others might consider a waste of time.]
- 66 Sono spesso preoccupato per il futuro. [I often worry about the future.]
- 67 Provo compassione per i senzatetto. [I feel sorry for the homeless.]
- 68 Tendo ad irritarmi se qualcuno cerca di impedirmi di fare ciò che voglio. [I tend to get irritated if someone tries to stop me from doing what I want to do.]
- 69 Mi sento felice per la maggior parte del tempo. [I feel happiness most of the time.]
- 70 Mi capita spesso di pensare di perdere qualcuno che mi è caro. [I tend to think about losing loved ones often.]
- 71 Il percepire di fare parte dell'umanità mi motiva a compiere delle scelte più etiche. [Feeling a connection with the rest of humanity motivates me to make more ethical choices.]
- 72 Il linguaggio poetico o i discorsi ricercati in genere non mi attirano molto. [I am not typically impressed by poetic language or fancy speech.]

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- 73 Raramente sento il bisogno di uscire solo per conoscere ciò che mi sta attorno. [I rarely feel the need just to get out and explore things.]
- 74 Ci sono veramente poche cose che mi rendono ansioso. [There are very few things that make me anxious.]
- 75 Non mi piace sentirmi "necessario" agli altri. [I do not like to feel "needed" by other people.]
- 76 Raramente mi arrabbio così tanto da aver voglia di picchiare qualcuno. [I rarely get angry enough to want to hit someone.]
- 77 Di solito fatico a percepire l'umorismo in cose che altre persone trovano divertenti. [I do not tend to see the humor in things many people consider funny.]
- 78 Allontanarmi dai miei amici non mi renderebbe triste. [Moving away from my friends would not upset me.]
- 79 Gli obiettivi che mi pongo non vengono influenzati dalla mia spiritualità. [The goals I set for myself are not influenced by my spirituality.]
- 80 Ci sono stati dei periodi nella mia vita in cui avevo paura del buio. [There have been times in my life when I was afraid of the dark.]
- 81 Ogni volta che mi trovo in un posto nuovo, mi piace esplorare il luogo e cercare di conoscere meglio ciò che mi circonda. [Whenever I am in a new place, I always like to explore the area and get a better feel for my surroundings.]
- 82 Sono spesso preoccupato di riuscire a prendere la decisione migliore. [I often worry about whether I am making the correct decision.]
- 83 Frequentemente faccio delle piccole cose per gli altri che li fanno sentire bene. [I frequently do little things for others that make them feel good.]
- 84 Quando le cose non vanno come vorrei, alle volte vorrei colpire o prendere a calci qualcosa. [When things do not work out the way I want I sometimes feel like kicking or hitting something.]
- 85 Mi piacciono tutti i tipi di giochi, inclusi quelli che prevedono un contatto fisico. [I enjoy all kinds of games including those with physical contact.]
- 86 Mi sento spesso afflitto quando non posso stare con i miei amici. [I frequently feel distressed when I cannot be with my friends.]
- 87 L'ispirazione spirituale mi aiuta a superare i miei limiti. [Spiritual inspiration helps me transcend my limitations.]
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- 88 Mentre guardo un film o cose analoghe, mi sento così coinvolto che è come se ne facessi realmente parte. [While watching a movie or the like, I may become so involved it is as if I were actually part of it.]
- 89 Non sono il genere di persona che ama sondare ed investigare i problemi. [I am not the kind of person that likes probing and investigating problems.]
- 90 Raramente mi preoccupo riguardo il mio futuro. [I rarely worry about my future.]
- 91 Non mi piace particolarmente che le persone mi siano vicine dal punto di vista emotivo. [I do not especially want people to be emotionally close to me.]
- 92 E' difficile che mi arrabbi così tanto con qualcuno da volergli gridare dietro di tutto. [I hardly ever become so angry at someone that I feel like yelling at them.]
- 93 Mi piacciono meno i giochi fatti solo per divertimento e quando non c'è un vincitore. [I enjoy playing games less when it is just for fun and there is no clear winner.]
- 94 Raramente ripenso a persone o a relazioni che non ci sono più. [I rarely think about people or relationships that I have lost.]
- 95 Il suggerimento di "trattare le altre persone come vogliono essere trattate" non mi turba particolarmente. [The suggestion to "treat people as they want to be treated" does not arouse strong feelings in me.]
- 96 Non ho mai raccontato intenzionalmente una bugia. [I have never intentionally told a lie.]
- 97 Mi sento spesso nella condizione di poter fare qualsiasi cosa o quasi. [I often feel like I could accomplish almost anything.]
- 98 Mi sento spesso nervoso e mi rilasso con difficoltà. [I often feel nervous and have difficulty relaxing.]
- 99 Sono una persona che risente molto del dolore per un lutto subito da altri. [I am a person who strongly feels the pain of other people's losses.]
- 100 Alle volte quelle piccole stramberie che altre persone fanno mi danno sui nervi. [Sometimes little quirky things people do really get on my nerves.]
- 101 Ritengo che l'esistenza sia piena di opportunità di divertirsi. [I see life as being full of opportunities to have fun.]
- 102 Sono una persona che prova molto dolore e pena quando perde qualcuno. [I am a person who feels sorrow and the pain of loss strongly.]

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- 103 Talvolta mi vengono i brividi e la pelle d'oca mentre ascolto la musica. [I sometimes feel "chills" or "goosebumps" when listening to music.]
- 104 Spesso mi sembra che la vita non abbia significato. [It often seems that life has no meaning.]
- 105 Non sono una persona molto curiosa ed indiscreta. [I am not an extremely inquisitive person.]
- 106 Non perdo quasi mai il sonno perché mi preoccupo di qualcosa. [I almost never lose sleep worrying about things.]
- 107 Non sono particolarmente affettuoso. [I am not particularly affectionate.]
- 108 Quando le persone mi irritano, raramente sento la necessità impellente di offenderli. [When people irritate me, I rarely feel the urge to say nasty things to them.]
- 109 Fare dei giochi con altre persone non mi provoca un particolare divertimento. [Playing games with other people is not especially enjoyable for me.]
- 110 Sono sempre abbastanza contento di interagire con le altre persone. [I am almost always happy to interact with other people.]
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