

## Research Seminar:

# Are Men from Mars and Women from Venus? Gender/Sex Differences and Similarities in Personality Traits



**Date: 25 Mar 25 (Tue)**



**Time: 10:00am - 11:00am**



**Venue: B2-LP-20  
EdUHK Tai Po Campus**

SCAN ME



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## Abstract

Gender and sex differences in personality traits are well documented, with women scoring higher than men on many traits, most notably on Neuroticism and Agreeableness. However, these differences vary across cultures, with the gender/sex gap being more pronounced in countries with higher levels of human development, gender egalitarianism, and individualism compared to those with lower levels of these measures. In my talk, I will discuss our research investigating gender and sex differences and similarities in personality traits across cultures and the lifespan, as well as into potential explanations for the Gender Equality Paradox.

## Biography

Anu Realo (PhD) is a personality and cross-cultural psychologist. She is a Professor at the University of Warwick and Tallinn University, as well as a Visiting Professor at the University of Tartu. She is a member of both the Academia Europaea and the Estonian Academy of Sciences. Her research focuses on cultural and individual variation in personality traits, subjective well-being, values, and social capital. She currently leads a large project on Sustainable Futures, funded by the European Commission. In 2016, she was awarded the Order of the White Star by the President of Estonia for her outstanding service and contributions to the Republic of Estonia.



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