

Web links

Here are some links to web-based resources which I put together last week – it was compiled to support the forthcoming 4th edition of my “Individual Differences” book, but as others have said they would find it useful when preparing to deliver courses remotely I thought it might be useful to develop a version for ISSID members, too.

There will be many other resources that I don’t know about, so please e-mail suggestions for other content to colin@colincooper.org if you’d like it to appear here.

I suggest that content:-

- (a) Should not be behind a paywall
- (b) Videos should be reasonable technical quality (which is why I left out some good conference presentations, shot from afar) and engagingly delivered
- (c) Should be at a suitable level for students

I have roughly rank-ordered the links in order of how useful I feel they are – leaving those which are detailed or a little more technical than the others to the end. Opinions will differ, however!

I hope you enjoy them, as well as finding them useful.

Chapter 1: Introduction to Individual Differences

<https://www.youtube.com/watch?v=piDznzrNymE> Harvard video which introduces most of the topics covered in this book

<https://www.researchgate.net/publication/303519479> [Differential Psychology](#) Outline of individual differences from Boele de Raad – introducing many topics which will be studied in more depth in subsequent chapters

<http://psychclassics.yorku.ca/Cronbach/Disciplines>, Classic paper outlining the need to integrate experimental psychology and individual differences.

<https://personality-project.org/revelle/publications/ids.html> Introduction to the study of individual differences by Bill Revelle. Ignore the technical bits.

<https://personality-project.org> Bill Revelle’s excellent “Personality Project” contains a wealth of useful materials for this and other chapters

Chapter 2: Kelly and Rogers

<http://pages.cpsc.ucalgary.ca/~gaines/pcp/> old but easy introduction to Kelly's theories, with some good links. Recommended.

<https://www.youtube.com/watch?v=iMi7uY83z-U> Video of Carl Rogers talking about the importance of empathy

<http://psychclassics.yorku.ca/Rogers/personality.htm> Rogers describes his theories

https://www.youtube.com/watch?v=m30jsZx_Ngs Part of one of Carl Rogers' therapeutic sessions

<http://www.terapiacognitiva.net/record/pag/contents.htm> How to administer a repertory grid

<http://kellysociety.org> Excellent resources on Kelly and the rep. grid

[http://www.psychology.sunysb.edu/attachment/measures/content/Jack Block Q-sort method book.pdf](http://www.psychology.sunysb.edu/attachment/measures/content/Jack_Block_Q-sort_method_book.pdf) Block (1961) The Q-sort Method in

Personality Assessment and Psychiatric Research. Whole book.

<http://psychclassics.yorku.ca/Rogers/therapy.htm> Rogers describes his therapeutic approach

<http://www.pcp-net.org/encyclopaedia/main.html> Old personal construct resources

http://edutechwiki.unige.ch/en/Repertory_grid_technique more on the rep. grid technique and its applications in other areas

www.listentogenius.com/author.php/317) A 12-minute audio reading of part of one of Rogers' works

Chapter 3: Measuring Individual Differences

www.guidetopsychology.com/testing.htm, Excellent discussion of the logic of testing

<https://opentextbc.ca/researchmethods/chapter/understanding-psychological-measurement/> more on operational definitions and psychological measurement

<https://www.youtube.com/watch?v=5tsbb-B8Rs0> Personality testing

<https://www.shldirect.com/en/assessment-advice/example-questions> some examples of real-life test items

<https://aseba.org/samples-of-forms/> Real-life rating-scale items

<https://medicstudent.wordpress.com/2008/02/28/projective-personality-test/> A projective test, with scoring guidelines

<https://www.youtube.com/watch?v=dHvN09pxRqc&list=PL9vFXqL-2B7iQNT7b3gKzWr5j5lBo-DO> examples of ability tests... or are they attainment tests?

<https://www.youtube.com/watch?v=wfvgaDOGC5k> an example of training on an individual ability test

<https://ipop.ori.org> Dozens of personality items which have been validated and which are free to use. They measure most personality traits.

www.psychassessment.com.au/PDF/Chapter%2004.pdf Test scales and norms

www.ets.org/test-link/find-tests/ ETS test locator. Finds tests, including unpublished ones

<http://buros.org/> Lists commercial tests which are reviewed in the mental Measurements Yearbooks. To read the reviews, see the relevant Mental Measurements Yearbook in your university library, or pay.

Web links

<https://ptc.bps.org.uk/> British Psychological Society information about test use.

<https://www.intestcom.org/> International Test Commission guidelines; an alternative to those shown in Appendix B.

Chapter 4: Depth Psychology

<http://psychclassics.yorku.ca/Freud/Origin/index.htm> Freud's outline of psychoanalysis. Recommended.

<https://www.youtube.com/watch?v=R-4TnPAnAtw> Video about Freud and his theories, with archive footage. Recommended.

<http://psychclassics.yorku.ca/Jung/types.htm> Extract from Jung's (1921) book on psychological types – including his description of Extraversion

<https://www.youtube.com/watch?v=wywUQc-4Opk> Jungian archetypes and the collective unconscious explained

<https://www.youtube.com/watch?v=3K1E-JFoMII> Adler speaking about his theories. Archive footage.

<https://www.youtube.com/watch?v=ZN4Hod8Clv8> Hans Eysenck on Freud and the effectiveness of psychoanalysis

<http://psychclassics.yorku.ca/Freud/History/index.htm> Freud's (1914) outline of the early history of psychoanalysis

<http://psychclassics.yorku.ca/Eysenck/psychotherapy.htm> A classic paper which seems to show that psychoanalysis is ineffective

<https://www.thesap.org.uk/resources/> Useful resources on Jung's theories

<https://www.youtube.com/watch?v=wywUQc-4Opk> Adler's life

<https://www.youtube.com/watch?v=9-Q9Gnxupy0> Adler's inferiority complex and break from Freud

<https://www.youtube.com/watch?v=0ag56H7mmak> Adler's theories continued

Chapter 5: Introduction to Factor Analysis

<https://www.youtube.com/watch?v=Q2JBLuQDUvI> (first half) – good introduction to the topic

<http://www2.psych.utoronto.ca/users/reingold/courses/intelligence/cache/carroll-gould.html> A good justification for using factor analysis

<http://node101.psych.cornell.edu/Darlington/factor.htm> outline of how factor analysis can be used – read first part only

Chapter 6: Broad Trait Theories of Personality

www.personalityresearch.org/papers/fehringer.html Overview of Cattell's theory

<https://www.youtube.com/watch?v=pxWEVoylr1c> general overview of trait personality theory

<https://www.youtube.com/watch?v=sUrV6oZ3zsk> Engaging outline of trait theory plus social-cognitive theory

<http://pip.ori.org> Hundreds of free scales measuring personality!

<https://sapa-project.org/> David Condon's personality project

<https://eric.ed.gov/?id=ED014738> Norman's (1967) paper on the development of the five-factor model

<https://psychcentral.com/lib/the-big-five-personality-traits/> Big Five personality traits

<https://www.youtube.com/watch?v=TNVpiFbAk-A> Lew Goldberg on the five factor model

<http://hexaco.org> HEXACO resources

<https://www.youtube.com/watch?v=lbJs3979N1M> Eysenck – Heretic. Interesting documentary about the man and his work; his later work on personality & smoking and personality and cancer is regarded as “suspect”, however.

<https://personality-project.org> Bill Revelle's excellent “Personality Project” contains a wealth of useful materials for this and other chapters

<http://surveymonkey.com> Free website for administering personality questionnaires over the internet. Handy for research projects.

Chapter 7: Emotional Intelligence

<https://www.youtube.com/watch?v=t162-3zUw9M> David Caruso on emotional intelligence

<http://psychometriclab.com/adminsdata/files/Trait%20EI%20-%20HID.pdf> excellent introduction from KV Petrides

https://www.youtube.com/watch?v=-hoo_dIOP8k Daniel Goldberg on emotional intelligence

<https://www.eiskillsgroup.com/example-items/> Examples of MSCEIT ability-EI items

https://mypages.unh.edu/sites/default/files/jdmayer/files/rp2016a-mayercarusosalovey_01.pdf 2016 paper on ability EI from Mayer, Caruso & Salovey

www.psychometriclab.com/ K.V. Petrides' emotional intelligence site – many useful offprints, plus the TEIQue. This site is well worth exploring for a deep understanding of trait-EI

<https://www.universalclass.com/articles/self-help/emotional-intelligence/emotional-intelligence-the-ability-model.htm> fairly basic overview of (ability and trait) emotional intelligence

Chapter 8 reliability & validity

<https://www.youtube.com/watch?v=3PEn7GcECl8> great, thoughtful lecture on reliability – rather more detailed than this chapter

<https://www.psychologytoday.com/us/blog/cui-bono/201710/measurement-reliability-explained-in-simple-language>
reliability explained

<https://www.youtube.com/watch?v=ILsxJQ-RpE> great lecture on validity

<https://allpsych.com/research-methods/variablesvalidityreliability/validityreliability/> reliability & validity

<https://conjointly.com/kb/construct-validity/> another excellent resource for reliability and validity

<https://onlinelibrary.wiley.com/doi/abs/10.1002/j.2330-8516.1987.tb00244.x> classic and superlative treatment of test validity – gets a little detailed!

Chapter 9: Narrow personality traits

<https://www.youtube.com/watch?v=T6hN5zzFj80> Marv Zuckerman talking about Sensation seeking

<https://www.youtube.com/watch?v=BI5JNDs-Azk> meditation and brain function

<https://www.gwern.net/docs/melatonin/2013-preckel.pdf> chronotype and school performance

<https://www.apa.org/monitor/julaug06/frisky> sensation seeking

https://www.ted.com/talks/philip_zimbardo_the_psychology_of_time Zimbardo talking about time perception

<https://www.psychologytoday.com/us/blog/the-mindful-self-express/201202/nine-essential-qualities-mindfulness> description of mindfulness

Chapter 10: Sub-clinical and antisocial personality traits

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4373633/> excellent overview of schizotypy

<https://www.youtube.com/watch?v=6aEaubXjWx4> Bob Altemeyer on authoritarianism (audio) or <https://www.theauthoritarians.org/> (free book)

<https://www.psytoolkit.org/survey-library/schizotypy-short-olife.html> O-LIFE schizotypy questionnaire

<https://www.youtube.com/watch?v=HyamTouoB9o> psychopathy video

<http://jonjayray.tripod.com/authcons.html> The distinction between authoritarianism and conservatism

<https://www.cpsa-acsp.ca/papers-2007/Bhattacharya.pdf> old authoritarianism review

<https://www.medicalnewstoday.com/articles/326451#mental-health-links> brief overview of alexithymia

https://cassiopaea.org/cass/sanity_1.Pdf Classic account of Psychopathy by Cleckley (1985). Very readable.

<https://www.youtube.com/watch?v=arJLy3hX1E8> basic narcissism video

https://www.youtube.com/watch?v=NJ7ck8Q_RII interview with a criminal psychopath

Chapter 11: Biological & Social bases of personality

<https://www.youtube.com/watch?v=K-HSiZUxTlk> Hans Eysenck classic video - biological basis of personality

<https://www.youtube.com/watch?v=6kwmD2qTBL8> more modern biological basis video

<https://www.nature.com/articles/s41598-017-17053-2> neuroticism and stress responses

https://wikimili.com/en/Biological_basis_of_personality great article outlining biological theories of personality

<http://www.philipcorr.net/uploads/downloads/15.pdf> Philip Corr on RST

www.philipcorr.net/uploads/downloads/65.pdf Matthews & Gilliland on RST

Chapter 12: Structure and measurement of abilities

www.cogsci.ecs.soton.ac.uk/cgi/psyc/newpsy?intelligence-g-factor.1 Art Jensen paper on the g factor

<https://www.youtube.com/watch?v=229ehewjdUk> Art Jensen talking about *g*

<https://www.youtube.com/watch?v=ow05B4bjGWQ> Bob Sternberg talking about practical intelligence (etc.)

<https://www.youtube.com/watch?v=8N2pnYne0ZA> Howard Gardner on multiple intelligence theory

<https://thepsychologist.bps.org.uk/volume-16/edition-10/ten-things-i-hated-about-intelligence-research> Ian Deary summarises some important issues

<https://psychclassics.yorku.ca/Spearman/> Spearman (1904) paper; primary source!

https://www.youtube.com/watch?v=gbKM_BNpzwc worth watching if you think that Stephen J Gould's "Mismeasure of Man" makes some telling points!

https://www.ets.org/Media/Research/pdf/Kit_of_Factor-Referenced_Cognitive_Tests.pdf Classic well-validated tests measuring 23 primary mental abilities. Free.

Chapter 13: Ability processes

<http://jtoomim.org/brain-training/overlap%20between%20visual%20inspection%20time%20tasks%20and%20general%20intelligence.pdf> Most papers are behind journal paywalls; this one isn't, and is typical of the IT literature

<http://arthurjensen.net/wp-content/uploads/2014/06/Reaction-Time-Movement-Time-and-Intelligence-1979-by-Arthur-Robert-Jensen-Ella-Munro.pdf> Jensen & Munroe's classic paper

<https://medicalxpress.com/news/2018-06-scientists-intelligence-brain-scans.html> predicting IQ from brain scans...

<https://brainhealthnorthwest.com/wechsler-adult-intelligence-scale-wais-iv-and-brain-area-function-mapping/> brain mapping and cognitive abilities (with pretty pictures)

http://www.ccbi.cmu.edu/reprints/Newman_Just_Sternberg-chapt-2005-intelligence.pdf rather more difficult overview of IQ and brain functioning

Chapter 14: Personality and Ability over the Lifespan

<https://www.youtube.com/watch?v=1WxD6QsWVeU> personality over the lifespan

https://greatergood.berkeley.edu/article/item/can_your_personality_change_over_your_lifetime personality change

<https://www.forbes.com/sites/daviddisalvo/2018/08/20/can-personality-change-or-does-it-stay-the-same-for-life-a-new-study-says-its-a-little-of-both/#7047bf2d79ca> more on personality change

<https://scottbarrykaufman.com/flynn-effect-personality/> A Flynn Effect for personality?

<https://www.youtube.com/watch?v=FiVrrZoQgbc&feature=youtu.be> Ian Deary: intelligence over the lifecourse

<https://www.youtube.com/watch?v=9vpqilhW9ul> Jim Flynn: generational changes in IQ

<https://www.youtube.com/watch?v=UEJAJB8pbcg> more Flynn: generational changes in IQ

Chapter 15: Environmental and Genetic Determinants of Personality and Ability

<https://www.youtube.com/watch?v=MGsgA5mldZw> Robert Plomin on behaviour genetics

<http://genetica.ufcspa.edu.br/artigos/artigos%20recentes/Genetics%20of%20intelligence.pdf> Genetics of intelligence

<https://opentextbc.ca/introductiontopsychology/chapter/11-3-is-personality-more-nature-or-more-nurture-behavioral-and-molecular-genetics/> Excellent resource on environmental and genetic influences on personality

<https://www.youtube.com/watch?v=4jt-JojXPLo> Nancy Segal – virtual twins etc.

<https://www.youtube.com/watch?v=lev8dGnxvdw> Robert Plomin genetics and intelligence video

<https://www.youtube.com/watch?v=cijH1fSn9D0> A gene for sensation seeking?

<http://genepi.qimr.edu.au/contents/p/staff/CV516.pdf> Heritability of personality

<https://www.youtube.com/watch?v=Snco6NHJgmQ> More Nancy Segal

Chapter 16: Psychology of Mood and Motivation

http://wellbeingwizard.com/index.php?option=com_content&task=view&id=503&Itemid=98 Velten technique for mood induction

<https://www.youtube.com/watch?v=m6fm1gt5YAM> Deci on self-determination theory

<http://frontierpsychiatrist.co.uk/mood-induction-procedures/> more on mood induction

http://michaelapter.net/wp-content/uploads/2016/04/Personality_Dynamics.pdf Apter's theory

<https://www.youtube.com/watch?v=v84XxJkqvbU> Brett Jones self-determination theory lecture

<https://www.verywellmind.com/what-is-self-determination-theory-2795387> self-determination theory paper

http://www0.cs.ucl.ac.uk/research/vr/Projects/Presencia/ConsortiumPublications/ucl_ion_papers/lewis_mood-dependent_memory.pdf Mood dependent memory

<https://www.nature.com/articles/s41598-018-19888-9> Paper linking mood variability to sleep variables and bipolar disorder. Not easy, but interesting.

<https://pielsurvey.org/> Free software for sampling behaviour (e.g., administering mood scales) at various time intervals.

Chapter 17: Applications in health, clinical, forensic

<https://www.youtube.com/watch?v=vRL2ummg9Y> Ian Deary on cognitive epistemology

<https://www.youtube.com/watch?v=9t5rR9HybHk> more detailed results from Ian Deary

<https://www.youtube.com/watch?v=oTM3ZfhXkpc> Dino Petrides on trait EI & Health

<https://www.youtube.com/watch?v=y0A4ZzkYtFQ> generalised anxiety disorder and depression

<https://www.youtube.com/watch?v=ggi6dlwneuM> Susan Folkman on coping

<https://www.youtube.com/watch?v=zHxI5NtcDow> Carl Rogers counselling. See also Chapter 2

<https://thepsychologist.bps.org.uk/volume-18/edition-10/intelligence-health-and-death> Ian Deary on intelligence and longevity

<https://www.youtube.com/watch?v=dOBSYw4KjYg> Introduction to forensic psychology

<https://www.youtube.com/watch?v=kUFtDrcZIOA> Uses of the MMPI in forensic psychology

Chapter 18 Applications in education, occupational, sport

<https://www.youtube.com/watch?v=fEv-vHMWoeo> Linda Gottfredson IQ and why it matters (health, work etc.)

<https://www.youtube.com/watch?v=Dlnm7tByLK8> Sophie von Stumm genetics and education

<https://www.youtube.com/watch?v=lk8sdMGJ3m4> Robert Plomin on g and school performance

<https://testingtalent.com/wp-content/uploads/2017/04/2016-100-Yrs-Working-Paper-on-Selection-Methods-Schmit-Mar-17.pdf> Schmidt: personnel selection

<https://www.inc.com/business-insider/why-iq-big-factor-future-success-job-performance-according-science-research.html> overview of IQ and job performance; follow links

https://www.researchgate.net/publication/232446415_Intelligence_and_job_performance_Economic_and_Social_Implications Hunter & Schmidt (1996) intelligence and job performance

www.pbarrett.net/publications/Faking_and_Employment_Selection_Hogan_et_al_2007.pdf Faking employment questionnaires

<https://www.ckju.net/en/blog/Five-Factor-Model-of-Personality-job-performance-job-satisfaction-leadership> Five-factor model at work. Good references.

<https://www.youtube.com/watch?v=cr4xV7edVWE> self-determination theory in sport

Chapter 19 Performing factor analysis

<http://psico.fcep.urv.es/utilitats/factor/> factor analysis software for Windows

<https://analytics.gonzaga.edu/parallelenigne/> online routine for performing parallel analysis

<https://www.guilford.com/excerpts/robins.pdf> excellent summary of the use of factor analysis in personality research

<https://www.youtube.com/watch?v=FoRUgRsIJFw> Patrick Sturgis on EFA and CFA (despite what the title says!)

<https://www.youtube.com/watch?v=IDZFWC-SpgU> Jeromy Anglim factor analysis lecture

<https://pareonline.net/pdf/v10n7.pdf> guidelines for performing factor analysis

<https://www.tqmp.org/RegularArticles/vol09-2/p079/p079.pdf> factor analysis - with example output

Chapter 20: Constructing a Test

https://www.youtube.com/watch?v=W5xwCLa_5pY Personality scale development (includes item-writing)

<https://www.youtube.com/watch?v=AUB0d31-j2M> item-writing

Chapter 21: Problems with tests

<https://mark-hurlstone.github.io/Week%207.%20Psychometric%20Barriers%20Response%20Biases.pdf> Great slides on response biases of various types

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3618383/> excellent paper on social desirability by Bakstrom & Bjorklund (2013)

<http://users.ugent.be/~flievens/modeling.pdf> anxiety and familiarity and their influence on ability-test scores

<https://thealternativehypothesis.org/index.php/2016/04/15/cultural-bias-on-iq-tests/> Paper on cultural bias - some references are behind a paywall

https://en.wikipedia.org/wiki/Race_and_intelligence race and intelligence

https://www.researchgate.net/publication/284501454_Test_anxiety Zeidner & Matthews on test anxiety – classic paper

<https://www.psychologytoday.com/us/blog/cuibono/201404/acquiescence-and-social-desirability-psychometric-bogeymen> acquiescence and social desirability

Chapter 22

<https://www.youtube.com/watch?v=OoAmdvYLHXY> Phil Ackerman on the relationship between intelligence and abilities and interests