



Simposio Internacional / *International Symposium:*

## **Longevidad y comportamiento: ¿Es el comportamiento un factor interviniente en la longevidad?**

*Longevity and behaviour: Do behavioural factors intervene in longevity?*

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**ABSTRACT**

### **Personality factors intervening in longevity Factores de personalidad ligados a la longevidad**

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Conscientiousness - characterized by traits such as self-control, persistence, orderliness, and social responsibility - predicts numerous positive life outcomes, including good social relationships, job success, physical health, and even longer life. Indeed, conscientiousness may provide add several years to life. It is a stronger predictor of longevity than socioeconomic status and intelligence. But it is not always helpful. This talk will unpack what we know about the conscientiousness and longevity link. I'll highlight the benefits of a conscientious personality, as well as some of the drawbacks. I'll consider the pathways involved, as well as factors that moderate these relationships. And then I'll turn to practical considerations – what does this tell us about personality and health across the lifespan? What are the implications for research, practice, and life in general?

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