

Apr 23rd, 10:15 AM

## Some Like it Hot! A Study Investigating Personality Dimensions, Openness to New Foods, and Sexual Exploration

Adee Bitton  
*Northeastern Illinois University*

Talia Sassounes  
*Northeastern Illinois University*

Follow this and additional works at: <https://neiudc.neiu.edu/srcas>

---

Bitton, Adee and Sassounes, Talia, "Some Like it Hot! A Study Investigating Personality Dimensions, Openness to New Foods, and Sexual Exploration" (2021). *NEIU Student Research and Creative Activities Symposium*. 1.

<https://neiudc.neiu.edu/srcas/2021/s11/1>

This Event is brought to you for free and open access by the Conferences and Symposia at NEIU Digital Commons. It has been accepted for inclusion in NEIU Student Research and Creative Activities Symposium by an authorized administrator of NEIU Digital Commons. For more information, please contact [h-owen3@neiu.edu](mailto:h-owen3@neiu.edu), [wallis@neiu.edu](mailto:wallis@neiu.edu).

# **Some Like it Hot! A Study Investigating Personality Dimensions, Openness to New Foods, and Sexual Exploration.**

Adee Bitton, Talia Sassounes  
Department of Psychology, Northeastern Illinois University

## Introduction:

Previous studies have demonstrated a relationship between personality traits and food personality and found that high levels of extraversion, as well as high levels of openness to new experience, have been positively associated with food neophilia (Nezlek & Foresetell, 2019; Tuncdogan & Ar, 2018). There has been little research done about the relationship between personality traits and sexual openness (Allen & Walter, 2018; Skoda et al., 2020). Past research has found that openness to experience was negatively correlated with various risky sexual behaviors, such as having sex at an early age, or having sex without a condom (Miller et al., 2004). No previous research has been conducted involving sexual orientation and food personality, as well as sexual orientation and sexual openness.

## Procedure:

The study will be posted on Sona Systems for the participants to sign up and complete the survey online. Participants will be presented with 16-item Likert scale designed to measure their personality type (i.e., scores on *Openness to New Experience and Extraversion*), a 10-item Likert scale designed to measure their food personality (i.e., food neophile or food neophobe), and a 33-item measure designed to measure their level of sexual openness. The participants will be then asked to indicate their sexual orientation.

## Proposed Analyses:

The study will assess the correlation between extraversion and openness to new experience and sexual openness, as well as food personality. It is predicted that high levels of extraversion and openness to new experience will be associated with high levels of food neophilia and sexual openness. The study will also assess the correlation between sexual orientation and sexual openness, as well as food personality. It is predicted that being bisexual will be associated with high levels of food neophilia, and that being gay and bisexual will be associated with high levels of sexual openness. The hypotheses will be tested using both correlations and ANOVA.

## Significance:

Past research has been done involving food neophilia and neophobia, and personality type, but research has not considered sexual orientation as a variable. Having a better understanding of the relationship among these variables may help inform health and food-related interventions.