

## **ONLINE SUPPLEMENTAL MATERIAL**

accompanying the article “Who wants to change and how? On the trait-specificity of personality change goals”

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In the following, we provide supplementary results (Tables S1 – S11) for all three studies. For additional analyses and results as well as the raw data, we direct interested readers to our folder on the Open Science Framework (<https://osf.io/trhzs/>).

Table S1

*Descriptive Statistics, Intercorrelations, and Alpha Reliabilities of HEXACO Dimensions Measured at T1 and T2 (Study 1)*

Dimension	Range	<i>M (SD)</i>	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H – T1	1-5	3.78 (0.46)	<i>.90</i>											
2. E – T1	1-5	3.09 (0.47)	.09	<i>.90</i>										
3. X – T1	1-5	3.33 (0.47)	-.11*	-.29***	<i>.90</i>									
4. A – T1	1-5	3.05 (0.42)	.27***	-.15**	.03	.88								
5. C – T1	1-5	3.45 (0.39)	.05	-.09	.18***	.06	.85							
6. O – T1	1-5	3.22 (0.47)	-.08	-.18***	.29***	.03	.15**	.87						
7. H – T2	1-5	3.85 (0.44)	<b>.73***</b>	.10*	-.15**	.23***	.04	.00	.90					
8. E – T2	1-5	3.11 (0.45)	.07	<b>.80***</b>	-.20***	-.12*	-.06	-.16**	.08	.89				
9. X – T2	1-5	3.29 (0.48)	-.08	-.21***	<b>.79***</b>	.02	.14**	.19***	-.10*	-.24***	.91			
10. A – T2	1-5	3.07 (0.42)	.25***	-.13**	.02	<b>.75***</b>	.04	.02	.32***	-.15**	.15**	.89		
11. C – T2	1-5	3.47 (0.39)	.06	-.12*	.13**	.09	<b>.74***</b>	.11*	.13**	-.10*	.18***	.09	.87	
12. O – T2	1-5	3.16 (0.46)	-.13**	-.17***	.26***	.03	.15**	<b>.80***</b>	-.02	-.20***	.29***	.09	.21***	.87
13. Sex	0/1	0.52	-.14**	-.46***	.04	.06	.03	.06	-.17***	-.42***	.05	.06	.08	.07
14. Age T1	19-80	51.10 (12.58)	.18***	-.01	-.01	.08	.10*	.06	.15**	.06	-.05	.10*	.05	.06

*Note.*  $N = 429$ . Alpha reliabilities (Cronbach's alpha) are reported on the diagonal in italics. Stability correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion, T2 = second measurement occasion (10 years after T1). Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S2

*Descriptive Statistics of HEXACO Trait Levels Measured at T1 and T2, with Statistics from One-Sample t-Tests Comparing Mean Levels (Study 1)*

Dimension	$M_{T1}$ ( $SD_{T1}$ )	$M_{T2}$ ( $SD_{T2}$ )	$t(428)$	$d$
Honesty-Humility	3.78 (0.46)	3.85 (0.44)	4.03***	0.14 [0.07, 0.21]
Emotionality	3.09 (0.47)	3.11 (0.45)	0.85	0.03 [-0.03, 0.09]
Extraversion	3.33 (0.47)	3.29 (0.48)	2.75**	-0.09 [-0.15, -0.02]
Agreeableness	3.05 (0.42)	3.07 (0.42)	1.23	0.04 [-0.02, 0.11]
Conscientiousness	3.45 (0.39)	3.47 (0.39)	1.52	0.05 [-0.02, 0.12]
Openness to Experience	3.22 (0.47)	3.16 (0.46)	3.98***	-0.12 [-0.18, -0.06]

*Note.*  $N = 429$ . T1 = first measurement occasion, T2 = second measurement occasion (10 years after T1). The HEXACO dimensions were assessed on a scale from 1 (strongly disagree) to 5 (strongly agree). Values in square brackets indicate the 95% confidence intervals.

\*\*\*  $p < .001$ , \*\*  $p < .01$ .

As is apparent in Tables S1 and S2, there was high stability in all HEXACO dimensions across the 10-year period under scrutiny, ranging between  $r = .73$  for Honesty-Humility and  $r = .80$  for Emotionality and Openness to Experience and yielding an average stability of  $\bar{r} = .77$ . Correspondingly, mean-level changes were relatively small, showing a small but significant increase for Honesty-Humility, small but significant decreases for Extraversion and Openness to Experience, and no significant (negligible) differences for Emotionality, Agreeableness, and Conscientiousness (see Table S2). These findings, however, need to be qualified by the relatively old age of our sample, counting more than 50% of participants being 50 years or older at T1. Thus, the high stability of the HEXACO dimensions is in line with evidence on the Big Five which likewise suggests only (very) small changes in personality in middle and old adulthood (Roberts et al., 2006).

Table S3

*Descriptive Statistics and Intercorrelations of Change Goals and Desired Trait Levels on the HEXACO Dimensions (Study 1)*

Variable	Range	M (SD)	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H Change Goals	1-7	4.27 (0.80)	–											
2. E Change Goals	1-7	3.74 (1.02)	.01	–										
3. X Change Goals	1-7	4.61 (0.92)	.03	-.05	–									
4. A Change Goals	1-7	4.36 (0.79)	.29***	.02	-.01	–								
5. C Change Goals	1-7	4.27 (0.87)	.26***	.05	.13*	.22***	–							
6. O Change Goals	1-7	4.42 (0.71)	.26***	-.06	.19***	.16**	.19***	–						
7. H Desired Level	1-9	6.54 (1.39)	<b>.24***</b>	-.07	.17***	.07	.06	.15**	–					
8. E Desired Level	1-9	5.10 (1.24)	-.06	<b>.29***</b>	-.11*	.03	.02	-.02	.06	–				
9. X Desired Level	1-9	5.62 (1.12)	.00	-.08	<b>.24***</b>	.04	.14**	.10*	.29***	-.01	–			
10. A Desired Level	1-9	6.29 (1.27)	.30***	-.09	.16**	<b>.25***</b>	.13*	.25***	.54***	.07	.25***	–		
11. C Desired Level	1-9	5.89 (1.21)	.15**	.00	.15**	.16**	<b>.15**</b>	.12*	.50***	.08	.22***	.45***	–	
12. O Desired Level	1-9	6.07 (1.17)	.13*	-.06	.08	.09	.08	<b>.27***</b>	.47***	.07	.37***	.47***	.46***	
13. Sex	0/1	0.52	.02	.10	.03	-.09	.07	.00	.03	.00	-.08	-.02	.11*	-.08
14. Age T1	19-80	51.10 (12.58)	.00	-.01	-.14**	-.04	-.08	-.04	-.08	.04	-.16**	-.11*	-.07	-.09

*Note.*  $N = 387$ . Correlations between same dimensions are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience. Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S4

*Descriptive Statistics and Intercorrelations of Retrospective Personality Assessment, Including Correlations with Past Trait Levels and Demographics (Study 1)*

Dimension	Range	<i>M</i> ( <i>SD</i> )	Correlations					
			1	2	3	4	5	6
1. H Retrospective	1-9	5.90 (1.26)	–					
2. E Retrospective	1-9	5.18 (1.42)	.24***	–				
3. X Retrospective	1-9	4.69 (1.44)	.06	.12*	–			
4. A Retrospective	1-9	5.58 (1.33)	.29***	.11*	-.11*	–		
5. C Retrospective	1-9	5.55 (1.25)	.35***	.01	.00	.31***	–	
6. O Retrospective	1-9	5.33 (1.23)	.26***	.19***	.30***	.21***	.22***	–
7. H – T1	1-5	3.78 (0.46)	<b>.11*</b>	.12*	-.07	.15**	-.03	.04
8. E – T1	1-5	3.09 (0.47)	-.11*	<b>.30***</b>	-.05	.01	-.11*	-.10*
9. X – T1	1-5	3.33 (0.47)	.07	.03	<b>.48***</b>	.05	.02	.30***
10. A – T1	1-5	3.05 (0.42)	-.01	-.08	-.11*	<b>.34***</b>	.09	.00
11. C – T1	1-5	3.45 (0.39)	.12*	-.04	.07	.04	<b>.32***</b>	.07
12. O – T1	1-5	3.22 (0.47)	.15**	-.02	.10*	.09	.14**	<b>.34***</b>
13. Sex	0/1	0.52	.08	-.25***	-.13*	.02	.09	.02
14. Age T1	19-80	51.10 (12.58)	-.06	-.01	.17**	-.04	.02	.15**

*Note.* *N* = 387. Accuracy correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion. Sex was coded such that 0 = female, 1 = male. Retrospective trait levels measured at T2.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S5

*Descriptive Statistics, Intercorrelations, and Alpha Reliabilities of HEXACO Dimensions Measured at T1 and T2 (Study 2)*

Dimension	Range	<i>M (SD)</i>	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H – T1	1-5	3.67 (0.44)	<i>.89</i>											
2. E – T1	1-5	3.41 (0.51)	<i>.26**</i>	<i>.91</i>										
3. X – T1	1-5	3.51 (0.52)	-.16	-.23**	<i>.92</i>									
4. A – T1	1-5	3.04 (0.48)	<i>.34***</i>	.00	.11	<i>.90</i>								
5. C – T1	1-5	3.34 (0.49)	.10	.10	-.06	.06	<i>.89</i>							
6. O – T1	1-5	3.28 (0.53)	-.10	-.19*	.03	-.02	-.01	<i>.90</i>						
7. H – T2	1-5	3.79 (0.49)	<b>.74***</b>	.14	-.13	<i>.26**</i>	.08	-.19*	<i>.90</i>					
8. E – T2	1-5	3.44 (0.53)	<i>.21**</i>	<b>.74***</b>	-.16	.01	.07	-.24**	<i>.18*</i>	<i>.91</i>				
9. X – T2	1-5	3.53 (0.57)	-.21**	-.15	<b>.73***</b>	.04	.02	.08	-.15	-.22**	<i>.93</i>			
10. A – T2	1-5	3.05 (0.56)	.15	-.01	.03	<b>.71***</b>	-.02	-.04	<i>.22**</i>	-.10	.13	<i>.92</i>		
11. C – T2	1-5	3.53 (0.54)	.01	.13	-.06	.00	<b>.65***</b>	-.12	.10	.11	.15	.03	<i>.91</i>	
12. O – T2	1-5	3.38 (0.55)	-.13	-.29***	.05	.00	-.03	<b>.82***</b>	-.16	-.34***	.12	-.02	-.08	<i>.91</i>
13. Sex	0/1	0.18	-.26**	-.39***	.11	-.01	-.10	.16	-.20*	-.43***	<i>.18*</i>	.12	.00	<i>.22**</i>
14. Age T1	17-40	20.36 (3.01)	-.02	-.23**	.04	-.05	-.06	<i>.24**</i>	-.09	-.23**	.08	.05	-.13	<i>.25**</i>

*Note.*  $N = 148-149$ . Alpha reliabilities (Cronbach's alpha) are reported on the diagonal in italics. Stability correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion, T2 = second measurement occasion (three years after T1). Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S6

*Descriptive Statistics of HEXACO Trait Levels Measured at T1 and T2, with Statistics from One-Sample t-Tests Comparing Mean Levels (Study 2)*

Dimension	$M_{T1}$ ( $SD_{T1}$ )	$M_{T2}$ ( $SD_{T2}$ )	$t(148)$	$d$
Honesty-Humility	3.67 (0.44)	3.79 (0.49)	4.28***	0.25 [0.14, 0.37]
Emotionality	3.41 (0.51)	3.44 (0.53)	1.11	0.07 [-0.05, 0.18]
Extraversion	3.51 (0.52)	3.53 (0.57)	0.55	0.03 [-0.09, 0.15]
Agreeableness	3.04 (0.48)	3.05 (0.56)	0.38	0.02 [-0.10, 0.15]
Conscientiousness	3.34 (0.49)	3.53 (0.54)	5.10***	0.35 [0.21, 0.49]
Openness to Experience	3.28 (0.53)	3.38 (0.55)	3.77***	0.18 [0.09, 0.28]

*Note.*  $N = 149$ . T1 = first measurement occasion, T2 = second measurement occasion (three years after T1). The HEXACO dimensions were assessed on a scale from 1 (strongly disagree) to 5 (strongly agree). Values in square brackets indicate the 95% confidence intervals.

\*\*\*  $p < .001$ .

As is apparent in Tables S5 and S6, there was again high stability on all HEXACO dimensions, with stability correlations ranging from  $r = .65$  for Conscientiousness to  $r = .82$  for Openness to Experience, yielding an average of  $\bar{r} = .73$ . Mean-level differences between T1 and T2 showed significant, small to medium-sized increases in Honesty-Humility, Conscientiousness, and Openness to Experience, but no significant (negligible) changes for Emotionality, Extraversion, and Agreeableness. As such, there was some indication of maturation (i.e., higher levels in Honesty-Humility and Conscientiousness), essentially replicating prior research on trait changes of the Big Five among university students (e.g., Lüdtke et al., 2011). However, especially the meaningful increase in Honesty-Humility among students is a new finding. Moreover, it is striking that observed changes in personality were considerably larger than in Study 1, even though the time between measurements was much shorter (i.e., 3 years and 5 months vs. 10 years). However, given that the sample in Study 2 consisted of university students only, these results are well in line with previous findings showing most considerable changes in personality in young adulthood (Lucas & Donnellan, 2011; Roberts et al., 2006).

Table S7

*Descriptive Statistics and Intercorrelations of HEXACO Change Goals Measured at T1 and T2 (Study 2)*

Variable	Range	<i>M</i> ( <i>SD</i> )	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H Change Goals – T1	1-7	4.59 (0.89)	–											
2. E Change Goals – T1	1-7	3.82 (0.96)	-.03	–										
3. X Change Goals – T1	1-7	4.81 (0.93)	.08	-.15	–									
4. A Change Goals – T1	1-7	4.80 (0.95)	.22**	.10	.07	–								
5. C Change Goals – T1	1-7	4.97 (1.08)	.06	-.10	.05	.07	–							
6. O Change Goals – T1	1-7	4.83 (0.85)	.05	-.06	.06	.06	-.05	–						
7. H Change Goals – T2	1-7	4.52 (0.78)	<b>.27**</b>	.02	.13	.21*	.01	-.07	–					
8. E Change Goals – T2	1-7	3.61 (0.99)	.00	<b>.31***</b>	-.20*	.10	-.07	.17	.01	–				
9. X Change Goals – T2	1-7	4.93 (0.92)	-.11	-.06	<b>.40***</b>	-.06	-.25**	.09	.00	-.01	–			
10. A Change Goals – T2	1-7	4.73 (0.93)	.15	.11	.04	<b>.47***</b>	.00	-.01	.39***	.09	-.04	–		
11. C Change Goals – T2	1-7	4.75 (1.11)	-.13	.09	.09	-.05	<b>.47***</b>	-.13	.03	.11	.04	-.04	–	
12. O Change Goals – T2	1-7	4.83 (0.79)	-.02	-.20*	.14	-.03	-.03	<b>.25**</b>	.12	-.11	.25**	.12	-.06	
13. Sex	0/1	0.18	.02	.13	-.03	-.09	.07	-.02	-.03	.17*	-.04	-.11	.20*	-.03
14. Age T1	17-40	20.36 (3.01)	-.13	.11	-.02	.00	.06	-.19*	-.10	.02	-.05	-.10	.10	-.25**

*Note.* *N* = 133-134 (T1), *N* = 148-149 (T2). Stability correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X =

Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion, T2 = second measurement occasion (three years after T1). Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .



Table S8

*Descriptive Statistics and Intercorrelations of Desired Trait Levels on HEXACO Dimensions Measured at T1 and T2 (Study 2)*

Variable	Range	M (SD)	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H Desired Level – T1	1-9	6.80 (1.53)	–											
2. E Desired Level – T1	1-9	5.48 (1.30)	.34***	–										
3. X Desired Level – T1	1-9	6.44 (1.08)	-.18*	.00	–									
4. A Desired Level – T1	1-9	6.64 (1.32)	.35***	.02	.23**	–								
5. C Desired Level – T1	1-9	6.66 (1.24)	.13	-.05	.15	.08	–							
6. O Desired Level – T1	1-9	6.91 (1.25)	.10	-.12	.12	.26**	.28***	–						
7. H Desired Level – T2	1-9	7.06 (1.41)	<b>.57***</b>	.26**	-.08	.23**	.20*	-.01	–					
8. E Desired Level – T2	1-9	5.48 (1.26)	.27**	<b>.38***</b>	.01	.12	-.03	.00	.31***	–				
9. X Desired Level – T2	1-9	6.22 (1.27)	-.01	-.04	<b>.31***</b>	.11	.06	.15	.09	.06	–			
10. A Desired Level – T2	1-9	6.66 (1.20)	.27**	.07	.13	<b>.40***</b>	-.03	-.02	.35***	.18*	.23**	–		
11. C Desired Level – T2	1-9	7.00 (1.17)	.09	-.04	.17*	.05	<b>.35***</b>	.15	.29***	.05	.23**	.38***	–	
12. O Desired Level – T2	1-9	6.87 (1.28)	.05	-.09	-.04	.14	.33***	<b>.45***</b>	.14	-.01	.32***	.26**	.34***	
13. Sex	0/1	0.18	-.17*	-.40***	.12	.01	.13	.11	-.08	-.07	.06	.22**	.18*	.12
14. Age T1	17-40	20.36 (3.01)	-.10	-.09	.07	.01	.03	.17*	-.03	.02	.08	.04	.11	.21*

*Note.*  $N = 132$ - $134$  (T1),  $N = 148$ - $149$  (T2). Stability correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X =

Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion, T2 = second measurement occasion (three years after T1). Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$

Table S9

*Descriptive Statistics and Intercorrelations of Retrospective Personality Assessment, Including Correlations with Past Trait Levels and Demographics (Study 2)*

Dimension	Range	<i>M</i> ( <i>SD</i> )	Correlations					
			1	2	3	4	5	6
1. H Retrospective	1-9	5.74 (1.35)	–					
2. E Retrospective	1-9	5.81 (1.72)	.25**	–				
3. X Retrospective	1-9	4.85 (1.88)	-.15	-.23**	–			
4. A Retrospective	1-9	5.41 (1.55)	.26**	.12	-.02	–		
5. C Retrospective	1-9	5.62 (1.75)	.03	.12	-.18*	.03	–	
6. O Retrospective	1-9	5.44 (1.80)	-.04	-.08	.17*	.03	.10	–
7. H – T1	1-5	3.67 (0.44)	<b>.44***</b>	.23**	-.25**	.18*	.04	-.11
8. E – T1	1-5	3.41 (0.51)	.13	<b>.67***</b>	-.17*	-.01	.02	-.26**
9. X – T1	1-5	3.51 (0.52)	-.22**	-.27***	<b>.75***</b>	.03	-.14	.04
10. A – T1	1-5	3.04 (0.48)	.09	.02	-.07	<b>.58***</b>	-.09	.02
11. C – T1	1-5	3.34 (0.49)	.09	.10	-.21**	.06	<b>.65***</b>	.06
12. O – T1	1-5	3.28 (0.53)	-.04	-.09	.11	.05	-.02	<b>.66***</b>
13. Sex	0/1	0.18	-.04	-.27***	.13	.21**	-.05	.14
14. Age T1	17-40	20.36 (3.01)	-.09	-.06	.04	-.04	-.12	.20*

*Note.* *N* = 148-149. Accuracy correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience, T1 = first measurement occasion. Sex was coded such that 0 = female, 1 = male. Retrospective traits levels measured at T2.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S10

*Descriptive Statistics and Intercorrelations of Change Goals (Study 3)*

Dimension	Range	<i>M</i> ( <i>SD</i> )	Correlations					
			1	2	3	4	5	6
1. H Change Goals	1-7	4.47 (0.85)	—					
2. E Change Goals	1-7	3.72 (1.01)	.01	—				
3. X Change Goals	1-7	4.65 (0.87)	.11**	-.12**	—			
4. A Change Goals	1-7	4.46 (0.80)	.22***	-.04	.10*	—		
5. C Change Goals	1-7	4.42 (0.86)	.29***	-.02	.11**	.17***	—	
6. O Change Goals	1-7	4.48 (0.77)	.25***	-.03	.22***	.22***	.26***	—
7. Sex	0/1	0.48	.12**	.20***	-.08*	-.01	.02	.00
8. Age	18-97	52.14 (17.37)	-.05	.20***	-.20***	.03	.00	-.09*

*Note.* *N* = 603. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience. Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Table S11

*Descriptive Statistics and Intercorrelations of Self-Relevance and Social Desirability Ratings (Study 3)*

Variable	Range	M (SD)	Correlations											
			1	2	3	4	5	6	7	8	9	10	11	12
1. H Self-Relevance	1-7	5.33 (1.29)	—											
2. E Self-Relevance	1-7	4.66 (1.29)	.27***	—										
3. X Self-Relevance	1-7	4.26 (1.39)	.17***	.17***	—									
4. A Self-Relevance	1-7	5.02 (1.21)	.25***	.25***	.31***	—								
5. C Self-Relevance	1-7	5.02 (1.26)	.30***	.19***	.23***	.23***	—							
6. O Self-Relevance	1-7	4.57 (1.46)	.19***	.14***	.25***	.20***	.22***	—						
7. H Social Desirability	1-7	5.43 (1.11)	<b>.39***</b>	.21***	.09*	.18***	.22***	.10*	—					
8. E Social Desirability	1-7	4.62 (1.19)	.08*	<b>.22***</b>	.07	.11**	.02	.03	.26***	—				
9. X Social Desirability	1-7	4.48 (1.26)	.06	.09*	<b>.37***</b>	.23***	.14***	.17***	.22***	.25***	—			
10. A Social Desirability	1-7	5.04 (1.27)	.12**	.10*	.17***	<b>.38***</b>	.08*	.09*	.40***	.28***	.30***	—		
11. C Social Desirability	1-7	4.96 (1.19)	.23***	.11**	.16***	.13**	<b>.49***</b>	.16***	.36***	.18***	.33***	.19***	—	
12. O Social Desirability	1-7	4.71 (1.19)	.13**	.16***	.25***	.19***	.17***	<b>.52***</b>	.16***	.15***	.26***	.18***	.25***	
13. Sex	0/1	0.48	-.05	-.30***	.05	.04	.00	.06	-.07	.02	.08*	.06	.03	.10*
14. Age	18-97	52.14 (17.37)	-.08	-.10*	-.04	-.04	-.05	.05	-.11**	.19***	.05	.03	-.03	.01

*Note.*  $N = 603$ . Stability correlations are printed bold-faced. H = Honesty-Humility, E = Emotionality, X = Extraversion, A = Agreeableness, C = Conscientiousness, O = Openness to Experience. Self-relevance measured at T2. Sex was coded such that 0 = female, 1 = male.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

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