1. Introduction

- **Passion**: strong inclination towards an activity that people
  - like
  - find important
  - and in which they invest time and energy
- **Dualistic Model of Passion**: 2 types of passion (Vallerand et al., 2003)
  - **Harmonious passion** (H.P.): the person controls his/her favourite activity.
  - **Obsessive passion** (O.P.): the favourite activity controls the person.

These two forms of passion differ from one another regarding their mode of development but also regarding the consequences they bring.

2. Research question

- **Old research tradition**: the passionate personality (Heymans & Wiersma, 1912).
- **No previous research** has examined with precision the personality variables that could intervene in passion development.
- **Is passion associated with a particular profile of personality?**
- **Does this profile differ according to the type of passion** (H.P. vs. O.P.)?

3. Hypotheses

**Regarding Big Five dimensions**

1) Both H.P. and O.P. correlate positively with Conscientiousness
2) H.P. correlates positively with Extraversion
3) O.P. correlates positively with Neuroticism

**Regarding perfectionism**

4) H.P. correlates positively with adaptive perfectionism (self-oriented perfectionism)
5) O.P. correlates positively with maladaptive perfectionism (socially prescribed perfectionism)

4. Method

**Participants:**
- N = 320
- 171 women (53%) and 149 men (47%)
- Aged 14 to 79 years old (M = 28.48; SD = 12.06)

**Procedure:**
- Data collected on the Internet by means of an on-line questionnaire.
- Questionnaire posted on various forums and web sites.

5. Results

**Table: Partial Correlations Between Personality Variables and the Two Types of Passion**

<table>
<thead>
<tr>
<th>Personality variables</th>
<th>Harmonious passion</th>
<th>Obsessive passion</th>
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</thead>
<tbody>
<tr>
<td>Big Five dimensions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>.19**</td>
<td>-.06</td>
</tr>
<tr>
<td>Extraversion</td>
<td>.14*</td>
<td>-.19**</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>-.27***</td>
<td>.16*</td>
</tr>
<tr>
<td>Perfectionism</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adaptive</td>
<td>.002</td>
<td>23***</td>
</tr>
<tr>
<td>Maladaptive</td>
<td>-.19**</td>
<td>.31***</td>
</tr>
</tbody>
</table>

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

1) Only H.P. presents a positive correlation with Conscientiousness. O.P. has no significant relationship with this dimension. This first hypothesis is thus partially supported.
2) H.P. is positively associated with Extraversion whereas O.P. is negatively associated with it.
3) O.P. is positively associated with Neuroticism whereas H.P. is negatively associated with it.
4) Surprisingly, H.P. almost presents a zero-correlation with adaptive perfectionism. Yet, H.P. presents a negative correlation with maladaptive perfectionism.
5) Surprisingly again, O.P. appears to be linked positively not only with maladaptive perfectionism but also with the adaptive form.

6. Conclusion

- Passionate people do not seem to distinguish themselves from non-passionate but differences obviously appear in the very heart of the passionate group (see Table).
- **Harmonious passion** appears to be linked with Conscientiousness and Extraversion while obsessive passion rather seems to be related to Neuroticism as well as to perfectionist tendencies (self-oriented and socially prescribed perfectionism).
- **Two different profiles of personality appear depending on whether the individual has developed a harmonious or an obsessive passion.**

This finding is consistent with previous research that systematically demonstrated the more positive/adaptive nature and consequences of harmonious passion in comparison with obsessive passion.

References: