

protection against oxidative stress. In this investigation saliva antioxidant capacity (SAC) was measured in young adults before and immediately after a single combined treatment (duration of app. 35 min.) consisting of diaphragmatic breathing (DB) and progressive muscle relaxation (PMR). Both, DB and PMR are routinely used as non medicamentous treatments in clinical psychology and psychiatry. After a single treatment applied the significant increase in SAC was revealed. However, the individual differences in SAC increase appeared to be dissipated from 2-3 to 60%. Such great dissipation was further confirmed to be significantly negatively correlated with the neuroticism, the one of the "big five" personality traits. Biological effects revealed in our study confirmed the requirement of DB and PMR application as powerful anti-stress tools in both clinical praxis and especially as daily mental hygiene in healthy young adult population.

Key words: stress, saliva, diaphragmatic breathing, progressive muscle relaxation, non medicamentous anti-stress treatments

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MONKEYS WITH PERSONALITY: CONSISTENT INTER-INDIVIDUAL DIFFERENCES IN COMMON MARMOSETS (*Callithrix jacchus*)

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The first ideas of personality came from human psychology, nowadays is this research question studied in a wide range of study species, from insects to non-human primates. Consistent individual differences (animal personalities) are defined as groups of correlated behaviours, that are temporally and contextually repeatable within an individual, and are usually divided in three non-social ("Boldness-Shyness", "Exploration-Avoidance" and "Activity") and two social ("Aggressiveness" and "Sociability") behavioural traits. In this study, we tested 21 individuals from three family groups of common marmosets (*Callithrix jacchus*) in five different experiments (general activity, novel food, novel object, predator and foraging under risk) in a solitary setting. Our results indicated that monkeys behaved consistently not only throughout time, but also across different contexts. These behaviours formed a construct of four major non-social personality components: "Boldness-Shyness in Foraging", "Boldness-Shyness in Predation", "Stress-Activity" and "Exploration-Avoidance". The models revealed no sex or age differences in the components, but they revealed a difference between groups in "Exploration-Avoidance". As common marmosets are highly gregarious animals, we will discuss the presence of the group-specific personality trait "Exploration-Avoidance" with regards to the possible influence of social environment on behaviour of individuals, even outside the immediate social context.

Key words: personality, consistent inter-individual differences, exploration-avoidance, common marmosets