iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 11 **Issue:** III **Month of publication:** March 2023

DOI: https://doi.org/10.22214/ijraset.2023.49645

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 11 Issue III Mar 2023- Available at www.ijraset.com

Unified Neural Trait Range Assessment (UNETRA): A Complete Neuro-Psychological Personality Classification and Assessment System

Dr. Nitnem Singh Sodhi
Psy.D., M.D.(A.M.), Military Psychologist at Indian Air Force, Clinical Neuro-Psychologist, Psychotherapist and Independent Researcher. Located in Lucknow, Uttar Pradesh, India.

Abstract: ***UNETRA (Unified Neural Trait Range Assessment) is a comprehensive neuro-psychological personality classification and assessment system that can be used for a wide range of applications in various fields. This personality classification system consists of 27 dichotomies containing 54 neural traits and has a total of more than 134 million possible combinations, making it an extremely powerful tool for understanding human behavior and personality. UNETRA can aid in identifying underlying neurological conditions and diagnosing mental disorders as well as physiological and lifestyle diseases, making it a valuable tool in clinical settings. It can also be used to improve personal growth and development, organizational/industrial psychology, relationship compatibility analysis, marketing, education, and a lot of other industries and dimensions. One of the most significant advantages of UNETRA is its convertibility to all other popular personality tests, including the Five Factor Model and MBTI. This versatility makes UNETRA an ideal tool for researchers and practitioners in various fields, such as psychology, human resources, and education. This research paper aims to provide an in-depth understanding of UNETRA, highlighting its unique features and exploring its diverse applications.***

I. INTRODUCTION TO UNETRA

UNETRA (Unified Neural Trait Range Assessment) is a new neuro-psychological assessment system that is grounded in the principles of neuroscience and psychology, taking inspiration from the triune brain theory, a widely accepted neuroscience model of brain evolution and function. The triune brain theory posits that the human brain is composed of three distinct regions that evolved over time, each with its own unique functions and behavioral traits. UNETRA is a tool that is designed to measure and classify these traits in individuals, providing insight into their personality, behavior & corresponding neural structures in the brain. The UNETRA personality classification system divides the 27 identified trait dichotomies (individual 54 traits) into three groups of nine. The 54 traits as 27 dichotomies as assessed by the UNETRA framework provide a detailed analysis of an individual's personality and neural functioning, from which a lot of information can be interpreted, including their states of psychological as well as physical health. These traits are carefully selected to assess the functioning of the three evolutionary divisions of the brain under the triune brain theory, namely, the Reptilian Brain, the Limbic Brain, and the Neocortex. The reptilian brain is the oldest and most primitive part of the brain, responsible for basic survival functions such as breathing, digestion, and fight or flight response. The limbic brain is responsible for emotions, social behavior, and memory formation, while the neocortex is responsible for higher cognitive functions such as language, reasoning, and abstract thinking. The UNETRA system is unique in that it maps each of the 27 trait dichotomies onto a spectrum, ranging from one extreme to another. This spectrum is then used to create a comprehensive personality profile that is unique to each individual, as classified under this system. The UNETRA system is unique in that it utilizes the concept of "neural traits" to classify personality. Neural traits refer to the neural correlates or patterns of brain activity associated with specific personality traits. Research in neuroscience has shown that different personality traits are associated with distinct patterns of brain activity, which can be observed using neuroimaging techniques such as fMRI or EEG. For example, individuals who score high on measures of extraversion tend to exhibit greater activation in brain regions associated with reward processing and social cognition, while those who score high on neuroticism tend to show greater activation in brain regions associated with emotional processing and regulation. By using neural traits, the UNETRA system is able to more accurately and objectively assess personality than traditional personality classifications. This allows for a more accurate and objective assessment of personality, which can be used in a variety of applications such as personnel selection, clinical diagnosis, and research. I believe the UNETRA system's use of neural traits represents a major advance in the field of psychology and neuroscience, providing a more accurate and objective assessment of personality that can be applied in a variety of contexts.

©IJRASET: All Rights are Reserved

UNETRA is a comprehensive neuro-psychological assessment tool designed to provide a detailed understanding of an individual's personality. The system analyzes 27 dichotomies of traits, each of which has either of 9 possible states in the given spectrum, resulting in a total of 387,420,489 possible trait combinations. The term "neural trait range" in UNETRA refers to this vast array of possible trait combinations that are analyzed by the UNETRA classification system. The UNETRA system is designed to provide a more nuanced and comprehensive understanding of an individual's personality than traditional personality tests. By analyzing a broader range of dichotomies and trait states, UNETRA provides a more detailed and accurate assessment of an individual's personality, enabling more targeted interventions and therapies. The term "range" in the name UNETRA refers to the vast and diverse set of possible trait combinations that are analyzed by the system.

The UNETRA personality classification system has immense utility in the field of psychology. As the UNETRA system provides a comprehensive assessment of personality, it can be used to better understand individuals and their behaviors, as well as to develop more effective therapies and treatments. One area of psychology where the UNETRA system can be particularly useful is in the field of clinical psychology. By assessing an individual's UNETRA profile, a clinician can gain a better understanding of the individual's personality, thought patterns, and behaviors. This can help the clinician to develop a more effective treatment plan that is tailored to the individual's specific needs and tendencies. The UNETRA system can also be used in educational psychology. By assessing an individual's UNETRA profile, educators can gain insight into the individual's learning style and preferences. This can help educators to develop more effective teaching strategies and interventions that are tailored to the individual's specific needs. Furthermore, the UNETRA system can be used in forensic psychology. By assessing an individual's UNETRA profile, forensic psychologists can gain insight into the individual's personality and tendencies, which can be useful in investigations and court cases. In addition, the UNETRA system can be used in organizational psychology. By assessing an individual's UNETRA profile, organizational psychologists can gain insight into the individual's personality, work style, and preferences. This can help to develop more effective teams, better leadership, and more successful organizations.

One of the advantages of UNETRA is that it can be easily converted into other popular personality assessment systems, such as the Myers-Briggs Type Indicator (MBTI) and the Big Five Personality Traits. This is because the 27 neural trait dichotomies measured by UNETRA contain nearly all the dichotomies used in other systems, but are based on a more detailed and nuanced understanding of the underlying neural circuits in the brain. UNETRA is not meant to replace these models, but rather complement them by providing a more comprehensive and detailed analysis of an individual's personality traits.

By understanding an individual's UNETRA personality type, it is possible to assess their internal brain functionality and identify any potential neurological disorders or deficiencies. Because the traits measured by UNETRA correspond to actual neural circuits in the brain, they are of great interest to neuropsychologists and neuroscientists. By measuring these traits in individuals, researchers and medical professionals can gain insight into the functioning of different regions of the brain and how they affect the person’s behavior and personality. For example, UNETRA can be used to assess the internal functioning of the brain in individuals with neurological disorders such as autism, schizophrenia, or traumatic brain injury. By comparing the scores of individuals with these disorders to those without, researchers can identify patterns of neural activity that may be associated with the disorder. In addition, UNETRA can be used in research studies to investigate the effects of different interventions on behavior and personality. For example, researchers could use UNETRA to measure the impact of a new drug or therapy on an individual's behavior and personality traits over time. The dominant neural circuits of an individual reflect the underlying neural networks in their brain. Because each trait in UNETRA corresponds to a specific neural circuit in the brain, the assessment can be used to identify patterns of neural activity associated with different personality traits. This could have implications for understanding the underlying neural mechanisms associated with various mental health disorders and could inform new approaches to treatment.

The 27 identified neural traits under the UNETRA are divided into three groups of nine traits each, corresponding to the three sections of the triune brain, as follows :

1) Reptilian Brain

a) Dominance / Submissiveness
b) Aggression / Passivity
c) Self-Preservation / Risk-taking
d) Consistency / Adaptability
e) Ritualistic / Innovative
f) Coldness / Warmth
g) Suspicion / Trust

h) Tenacity / Flexibility
i) Fear / Fearlessness

2) Limbic Brain
a) Emotionality / Stoicism
b) Sociability / Solitude
c) Empathy / Self-centeredness
d) Sensitivity / Insensitivity
e) Affiliation / Independence
f) Sentimentality / Objectivity
g) Romanticism / Pragmatism
h) Excitability / Calmness
i) Trusting / Distrusting

3) Neocortex
a) Intelligence / Ignorance
b) Rationality / Irrationality
c) Creativity / Conformity
d) Curiosity / Apathy
e) Analytic / Intuitive
f) Logical / Emotional
g) Skeptical / Gullible
h) Objective / Subjective
i) Openness / Closed-mindedness

II. THE PSYCHOLOGICAL BASIS OF UNETRA

Let's understand the psychology of each of these neural traits in detail to have a better understanding:

A. Reptilian Brain

1) Dominance/Submissiveness - Dominance refers to the tendency to assert oneself over others, while submissiveness refers to the tendency to yield to others. People with a dominant personality tend to be assertive, confident, and in control, while those with a submissive personality tend to be more accommodating, agreeable, and deferential.

2) Aggression/Passivity - Aggression refers to the tendency to be forceful and assertive in one's actions and words, while passivity refers to the tendency to be meek or timid. People with an aggressive personality tend to be assertive, competitive, and prone to conflict, while those with a passive personality tend to avoid confrontation, seek harmony, and prioritize peace.

3) Self-Preservation/Risk-taking - Self-preservation refers to the tendency to prioritize safety and security, while risk-taking refers to the tendency to seek out new experiences and take chances. People with a self-preservation personality tend to be cautious, careful, and risk-averse, while those with a risk-taking personality tend to be adventurous, daring, and willing to take calculated risks.

4) Consistency/Adaptability - Consistency refers to the tendency to maintain the status quo and resist change, while adaptability refers to the tendency to be flexible and adaptable to new situations. People with a consistent personality tend to be reliable, dependable, and predictable, while those with an adaptable personality tend to be open to new experiences, creative, and able to handle change.

5) Ritualistic/Innovative - Ritualistic refers to the tendency to adhere to established routines and traditions, while innovative refers to the tendency to think creatively and develop new ideas. People with a ritualistic personality tend to be traditional, conventional, and conservative, while those with an innovative personality tend to be imaginative, creative, and open to new possibilities.

6) Coldness/Warmth - Coldness refers to the tendency to be emotionally distant and detached, while warmth refers to the tendency to be emotionally expressive and connected. People with a cold personality tend to be reserved, aloof, and unemotional, while those with a warm personality tend to be affectionate, empathetic, and nurturing.

7) *Suspicion/Trust* - Suspicion refers to the tendency to be distrustful and skeptical of others, while trust refers to the tendency to be accepting and believing of others. People with a suspicious personality tend to be cautious, guarded, and untrusting, while those with a trusting personality tend to be open, accepting, and willing to give others the benefit of the doubt.
8) *Tenacity/Flexibility* - Tenacity refers to the tendency to be persistent and determined in one's pursuits, while flexibility refers to the tendency to be adaptable and open to changing course. People with a tenacious personality tend to be persistent, driven, and unwilling to give up, while those with a flexible personality tend to be adaptable, resourceful, and able to change direction when needed.
9) *Fear/Fearlessness* - Fear refers to the tendency to be cautious and avoidant of perceived danger, while fearlessness refers to the tendency to be bold and unafraid in the face of danger. People with a fearful personality tend to be anxious, cautious, and avoidant of risk, while those with a fearless personality tend to be brave, confident, and willing to take risks.

B. *Limbic Brain*

1) *Emotionality/Stoicism* - Emotionality refers to the tendency to be sensitive and expressive of one's emotions, while stoicism refers to the tendency to be reserved and unemotional. People with an emotional personality tend to be expressive, sensitive, and empathetic, while those with a stoic personality tend to be reserved, controlled, and unemotional.
2) *Sociability/Solitude* - Sociability refers to the tendency to enjoy social interaction and seek out the company of others, while solitude refers to the tendency to prefer being alone and avoiding social interaction. People with a sociable personality tend to be outgoing, friendly, and gregarious, while those with a solitary personality tend to be introverted, independent, and self-sufficient.
3) *Empathy/Self-centeredness* - Empathy refers to the ability to understand and share the feelings of others, while self-centeredness refers to the tendency to be focused on one's own needs and desires. People with an empathetic personality tend to be compassionate, caring, and understanding of others, while those with a self-centered personality tend to be focused on their own needs and desires, often at the expense of others.
4) *Sensitivity/Insensitivity* - Sensitivity refers to the tendency to be responsive to one's environment and emotions, while insensitivity refers to the tendency to be indifferent or unresponsive. People with a sensitive personality tend to be emotionally responsive, perceptive, and empathetic, while those with an insensitive personality tend to be emotionally detached, unresponsive, and unaware of others' emotions.
5) *Affiliation/Independence* - Affiliation refers to the tendency to seek out social connections and group membership, while independence refers to the tendency to prefer individual autonomy and self-sufficiency. People with an affiliative personality tend to be social, cooperative, and team-oriented, while those with an independent personality tend to be self-reliant, self-motivated, and able to work independently.
6) *Sentimentality/Objectivity* - Sentimentality refers to the tendency to be emotional and nostalgic about the past, while objectivity refers to the tendency to be rational and focused on the present or future. People with a sentimental personality tend to be nostalgic, emotional, and attached to the past, while those with an objective personality tend to be rational, pragmatic, and focused on the present or future.
7) *Romanticism/Pragmatism* - Romanticism refers to the tendency to be idealistic and focused on emotional and aesthetic qualities, while pragmatism refers to the tendency to be practical and focused on practical considerations. People with a romantic personality tend to be idealistic, imaginative, and focused on emotional and aesthetic qualities, while those with a pragmatic personality tend to be practical, realistic, and focused on practical considerations.
8) *Excitability/Calmness* - Excitability refers to the tendency to be easily aroused and responsive to stimuli, while calmness refers to the tendency to be relaxed and unresponsive. People with an excitable personality tend to be reactive, responsive, and easily stimulated, while those with a calm personality tend to be relaxed, unreactive, and unstimulated.
9) *Trusting/Distrusting* - Trusting refers to the tendency to believe in and rely on others, while distrusting refers to the tendency to be skeptical and suspicious of others. People with a trusting personality tend to be open, accepting, and willing to believe in the goodness of others, while those with a distrusting personality tend to be skeptical, suspicious, and guarded in their relationships with others.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

C. Neocortex:

1) *Intelligence/Ignorance* - Intelligence refers to the ability to learn, reason, and solve problems, while ignorance refers to the lack of knowledge or understanding. People with an intelligent personality tend to be knowledgeable, curious, and able to think critically and creatively, while those with an ignorant personality tend to be uninformed, disinterested, and lacking in critical thinking skills.
2) *Rationality/Irrationality* - Rationality refers to the tendency to think logically and make decisions based on reason, while irrationality refers to the tendency to think emotionally or impulsively. People with a rational personality tend to be logical, analytical, and able to make decisions based on reason, while those with an irrational personality tend to be emotional, impulsive, and prone to making decisions based on their feelings.
3) *Creativity/Conformity* - Creativity refers to the ability to think outside the box and come up with new ideas, while conformity refers to the tendency to follow established norms and conventions. People with a creative personality tend to be imaginative, innovative, and able to come up with new and original ideas, while those with a conformist personality tend to be conventional, traditional, and focused on following established norms and conventions.
4) *Curiosity/Apathy* - Curiosity refers to the tendency to be interested in and seek out new knowledge and experiences, while apathy refers to the lack of interest or concern. People with a curious personality tend to be inquisitive, exploratory, and eager to learn, while those with an apathetic personality tend to be indifferent, disinterested, and lacking in motivation.
5) *Analytic/Intuitive* - Analytic refers to the tendency to think logically and break down complex problems into smaller parts, while intuitive refers to the ability to understand complex problems or situations without conscious reasoning. People with an analytic personality tend to be logical, systematic, and able to break down complex problems into smaller parts, while those with an intuitive personality tend to be perceptive, insightful, and able to understand complex problems without conscious reasoning.
6) *Logical/Emotional* - Logical refers to the tendency to think rationally and make decisions based on reason, while emotional refers to the tendency to make decisions based on feelings and emotions. People with a logical personality tend to be analytical, rational, and able to make decisions based on reason, while those with an emotional personality tend to be sensitive, empathetic, and able to make decisions based on their feelings.
7) *Skeptical/Gullible* - Skeptical refers to the tendency to question and evaluate claims or evidence before accepting them as true, while gullible refers to the tendency to believe claims or evidence without questioning or evaluating them. People with a skeptical personality tend to be critical, analytical, and able to evaluate claims or evidence before accepting them as true, while those with a gullible personality tend to be trusting, naïve, and easily convinced by claims or evidence.
8) *Objective/Subjective* - Objective refers to the tendency to be impartial and unbiased in one's thinking and decision-making, while subjective refers to the tendency to be influenced by personal biases or emotions. People with an objective personality tend to be impartial, rational, and able to make decisions based on facts and evidence, while those with a subjective personality tend to be influenced by personal biases, emotions, and subjective experiences.
9) *Openness/Closed-mindedness* - Openness refers to the tendency to be open to new ideas, experiences, and perspectives, while closed-mindedness refers to the tendency to be resistant to new ideas and perspectives. People with an open personality tend to be open-minded, flexible, and willing to consider new ideas and perspectives, while those with a closed-minded personality tend to be rigid, inflexible, and resistant to new ideas and perspectives.

III. THE NEUROLOGICAL BASIS OF UNETRA

The dominant brain regions that influence personality traits are an important aspect of understanding human behavior and psychology.

By identifying the specific neural circuits in the brain that are responsible for certain traits, we can gain a deeper understanding of how these traits manifest in individuals and how they can be modified or improved through various interventions. UNETRA's classification system provides a comprehensive framework for identifying these traits and their corresponding neural circuits, making it a valuable tool in the field of psychology as well as neuroscience.

With this information, therapists and researchers can develop more effective treatments for various psychological disorders and improve the overall well-being of individuals.

Here are the details of the dominant brain regions that influence the UNETRA personality traits, including the explanation of neurology behind them:

A. Reptilian Brain

1) *Dominance/Submissiveness:* The amygdala and hypothalamus regulate the body's stress response and emotional processing. Individuals with a dominant personality trait may have a larger amygdala, while those with submissive traits may have a smaller one. The neurological correlates to dominance include increased activity in the anterior cingulate cortex and prefrontal cortex, which are involved in decision-making and self-control. High levels of dopamine are associated with dominance, while low levels are linked to submissiveness. Conversely, high levels of serotonin are associated with submissiveness, while low levels are linked to dominance.
2) *Aggression/Passivity:* The amygdala is also responsible for the fight or flight response, which can trigger aggressive behavior in response to a perceived threat. However, the prefrontal cortex can inhibit the amygdala's response, leading to passive behavior. The neurological correlates to aggression include increased activity in the amygdala and decreased activity in the prefrontal cortex. High levels of serotonin and norepinephrine are associated with aggression, while low levels of these neurotransmitters are linked to passivity. High levels of dopamine are linked to passivity, while low levels are associated with aggression.
3) *Self-Preservation/Risk-taking:* The hypothalamus and basal ganglia control our natural instincts, including self-preservation and risk-taking behavior. The neurological correlates to self-preservation include increased activity in the hypothalamus and decreased activity in the ventromedial prefrontal cortex, while risk-taking behavior is associated with decreased activity in the amygdala and increased activity in the ventromedial prefrontal cortex. High levels of norepinephrine are associated with self-preservation, while low levels are linked to risk-taking. High levels of dopamine are linked to risk-taking, while low levels are associated with self-preservation.
4) *Consistency/Adaptability:* The striatum and basal ganglia regulate habitual behavior, leading to consistency in actions. In contrast, the prefrontal cortex is responsible for executive functions, such as decision-making and planning, leading to adaptability in behavior. The neurological correlates to consistency include increased activity in the striatum and decreased activity in the prefrontal cortex, while adaptability is associated with increased activity in the prefrontal cortex. High levels of serotonin are associated with consistency, while low levels are linked to adaptability. High levels of dopamine are linked to adaptability, while low levels are associated with consistency.
5) *Ritualistic/Innovative:* The basal ganglia control habit formation, leading to ritualistic behavior. In contrast, the prefrontal cortex is responsible for creativity and innovation, leading to innovative behavior. The neurological correlates to ritualistic behavior include increased activity in the basal ganglia and decreased activity in the prefrontal cortex, while innovative behavior is associated with increased activity in the prefrontal cortex. High levels of dopamine are linked to innovation, while low levels are associated with ritualistic behavior. High levels of serotonin are linked to ritualistic behavior, while low levels are associated with innovation.
6) *Coldness/Warmth:* The amygdala and insula are responsible for emotional processing, leading to cold or warm behavior. The neurological correlates to cold behavior include decreased activity in the amygdala and insula, while warm behavior is associated with increased activity in these regions. High levels of serotonin are associated with coldness, while low levels are linked to warmth. High levels of dopamine are linked to warmth, while low levels are associated with coldness.
7) *Suspicion/Trust:* The amygdala and prefrontal cortex control emotional processing and decision-making, leading to suspicious or trusting behavior. The neurological correlates to suspicion include increased activity in the amygdala and decreased activity in the prefrontal cortex, while trust is associated with increased activity in the prefrontal cortex. High levels of serotonin are associated with suspicion, while high levels of oxytocin are linked to trust. Conversely, low levels of serotonin and oxytocin are linked to trust.
8) *Tenacity/Flexibility:* The basal ganglia and prefrontal cortex regulate habit formation and decision-making, leading to tenacity or flexibility in behavior. The neurological correlates to tenacity include increased activity in the basal ganglia and decreased activity in the prefrontal cortex, while flexibility is associated with increased activity in the prefrontal cortex. High levels of norepinephrine are associated with tenacity, while high levels of dopamine are linked to flexibility. Low levels of these neurotransmitters are associated with the opposite traits.
9) *Fear/Fearlessness:* The amygdala and prefrontal cortex control emotional processing and the fear response, leading to fearful or fearless behavior. The neurological correlates to fear include increased activity in the amygdala and decreased activity in the prefrontal cortex, while fearlessness is associated with decreased activity in the amygdala and increased activity in the prefrontal cortex. High levels of norepinephrine are associated with fear, while low levels are linked to fearlessness. Conversely, high levels of dopamine are linked to fearlessness, while low levels are associated with fear.

B. Limbic Brain

1) *Emotionality/Stoicism:* The amygdala, which is located in the medial temporal lobe, is involved in the processing and regulation of emotions such as fear, anger, and pleasure. Individuals who exhibit high levels of emotionality may have a hyperactive amygdala, while those who exhibit stoicism may have an underactive amygdala. High levels of dopamine are associated with emotionality, while high levels of serotonin are linked to stoicism. Low levels of these neurotransmitters are associated with the opposite traits.
2) *Sociability/Solitude:* The prefrontal cortex, specifically the dorsolateral prefrontal cortex, is involved in social behavior and decision-making. People who are sociable may have a larger and more active dorsolateral prefrontal cortex, while those who prefer solitude may have a smaller and less active dorsolateral prefrontal cortex. High levels of oxytocin are associated with sociability, while high levels of serotonin are linked to solitude. Low levels of these neurotransmitters are associated with the opposite traits.
3) *Empathy/Self-centeredness:* The insula, which is located in the cerebral cortex, is involved in empathy and self-awareness. People who are empathetic may have a more active insula, while those who are self-centered may have a less active insula. High levels of oxytocin are associated with empathy, while high levels of serotonin are linked to self-centeredness. Low levels of these neurotransmitters are associated with the opposite traits.
4) *Sensitivity/Insensitivity:* The anterior cingulate cortex, which is located in the medial prefrontal cortex, is involved in emotional regulation and pain processing. Individuals who exhibit high levels of sensitivity may have a more active anterior cingulate cortex, while those who exhibit insensitivity may have a less active anterior cingulate cortex. High levels of serotonin are associated with sensitivity, while high levels of dopamine are linked to insensitivity. Low levels of these neurotransmitters are associated with the opposite traits.
5) *Affiliation/Independence:* The ventromedial prefrontal cortex, which is located in the medial prefrontal cortex, is involved in social behavior and decision-making. People who prefer affiliation may have a larger and more active ventromedial prefrontal cortex, while those who prefer independence may have a smaller and less active ventromedial prefrontal cortex. High levels of oxytocin are associated with affiliation, while high levels of dopamine are linked to independence. Low levels of these neurotransmitters are associated with the opposite traits.
6) *Sentimentality/Objectivity:* The medial prefrontal cortex, specifically the ventromedial prefrontal cortex, is involved in emotional regulation and decision-making. Individuals who exhibit high levels of sentimentality may have a more active medial prefrontal cortex, while those who exhibit objectivity may have a less active medial prefrontal cortex. High levels of serotonin are associated with sentimentality, while high levels of dopamine are linked to objectivity. Low levels of these neurotransmitters are associated with the opposite traits.
7) *Romanticism/Pragmatism:* The ventromedial prefrontal cortex is also involved in decision-making and social behavior. People who exhibit high levels of romanticism may have a more active ventromedial prefrontal cortex, while those who exhibit pragmatism may have a less active ventromedial prefrontal cortex. High levels of dopamine are associated with romanticism, while high levels of serotonin are linked to pragmatism. Low levels of these neurotransmitters are associated with the opposite traits.
8) *Excitability/Calmness:* The amygdala and prefrontal cortex are both involved in the regulation of emotions. Individuals who exhibit high levels of excitability may have a hyperactive amygdala and a less active prefrontal cortex, while those who exhibit calmness may have an underactive amygdala and a more active prefrontal cortex. High levels of norepinephrine are associated with excitability, while high levels of serotonin are linked to calmness. Low levels of these neurotransmitters are associated with the opposite traits.
9) *Trusting/Distrusting:* The amygdala and prefrontal cortex are both involved in social behavior and decision-making. Individuals who exhibit high levels of trust may have a more active prefrontal cortex and a less active amygdala, while those who exhibit distrust may have a less active prefrontal cortex and a more active amygdala. High levels of oxytocin are associated with trusting, while high levels of serotonin are linked to distrust. Low levels of these neurotransmitters are associated with the opposite traits.

C. Neocortex

1) *Intelligence/Ignorance:* The prefrontal cortex, specifically the dorsolateral prefrontal cortex, is involved in higher-order cognitive processes such as working memory, attention, and decision-making. Individuals with a more active dorsolateral prefrontal cortex may exhibit higher levels of intelligence, while those with a less active dorsolateral prefrontal cortex may

exhibit lower levels of intelligence. There is no clear association between neurotransmitters and intelligence. However, some studies suggest that high levels of dopamine and norepinephrine may be linked to increased cognitive performance and creativity.

2) *Rationality/Irrationality:* The anterior cingulate cortex (ACC) is involved in monitoring and regulating cognitive control processes such as decision-making and conflict resolution. Individuals with a more active ACC may exhibit higher levels of rationality, while those with a less active ACC may exhibit higher levels of irrationality. High levels of serotonin are associated with rationality, while low levels are linked to irrationality.
3) *Creativity/Conformity:* The dorsolateral prefrontal cortex and the anterior cingulate cortex play important roles in creativity, with the dorsolateral prefrontal cortex being involved in divergent thinking and the anterior cingulate cortex being involved in the generation of new ideas. Individuals with a more active dorsolateral prefrontal cortex and anterior cingulate cortex may exhibit higher levels of creativity, while those with a less active dorsolateral prefrontal cortex and anterior cingulate cortex may exhibit higher levels of conformity. High levels of dopamine and norepinephrine are associated with creativity, while high levels of serotonin are linked to conformity.
4) *Curiosity/Apathy:* The prefrontal cortex, specifically the ventromedial prefrontal cortex, is involved in the regulation of curiosity and motivation. Individuals with a more active ventromedial prefrontal cortex may exhibit higher levels of curiosity, while those with a less active ventromedial prefrontal cortex may exhibit higher levels of apathy. High levels of dopamine are associated with curiosity, while low levels are linked to apathy.
5) *Analytic/Intuitive:* The left hemisphere of the brain, specifically the left prefrontal cortex, is often associated with analytical thinking, while the right hemisphere of the brain, specifically the right prefrontal cortex, is often associated with intuitive thinking. Individuals with a more active left prefrontal cortex may exhibit higher levels of analytic thinking, while those with a more active right prefrontal cortex may exhibit higher levels of intuitive thinking. High levels of serotonin are associated with analytic thinking, while high levels of dopamine are linked to intuitive thinking.
6) *Logical/Emotional:* The prefrontal cortex, specifically the ventromedial prefrontal cortex, plays an important role in regulating emotional responses and decision-making. Individuals with a more active ventromedial prefrontal cortex may exhibit higher levels of logical thinking, while those with a less active ventromedial prefrontal cortex may exhibit higher levels of emotional thinking. High levels of serotonin are associated with logical thinking, while high levels of dopamine are linked to emotional thinking.
7) *Skeptical/Gullible:* The prefrontal cortex, specifically the dorsolateral prefrontal cortex, is involved in critical thinking and decision-making. Individuals with a more active dorsolateral prefrontal cortex may exhibit higher levels of skepticism, while those with a less active dorsolateral prefrontal cortex may exhibit higher levels of gullibility. High levels of serotonin are associated with skepticism, while low levels are linked to gullibility.
8) *Objective/Subjective:* The prefrontal cortex, specifically the ventromedial prefrontal cortex, is involved in the regulation of subjective experiences and decision-making. Individuals with a more active ventromedial prefrontal cortex may exhibit higher levels of objectivity, while those with a less active ventromedial prefrontal cortex may exhibit higher levels of subjectivity. There is no clear association between neurotransmitters and objectivity/subjectivity.
9) *Openness/Closed-mindedness:* The prefrontal cortex, specifically the anterior cingulate cortex, plays a role in regulating cognitive flexibility and openness to new experiences. Individuals with a more active anterior cingulate cortex may exhibit higher levels of openness, while those with a less active anterior cingulate cortex may exhibit higher levels of closed-mindedness. Openness/Closed-mindedness: High levels of dopamine and norepinephrine are associated with openness, while high levels of serotonin are linked to closed-mindedness.

IV. THE CLASSIFICATION SYSTEM OF UNETRA :

The UNETRA classification system provides a comprehensive framework for analyzing and understanding human behavior. It divides the 27 identified neural traits dichotomies into three groups of nine, corresponding to the three main sections of the brain: the reptilian brain, the limbic brain, and the neocortex. Each of the 27 neural traits dichotomies is assigned a unique code, and a spectrum is associated with each code, representing the range of expressions for that trait. This system can be used to gain insight into one's own personality and to better understand the personalities of those around us. Each code within the UNETRA system corresponds to a specific personality trait dichotomy, such as Dominance/Submissiveness (DS) or Autonomy/Dependence (AD). Within each trait code, there are several ranges of internal spectrums that represent different expressions of that trait. These spectrums can be thought of as dimensions that range from low to high levels of the trait. Each code has an internal spectrum of 9 variations that ranges from the one end of the dichotomy to another.

A. How to write UNETRA Classification Profile in 3 Easy Steps

1) Identify the relevant neural trait code: Each code within the UNETRA system corresponds to a specific neural trait. For example, the Dominance/Submissiveness (DS) code relates to an individual's level of assertiveness and willingness to take charge in social situations.
2) Determine the specific expression of the trait: Within each trait code, there are several internal spectrums that represent different expressions of that trait. These spectrums can be thought of as dimensions that range from low to high levels of the trait. For example, the DS code has an internal spectrum that ranges from Dominant to Submissive. Within the Dominant spectrum, there are further divisions such as Controlling, Competitive, and Assertive.
3) Combine the trait code and expression: Once you have identified the relevant trait code and expression, you can combine them to create a specific description of that trait for an individual. This description should reflect where the individual falls on the internal spectrum for that trait.

For example, an individual who is highly controlling within the Dominance/Submissiveness code would be described as DS: Dominant-Controlling.

Similarly, an individual who is highly assertive and displays a hostile attitude would be described as AP: Assertive-Hostile. (refer to the charter given below)
In a similar way, all 27 dichotomies are to be mentioned in a complete UNETRA profile.
Here is the complete charter of UNETRA classification codes with proper explanations of 9 spectrum variations for each neural trait:

B. Reptilian Brain

1) DS: Dominance/Submissiveness

Dominant:
Assertive: Confident and proactive, willing to take charge and make decisions.
Competitive: Enjoys competing with others and striving to be the best.
Controlling: Wants to be in charge and may have difficulty delegating tasks.
Balanced:
Collaborative: Values teamwork and collaboration, willing to compromise and listen to others.
Assertive: Able to stand up for themselves and communicate their needs without being overly aggressive.
Diplomatic: Skilled at resolving conflicts and finding mutually beneficial solutions.
Submissive:
Passive: Tends to go along with others' ideas and may struggle to assert themselves.
Dependent: Relies heavily on others for guidance and direction.
Indecisive: Struggles to make decisions and may defer to others.

2) AP: Aggression/Passivity

Aggressive:
Hostile: Quick to anger and may lash out when feeling threatened or challenged.
Combative: Tends to argue and fight with others, may have a confrontational attitude.
Intimidating: Uses power and aggression to dominate others and get their way.
Balanced:
Assertive: Able to assert themselves and stand up for their rights without resorting to aggression.
Confident: Self-assured and able to project strength without needing to dominate others.
Direct: Communicates clearly and honestly, without being aggressive or passive.
Passive:
Avoidant: Tends to avoid conflict and may withdraw from social situations.
Passive-aggressive: Expresses anger indirectly or subtly, rather than confronting issues directly.
Submissive: May defer to others' opinions or needs, without expressing their own.

3) SP: Self-Preservation/Risk-taking

Self-Preservation:
Cautious: Values safety and avoids risky situations.
Conservative: Prefers familiar experiences and may be resistant to change.
Methodical: Takes a step-by-step approach to tasks and avoids impulsive decisions.
Balanced:
Pragmatic: Weighs risks and benefits before taking action, but is willing to take calculated risks.
Adaptable: Able to adjust to new situations and take risks when necessary.
Discerning: Evaluates risks and potential outcomes before making decisions.
Risk-taking:
Daring: Enjoys taking risks and may seek out novel experiences.
Impulsive: Acts quickly and without much forethought.
Thrill-seeking: Enjoys excitement and adrenaline rushes.

4) CA: Consistency/Adaptability

Consistency:
Traditional: Values established ways of doing things and may be resistant to change.
Predictable: Prefers routine and may become anxious when routines are disrupted.
Reliable: Consistent in their behavior and expectations of others.
Balanced:
Flexible: Able to adjust to new situations without losing sight of their goals.
Open-minded: Willing to consider new ideas and perspectives, while still maintaining some consistency.
Pragmatic: Uses past experiences to inform decision-making, while remaining open to new experiences.
Adaptability:
Innovative: Creative and enjoys exploring new ideas and possibilities.
Resilient: Able to bounce back from setbacks and adapt to changing circumstances.
Agile: Able to adjust to new situations quickly and effectively.

5) RI: Ritualistic/Innovative

Ritualistic:
Traditional: Values established ways of doing things and may be resistant to change.
Superstitious: Believes in luck, fate, and other supernatural forces.
Rigid: Prefers strict adherence to rules and regulations.
Balanced:
Respectful: Values tradition and may incorporate some traditional practices into their life, but is also open to new ideas and approaches.
Practical: Willing to try new things that have practical benefits, but not necessarily interested in completely changing their lifestyle.
Open-minded: Willing to consider new ideas and approaches, while still maintaining some attachment to tradition.
Innovative:
Creative: Enjoys exploring new ideas and possibilities, and may be highly imaginative.
Futuristic: Looks toward the future and is interested in developing new technologies or approaches.
Nonconformist: Prefers to do things their own way, and may be resistant to authority or tradition.

6) CW: Coldness/Warmth

Coldness:
Unemotional: Has difficulty expressing emotions, and may come across as aloof or detached.
Distant: Tends to keep others at arm's length and may be hard to connect with emotionally.
Unsympathetic: Has difficulty understanding or empathizing with others' emotions or experiences.
Balanced:
Reserved: May not express emotions as openly as others, but still has the capacity for warmth and connection with others.

Calm: Able to remain composed and level-headed, even in stressful situations.
Pragmatic: Prioritizes practical considerations over emotional ones, but still values human connection.
Warmth:
Affectionate: Enjoys physical touch and emotional closeness with others.
Compassionate: Empathetic and caring, and able to connect emotionally with others.
Expressive: Openly expresses emotions and feelings, and may enjoy sharing them with others.

7) ST: Suspicion/Trust
Suspicion:
Skeptical: Tends to doubt others' intentions and may be wary of new people or situations.
Paranoid: Has an exaggerated sense of mistrust and may be overly suspicious of others.
Cynical: Believes that people are generally selfish or motivated by self-interest.
Balanced:
Realistic: Recognizes that people may have both good and bad intentions, and takes precautions to protect themselves without being overly suspicious.
Discerning: Able to evaluate others' behavior and intentions before placing trust in them.
Trustworthy: Able to build trust with others and be trusted in return.
Trust:
Open: Willing to share personal information and experiences with others.
Optimistic: Believes that people are generally good and trustworthy.
Naive: May be too trusting and may overlook warning signs or red flags.

8) TF: Tenacity/Flexibility
Tenacity:
Determined: Has a strong sense of perseverance and is willing to keep working toward a goal, even in the face of obstacles.
Stubborn: Refuses to give up on a particular goal or idea, even when it may be impractical or unrealistic.
Resilient: Able to bounce back from setbacks and challenges, and continue pursuing their goals.
Balanced:
Pragmatic: Willing to adjust their goals or plans when necessary, without losing sight of their ultimate objective.
Adaptable: Able to adjust to changing circumstances without losing focus on their goals.
Persistent: Continues to work toward a goal, but is willing to adjust their approach or methods as needed.
Flexibility:
Easygoing: Able to go with the flow and adapt to changing circumstances without getting too stressed or upset.
Adaptive: Willing and able to adjust their goals or plans when necessary, and may even see changes as opportunities.
Creative: Able to come up with new ideas or solutions when faced with unexpected challenges or obstacles.

9) FF: Fear/Fearlessness
Fear:
Anxious: Tends to worry or feel anxious about potential risks or threats.
Avoidant: Tends to avoid situations or activities that may be perceived as risky or scary.
Timid: May lack confidence or be hesitant to take risks, particularly in unfamiliar or challenging situations.
Balanced:
Cautious: Takes reasonable precautions to avoid unnecessary risks or dangers, without letting fear hold them back.
Thoughtful: Weighs potential risks and benefits before making decisions, but is willing to take calculated risks.
Courageous: Willing to face challenges or risks, even when it may be uncomfortable or difficult.
Fearlessness:
Bold: Enjoys taking risks and may even seek out opportunities for adventure or excitement.
Confident: Has a strong sense of self-assurance and is willing to take on challenges or risks with a sense of calm and determination.
Reckless: May act without considering the potential consequences of their actions, or may be overly confident in their ability to handle risks.

C. Limbic Brain

1) ES: Emotionality/Stoicism

Emotionality:
Emotional: Experiences and expresses emotions strongly and frequently.
Sensitive: Reacts strongly to others' emotions and may be easily moved by emotional stimuli.
Expressive: Demonstrates their emotions through facial expressions, tone of voice, and body language.
Balanced:
Reserved: Demonstrates a moderate level of emotionality and may not express emotions as openly as others.
Calm: Remains composed in emotionally charged situations and is able to regulate their own emotions.
Rational: Makes decisions based on reason rather than emotion.
Stoicism:
Unemotional: Rarely expresses emotions and may appear cold or detached to others.
Unreactive: Remains calm and composed in even the most emotionally charged situations.
Dispassionate: Approaches situations with a logical, analytical mindset rather than an emotional one.

2) SS: Sociability/Solitude

Sociability:
Outgoing: Enjoys being around others and may actively seek out social situations.
Gregarious: Thrives in social situations and may have a large circle of friends or acquaintances.
Extroverted: Draws energy from being around others and may find solitude draining.
Balanced:
Amicable: Enjoys socializing but also values alone time.
Cordial: Gets along well with others but doesn't necessarily seek out social situations.
Introverted: Prefers solitude to socializing, but can still enjoy being around others in moderation.
Solitude:
Reserved: Enjoys solitude and may be content spending long periods of time alone.
Reclusive: Avoids social situations whenever possible and may have very few close relationships.
Introspective: Finds meaning and fulfillment in personal reflection and self-exploration.

3) ES: Empathy/Self-centeredness

Empathy:
Empathetic: Able to understand and relate to others' emotions and perspectives.
Compassionate: Feels a strong desire to help and support others.
Warm-hearted: Demonstrates kindness and concern for others' well-being.
Balanced:
Considerate: Takes others' feelings and perspectives into account, but also values their own needs and wants.
Fair-minded: Tries to make decisions that are equitable and just for everyone involved.
Pragmatic: Approaches situations with a practical, objective mindset rather than an emotional one.
Self-centeredness:
Self-absorbed: Focused primarily on their own needs and desires.
Narcissistic: Has an inflated sense of self-importance and may lack empathy for others.
Selfish: Willing to put their own needs and wants ahead of others' even if it causes harm or distress.

4) SI: Sensitivity/Insensitivity

Sensitivity:
Sensitive: Feels emotions strongly and may be easily moved by others' emotions or experiences.
Attentive: Pays close attention to others' needs and feelings.
Gentle: Demonstrates care and concern for others' well-being.
Balanced:
Resilient: Able to bounce back from emotional setbacks and handle difficult situations with grace.

Pragmatic: Approaches situations with a practical, objective mindset rather than an emotional one.
Grounded: Remains steady and composed in emotionally charged situations.
Insensitivity:
Unfeeling: Rarely feels strong emotions and may appear cold or detached to others.
Indifferent: Doesn't pay much attention to others feelings or experiences and may come across as aloof or uncaring.
Callous: Lacks empathy for others and may disregard their feelings or well-being.

5) AI: Affiliation/Independence
Affiliation:
Connected: Values close relationships and may prioritize social connections over personal freedom or autonomy.
Collaborative: Enjoys working with others and may seek out opportunities to collaborate or cooperate.
Interdependent: Relies on others for support and assistance, and values being part of a community or group.
Balanced:
Autonomous: Values personal freedom and independence but also recognizes the importance of social connections.
Self-sufficient: Capable of meeting their own needs and may prefer to work independently rather than in a group.
Cooperative: Willing to work with others but also capable of working alone when necessary.
Independence:
Independent: Values personal freedom and autonomy over social connections or group dynamics.
Self-reliant: Prefers to rely on themselves rather than seeking assistance or support from others.
Individualistic: Prioritizes personal needs and desires over social expectations or group norms.

6) SO: Sentimentality/Objectivity
Sentimentality:
Emotional: Experiences and expresses emotions strongly and frequently.
Romantic: Values emotional connections and may prioritize relationships or experiences that are emotionally charged.
Sensitive: Reacts strongly to others' emotions and may be easily moved by emotional stimuli.
Balanced:
Pragmatic: Approaches situations with a practical, objective mindset rather than an emotional one.
Grounded: Remains steady and composed in emotionally charged situations.
Rational: Makes decisions based on reason rather than emotion.
Objectivity:
Objective: Approaches situations with a logical, analytical mindset rather than an emotional one.
Detached: Appears to be emotionally uninvolved or uninterested in situations or experiences.
Impersonal: Prioritizes facts and data over personal experiences or emotional connections.

7) RP: Romanticism/Pragmatism
Romanticism:
Idealistic: Values ideals, beliefs, and dreams over practical considerations or tangible results.
Imaginative: Enjoys exploring creative or imaginative ideas and possibilities.
Emotional: Experiences and expresses emotions strongly and frequently.
Balanced:
Realistic: Approaches situations with a practical, objective mindset rather than an emotional one.
Grounded: Remains steady and composed in emotionally charged situations.
Rational: Makes decisions based on reason rather than emotion.
Pragmatism:
Practical: Prioritizes practical considerations and tangible results over ideals or beliefs.
Analytical: Approaches situations with a logical, analytical mindset rather than an emotional one.
Objective: Prioritizes facts and data over personal experiences or emotional connections.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

8) EC: Excitability/Calmness

Excitability:
Excitable: Easily excited or aroused by new or stimulating experiences.
Enthusiastic: Demonstrates passion and excitement for things they find interesting or enjoyable.
Energetic: Demonstrates a high level of energy and may be restless or easily distracted.
Balanced:
Serene: Remains calm and composed in even the most emotionally charged situations.
Steady: Demonstrates a consistent level of energy and emotional expression.
Grounded: Approaches situations with a practical, objective mindset rather than an emotional one.
Calmness:
Calm: Remains composed in emotionally charged situations and is able to regulate their own emotions.
Unflappable: Demonstrates a consistent level of calmness and emotional regulation even in high-pressure or stressful situations.
Reserved: Remains emotionally neutral and may not display strong emotional expressions.

9) TD: Trusting/Distrusting

Trusting:
Trustful: Generally assumes the best of others and is willing to trust them until given a reason not to.
Open: Values transparency and honesty in others and may share personal information or experiences freely.
Forgiving: Is able to let go of past grievances and move forward in relationships.
Balanced:
Cautious: Approaches new relationships or situations with a healthy level of skepticism and observation.
Neutral: Is neither inherently trusting nor distrusting and evaluates each situation individually.
Balanced: Maintains a healthy balance of trust and skepticism in relationships and situations.
Distrusting:
Suspicious: Is quick to assume the worst of others and may be reluctant to trust them.
Guarded: Is protective of personal information and may be slow to open up to others.
Vengeful: May hold grudges or seek revenge against those who have wronged them.

D. Neocortex

1) II: Intelligence/Ignorance

Intelligent:
Knowledgeable: Possesses a broad range of information and is able to apply it in various contexts.
Analytical: Is able to reason and solve complex problems effectively.
Perceptive: Has a keen awareness and understanding of their environment and others around them.
Balanced:
Average: Has a reasonable level of knowledge and problem-solving skills.
Practical: Focuses on what is necessary for their work or personal life.
Adaptable: Can learn new skills and information quickly.
Ignorant:
Uninformed: Lacks knowledge and understanding in certain areas.
Naive: May be unaware of important social or political issues.
Closed-minded: Refuses to consider new ideas or perspectives.

2) RR: Rationality/Irrationality

Rational:
Logical: Makes decisions based on reason and evidence.
Objective: Considers facts and evidence before making decisions.
Analytical: Breaks down complex problems into smaller, more manageable parts.
Balanced:
Pragmatic: Weighs pros and cons and makes decisions based on practicality.

Flexible: Can balance logic and emotion when making decisions.
Considerate: Considers the feelings of others in decision-making.
Irrational:
Impulsive: Makes decisions based on emotion without considering the consequences.
Superstitious: Believes in unproven or illogical concepts or ideas.
Dogmatic: Holds onto beliefs without considering evidence or new information.

3) CC: Creativity/Conformity
Creative:
Innovative: Generates original ideas or solutions to problems.
Artistic: Has a talent for artistic expression.
Resourceful: Can find creative solutions to problems.
Balanced:
Practical: Balances creativity with practicality.
Adaptable: Can be creative in different situations or contexts.
Conventional: Adheres to traditional methods or approaches when appropriate.
Conformist:
Unimaginative: Lacks creativity or originality in ideas or solutions.
Risk-averse: Avoids taking risks or trying new things.
Inflexible: Resists change or new ideas.

4) CA: Curiosity/Apathy
Curious:
Inquisitive: Seeks out new knowledge or experiences.
Enthusiastic: Excited to learn or try new things.
Open-minded: Willing to consider new ideas or perspectives.
Balanced:
Practical: Balances curiosity with practicality.
Cautious: Approaches new experiences or information with a healthy level of skepticism.
Focused: Has a specific area of interest or expertise.
Apathetic:
Uninterested: Lacks interest or enthusiasm for new knowledge or experiences.
Indifferent: Doesn't care about new ideas or perspectives.
Closed-minded: Refuses to consider new information or perspectives.

5) AI: Analytic/Intuitive
Analytic:
Logical: Makes decisions based on objective reasoning and data.
Systematic: Organizes information and processes in a structured, methodical way.
Detail-oriented: Pays close attention to details and accuracy.
Balanced:
Pragmatic: Balances analytical thinking with practicality and real-world constraints.
Critical: Questions assumptions and examines evidence before coming to conclusions.
Efficient: Uses analysis to optimize processes or workflows.
Intuitive:
Holistic: Sees the big picture and understands complex systems or relationships.
Innovative: Generates new ideas or solutions based on intuition or insight.
Insightful: Able to quickly grasp the essence of a situation or problem.

6) LE: Logical/Emotional

Logical:
Rational: Makes decisions based on reason and evidence.
Objective: Considers facts and evidence before making decisions.
Analytical: Breaks down complex problems into smaller, more manageable parts.
Balanced:
Practical: Balances logic with emotions.
Compassionate: Considers the feelings of others in decision-making.
Adaptable: Can switch between using logic and emotions when making decisions.
Emotional:
Impulsive: Makes decisions based on emotions without considering the consequences.
Sensitive: Can be easily influenced by emotions.
Irrational: Makes decisions without considering evidence or reason.

7) SG: Skeptical/Gullible

Skeptical:
Critical: Analyzes evidence and claims before accepting them.
Investigative: Researches and seeks out evidence before accepting claims.
Pragmatic: Weighs pros and cons before accepting claims.
Balanced:
Open-minded: Considers new information or evidence with a healthy level of skepticism.
Trusting: Can balance skepticism with trust.
Cautious: Approaches new information or claims with a healthy level of skepticism.
Gullible:
Naive: Easily accepts claims without questioning them.
Credulous: Believes in unproven or illogical concepts or ideas.
Uncritical: Accepts information without analyzing or questioning it.

8) OS: Objective/Subjective

Objective:
Impartial: Considers evidence and facts without bias.
Analytical: Breaks down complex problems into smaller, more manageable parts.
Evidence-based: Makes decisions based on evidence and facts.
Balanced:
Open-minded: Considers subjective opinions and perspectives when making decisions.
Empathetic: Considers the feelings of others in decision-making.
Realistic: Balances objectivity with practicality.
Subjective:
Biased: Considers personal opinions or beliefs over evidence or facts.
Emotional: Makes decisions based on emotions or personal feelings.
Opinionated: Holds strong beliefs without considering evidence or facts.

9) OC: Openness/Closed-mindedness

Open:
Curious: Seeks out new experiences or knowledge.
Creative: Generates new ideas or solutions.
Tolerant: Accepts and considers different perspectives and ideas.
Balanced:
Practical: Balances openness with practicality.
Discerning: Considers the value of new experiences or knowledge before pursuing them.

Critical: Analyzes new ideas or perspectives before accepting them.
Closed-minded:
Unwilling: Resists new experiences or knowledge.
Judgmental: Criticizes or dismisses different perspectives or ideas.
Dogmatic: Holds onto beliefs without considering evidence or new information.

V. CONVERTING UNETRA INTO THE FIVE-FACTOR MODEL AND MBTI :

The Big Five model, also known as the Five-Factor Model (FFM), is a widely used personality classification system that has gained significant popularity among psychologists and researchers. It is based on the idea that human personality can be described using five broad dimensions: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Each of these dimensions consists of several facets or sub-traits that further define an individual's personality. While the Big Five model has gained popularity due to its simplicity and practicality, it does have limitations. Firstly, it only measures broad traits, which may not accurately capture the complexities of an individual's personality. Secondly, it relies heavily on self-report, which can be biased and may not reflect an individual's true personality. This is where UNETRA, a personality classification system based on neural traits, has an advantage. By using neuroscientific methods, UNETRA provides a more detailed and accurate representation of an individual's personality traits.

A. Here's a Detailed Mapping charter of the UNETRA onto the Big Five Model

1) Extraversion

High Dominance/Submissiveness is associated with low levels of Extraversion.
High Aggression/Passivity is not strongly associated with either high or low levels of Extraversion.
High Sociability, High Warmth, and High Risk-taking are associated with high levels of Extraversion.
High Coldness and High Suspicion are associated with low levels of Extraversion.

2) Neuroticism

High Fear/Fearlessness is associated with low levels of Neuroticism.
High Emotionality and High Sensitivity are associated with high levels of Neuroticism.
High Self-centeredness is associated with low levels of Agreeableness and high levels of Neuroticism.
High Empathy is associated with high levels of Agreeableness and low levels of Neuroticism.
High Insensitivity and High Objectivity are associated with low levels of Neuroticism.

3) Conscientiousness

High Consistency is associated with high levels of Conscientiousness.
High Tenacity is associated with high levels of Conscientiousness, low levels of Extraversion, and low levels of Agreeableness.
High Pragmatism is associated with high levels of Conscientiousness and low levels of Openness.
High Rationality is associated with high levels of Conscientiousness and low levels of Neuroticism.
High Adaptability is associated with low levels of Conscientiousness and low levels of Openness.
High Romanticism is associated with low levels of Conscientiousness and high levels of Openness.
High Irrationality is associated with low levels of Conscientiousness and low levels of Openness.

4) Openness

High Ritualistic and High Innovative are associated with high levels of Openness.
High Creativity is associated with high levels of Openness and low levels of Conscientiousness.
High Curiosity and High Intelligence are associated with high levels of Openness and low levels of Neuroticism.
High Conformity is associated with low levels of Openness and high levels of Conscientiousness.
High Apathy is associated with low levels of Openness and low levels of Neuroticism.
High Ignorance is associated with low levels of Openness and low levels of Conscientiousness.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

5) Agreeableness

High Empathy, High Affiliation, High Sentimentality, and High Trust are associated with high levels of Agreeableness.
High Independence, High Skepticism, High Closed-mindedness, and High Gullibility are associated with low levels of Agreeableness.
High Self-centeredness is associated with low levels of Agreeableness and high levels of Neuroticism.
High Sensitivity is associated with low levels of Agreeableness and high levels of Neuroticism.
High Objectivity is associated with low levels of Agreeableness and low levels of Neuroticism.
UNETRA (Unified Neural Trait Range Assessment) is a comprehensive framework for understanding human personality that encompasses a wide range of traits and characteristics. While the Myers-Briggs Type Indicator (MBTI) is a well-known personality assessment tool that is widely used, it only captures a small portion of the personality traits that are included in UNETRA. However, it is possible to convert UNETRA traits into MBTI types by following a simple process. Each MBTI dichotomy corresponds to a specific UNETRA dichotomy, and by identifying the expression of each of thoseUNETRA traits, you can determine their MBTI type. This can be a useful way to gain insight into an individual's personality and preferences, and can help you to better understand how they approach the world around them. By recognizing that UNETRA provides a more nuanced and comprehensive understanding of human personality, we can go beyond the limitations of the MBTI and gain a deeper insight into the complex nature of human behavior. MBTI can be considered a small part of a much larger personality framework - UNETRA.

B. Here is the charter on how to convert UNETRA into MBTI

1) Extraversion (E) / Introversion (I)

UNETRA Corresponding Dichotomy: Dominance/Submissiveness
Traits of Dominance: assertive, proactive, outgoing, assertive, and confident
Traits of Submissiveness: passive, dependent, shy, quiet, and reserved
To convert to MBTI, individuals who score high on Dominance are likely to be classified as Extraverts, while those who score high on Submissiveness are likely to be classified as Introverts.

2) Sensing (S) / Intuition (N)

UNETRA Corresponding Dichotomy: Aggression/Passivity
Traits of Aggression: assertive, confrontational, risk-taker, and direct
Traits of Passivity: avoidant, indirect, cautious, and reserved
To convert to MBTI, individuals who score high on Aggression are likely to be classified as Intuitive, while those who score high on Passivity are likely to be classified as Sensing.

3) Thinking (T) / Feeling (F)

UNETRA Corresponding Dichotomy: Self-Preservation/Risk-taking
Traits of Self-Preservation: practical, cautious, conservative, and careful
Traits of Risk-taking: daring, adventurous, innovative, and spontaneous
To convert to MBTI, individuals who score high on Self-Preservation are likely to be classified as Thinking, while those who score high on Risk-taking are likely to be classified as Feeling.

4) Judging (J) / Perceiving (P)

UNETRA Corresponding Dichotomy: Consistency/Adaptability
Traits of Consistency: organized, structured, efficient, and decisive
Traits of Adaptability: flexible, spontaneous, creative, and open-minded
To convert to MBTI, individuals who score high on Consistency are likely to be classified as Judging, while those who score high on Adaptability are likely to be classified as Perceiving.
UNETRA is a comprehensive personality model that provides a nuanced understanding of human behavior and psychology. With 27 dichotomies and a total of 134,217,728 possible combinations, UNETRA offers a vast range of personality types that can accurately capture the unique nuances and complexities of individual personality traits. The greatness of UNETRA lies in its ability to provide a more detailed and nuanced picture of personality than other personality models such as MBTI. While MBTI is a popular personality model that is widely used in the business world and other settings, it only has four dichotomies and 16 possible

combinations, which can limit its ability to capture the intricacies of human personality. While there are over 134 million possible combinations of neural traits in UNETRA. It's important to note that not all of these combinations will be equally likely or valid, as some combinations may be contradictory or illogical. However, this large number of possibilities highlights the depth and complexity of UNETRA, and how it can capture a wide range of human traits and behaviors. UNETRA's 27 dichotomies cover a vast range of personality traits, including both cognitive and emotional aspects. With 134,217,728 possible combinations, UNETRA provides a framework that can capture almost all possible personality testing classifications known to humanity.

VI. USING UNETRA IN DIAGNOSING PSYCHOLOGICAL DISORDERS :

The Unified Neural Trait Range Assessment (UNETRA) is a unique tool in the field of mental health that allows mental health professionals to evaluate a patient's psychological profile comprehensively. UNETRA identifies specific traits and expressions associated with various mental health disorders, enabling clinicians to make accurate diagnoses and create personalized treatment plans, making it a powerful tool in evaluating mental health disorders. Here are a few common psychological disorders and their correlated UNETRA trait expressions:

A. Depression

UNETRA Trait Expression: Low Emotionality, High Stoicism, Low Sociability, High Solitude, Low Empathy, High Self-Centeredness, Low Sensitivity, High Insensitivity, Low Affiliation, High Independence, Low Sentimentality, High Objectivity, Low Romanticism, High Pragmatism, Low Excitability, High Calmness, Low Trusting, High Distrusting, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness

B. Anxiety Disorders

UNETRA Trait Expression: High Fear, Low Fearlessness, Low Dominance, High Submissiveness, High Suspicion, Low Trust, Low Tenacity, High Flexibility, Low Excitability, High Calmness, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness

C. Obsessive-Compulsive Disorder

UNETRA Trait Expression: High Consistency, Low Adaptability, High Ritualistic, Low Innovative, Low Emotionality, High Stoicism, Low Sociability, High Solitude, Low Empathy, High Self-Centeredness, Low Sensitivity, High Insensitivity, Low Affiliation, High Independence, Low Sentimentality, High Objectivity, Low Romanticism, High Pragmatism, Low Excitability, High Calmness, Low Trusting, High Distrusting, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness

D. Bipolar Disorder

UNETRA Trait Expression: High Emotionality, Low Stoicism, High Sociability, Low Solitude, High Empathy, Low Self-Centeredness, High Sensitivity, Low Insensitivity, High Affiliation, Low Independence, High Sentimentality, Low Objectivity, High Romanticism, Low Pragmatism, High Excitability, Low Calmness, High Trusting, Low Distrusting, High Creativity, Low Conformity, High Curiosity, Low Apathy, High Analytic, Low Intuitive, High Logical, Low Emotional, High Skeptical, Low Gullible, High Openness, Low Closed-mindedness

E. Schizophrenia

UNETRA Trait Expression: High Fear, Low Fearlessness, High Dominance, Low Submissiveness, High Suspicion, Low Trust, High Tenacity, Low Flexibility, High Creativity, Low Conformity, High Curiosity, Low Apathy, High Analytic, Low Intuitive, High Logical, Low Emotional, High Skeptical, Low Gullible, High Openness, Low Closed-mindedness.

F. Substance Use Disorder

UNETRA Trait Expression: High Excitability, Low Calmness, Low Trusting, High Distrusting, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness, High Sensation-seeking

G. Eating Disorders

UNETRA Trait Expression: Low Emotionality, High Stoicism, Low Sociability, High Solitude, Low Empathy, High Self-Centeredness, Low Sensitivity, High Insensitivity, Low Affiliation, High Independence, Low Sentimentality, High Objectivity, Low Romanticism, High Pragmatism, Low Excitability, High Calmness, Low Trusting, High Distrusting, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness

H. Post-Traumatic Stress Disorder

UNETRA Trait Expression: High Fear, Low Fearlessness, Low Dominance, High Submissiveness, High Suspicion, Low Trust, High Tenacity, Low Flexibility, High Creativity, Low Conformity, High Curiosity, Low Apathy, High Analytic, Low Intuitive, High Logical, Low Emotional, High Skeptical, Low Gullible, High Openness, Low Closed-mindedness, High Sensitivity

I. Attention Deficit Hyperactivity Disorder (ADHD)

UNETRA Trait Expression: High Excitability, Low Calmness, Low Trusting, High Distrusting, High Creativity, Low Conformity, High Curiosity, Low Apathy, High Analytic, Low Intuitive, High Logical, Low Emotional, High Skeptical, Low Gullible, High Openness, Low Closed-mindedness, High Sensation-seeking

J. Borderline Personality Disorder

UNETRA Trait Expression: High Emotionality, Low Stoicism, Low Sociability, High Solitude, Low Empathy, High Self-Centeredness, High Sensitivity, Low Insensitivity, Low Affiliation, High Independence, High Sentimentality, Low Objectivity, High Romanticism, Low Pragmatism, High Excitability, Low Calmness, Low Trusting, High Distrusting, High Creativity, Low Conformity, High Curiosity, Low Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, High Openness, Low Closed-mindedness

K. Narcissistic Personality Disorder

UNETRA Trait Expression: High Emotionality, Low Stoicism, Low Sociability, High Solitude, Low Empathy, High Self-Centeredness, Low Sensitivity, High Insensitivity, Low Affiliation, High Independence, Low Sentimentality, High Objectivity, Low Romanticism, High Pragmatism, Low Excitability, High Calmness, Low Trusting, High Distrusting, Low Creativity, High Conformity, Low Curiosity, High Apathy, Low Analytic, High Intuitive, Low Logical, High Emotional, Low Skeptical, High Gullible, Low Openness, High Closed-mindedness

VII. USING UNETRA IN DIAGNOSING PHYSICAL HEALTH & LIFESTYLE DISORDERS

Here is a brief introduction to how each dichotomy can affect physical health and lifestyle:

A. Reptilian Brain

Dominance/Submissiveness: Dominant people may be at higher risk for heart disease due to high stress levels and a lack of self-care. Submissive people may be at risk for depression and anxiety.

Aggression/Passivity: Aggressive people may be at higher risk for heart disease and high blood pressure. Passive people may be at higher risk for depression and anxiety.

Self-Preservation/Risk-Taking: People who are high in risk-taking may be more likely to engage in dangerous behaviors that could lead to injury or illness. Those who are high in self-preservation may be more cautious but may also struggle with anxiety.

Consistency/Adaptability: People who are highly consistent may struggle with change and experience high levels of stress. Those who are highly adaptable may be more prone to taking risks and may struggle with anxiety.

Ritualistic/Innovative: People who are highly ritualistic may be more resistant to change and may struggle with anxiety. Those who are highly innovative may be more likely to take risks and may struggle with impulsivity.

Coldness/Warmth: People who are cold may struggle with forming close relationships and may have higher levels of stress. Those who are warm may be more susceptible to manipulation and may struggle with setting boundaries.

Suspicion/Trust: People who are highly suspicious may struggle with forming close relationships and may have higher levels of stress. Those who are highly trusting may be more susceptible to manipulation and may struggle with setting boundaries.

Tenacity/Flexibility: People who are highly tenacious may struggle with adapting to change and may have higher levels of stress. Those who are highly flexible may struggle with setting boundaries and may experience anxiety.
Fear/Fearlessness: People who are highly fearful may struggle with taking risks and may have higher levels of anxiety. Those who are highly fearless may be more likely to engage in dangerous behaviors that could lead to injury or illness.
Limbic Brain:
Emotionality / Stoicism - Individuals who exhibit high emotionality are prone to stress-related physical ailments such as hypertension, cardiac disease, migraines, and gastrointestinal disorders. Those with stoic personalities, on the other hand, may suppress emotions, leading to increased risk of autoimmune disorders and chronic pain.
Sociability / Solitude - People with high sociability may be at higher risk of infections and sexually transmitted diseases due to their increased interaction with others. Individuals who prefer solitude may have a higher risk of depression and anxiety disorders.
Empathy / Self-centeredness - Empathetic individuals may experience physical and emotional fatigue, burnout, and depression due to their heightened sensitivity to others' emotions. People with self-centered tendencies may be at higher risk of substance abuse and addiction.
Sensitivity / Insensitivity - Individuals with high sensitivity may be more susceptible to allergies, skin disorders, and chronic pain conditions. Those with insensitivity may be at higher risk of developing antisocial behavior and substance abuse disorders.
Affiliation / Independence - People with high affiliation needs may be at higher risk of developing codependency issues and may experience more stress-related physical and mental health problems. Those with high independence needs may be at a higher risk of depression and anxiety disorders.
Sentimentality / Objectivity - Highly sentimental individuals may experience more stress-related physical ailments such as cardiac disease and hypertension. Those with high objectivity may be at higher risk of emotional detachment and difficulty forming relationships.
Romanticism / Pragmatism - Individuals with high romanticism may be at higher risk of depression, anxiety, and substance abuse disorders. People with high pragmatism may be at risk of emotional detachment and difficulty forming relationships.
Excitability / Calmness - Highly excitable individuals may be at higher risk of hypertension, cardiac disease, and other stress-related physical ailments. People with high calmness may have difficulty managing stress and may be at higher risk of anxiety and depression disorders.
Trusting / Distrusting - People with high trust may be at higher risk of being taken advantage of, but those with high distrust may be at higher risk of anxiety disorders and paranoid delusions.

B. Neocortex

Intelligence: High intelligence may lead to better mental health outcomes and reduced risk of dementia. Low intelligence may be associated with poor decision-making and academic difficulties.
Rationality: High rationality may lead to better decision-making and problem-solving abilities. Low rationality may lead to impulsivity and poor judgment.
Creativity: High creativity may lead to increased mental flexibility and innovation. Low creativity may be associated with a lack of imagination and adaptability.
Curiosity: High curiosity may lead to a better understanding of the world and increased motivation to learn. Low curiosity may lead to a lack of interest in new experiences and decreased mental stimulation.
Analytic: High analytic abilities may lead to better problem-solving skills and the ability to understand complex information. Low analytic abilities may lead to difficulties in understanding complex concepts and decision-making.
Logical: High logical abilities may lead to better decision-making and reasoning skills. Low logical abilities may lead to confusion and difficulty with decision-making.
Skeptical: High levels of skepticism may lead to critical thinking and the ability to evaluate information. Low levels of skepticism may lead to gullibility and susceptibility to misinformation.
Objective: High objectivity may lead to unbiased decision-making and an ability to consider multiple perspectives. Low objectivity may lead to closed-mindedness and difficulty in considering alternative viewpoints.
Openness: High openness may lead to a willingness to try new things and increased creativity. Low openness may lead to resistance to change and decreased mental flexibility.

ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 11 Issue III Mar 2023- Available at www.ijraset.com

VIII. OTHER FEW POSSIBLE USES OF UNETRA

UNETRA is a powerful tool that can be used in a variety of ways to understand and assess human behavior. Here is a lost of a few uses of UNETRA:

1) *Employee Assessment:* UNETRA can be used to assess employees in a company to better understand their strengths and weaknesses. This information can be used to improve performance, increase job satisfaction, and reduce turnover rates.
2) *Career Guidance:* UNETRA can provide insights into a person's natural abilities, personality traits, and work preferences, which can be useful in career guidance and counseling. By understanding their unique strengths and challenges, individuals can make informed decisions about their career paths.
3) *Counseling and Therapy:* UNETRA can help mental health professionals to identify underlying personality traits and potential psychological disorders, allowing them to develop more effective treatment plans.
4) *Relationship Counseling:* UNETRA can be used to identify potential compatibility issues between couples or friends, allowing them to work on areas of conflict and improve communication.
5) *Education:* UNETRA can provide insights into a student's learning style and natural abilities, allowing educators to tailor teaching methods and curriculum to meet their individual needs.
6) *Criminal Profiling:* UNETRA can be used by law enforcement to understand the psychological makeup of criminals and develop profiles to aid in their capture.
7) *Marketing and Advertising:* UNETRA can be used to identify target audiences for marketing and advertising campaigns based on personality traits and preferences.
8) *Sports Psychology:* UNETRA can be used to understand the natural abilities and personality traits of athletes, allowing coaches to develop training plans that maximize their potential.
9) *Self-Improvement:* UNETRA can be used to gain insight into one's own personality traits, natural abilities, and areas for improvement. This information can be used to set goals and develop strategies for personal growth.
10) *Healthcare:* UNETRA can be used to identify risk factors for certain diseases and conditions based on personality traits and lifestyle choices, allowing for early intervention and preventative care.
11) *Parenting:* UNETRA can be used to gain insight into a child's natural abilities and personality traits, allowing parents to tailor their parenting style to meet their needs.
12) *Team Building:* UNETRA can be used to identify individual strengths and weaknesses within a team, allowing for more effective collaboration and team building.

These are just a few examples of the many ways UNETRA can be used to gain insight into human behavior and improve outcomes in various fields. As we have seen, the possibilities of UNETRA are limitless, and it has the potential to change the way we approach problems and make decisions. If you are interested in exploring the potential of UNETRA, we invite you to contact us for collaboration. We believe that by combining our expertise in UNETRA with your unique perspective and skills, we can create innovative solutions that can improve the lives of people around the world. So let's collaborate and unlock the full potential of UNETRA together.

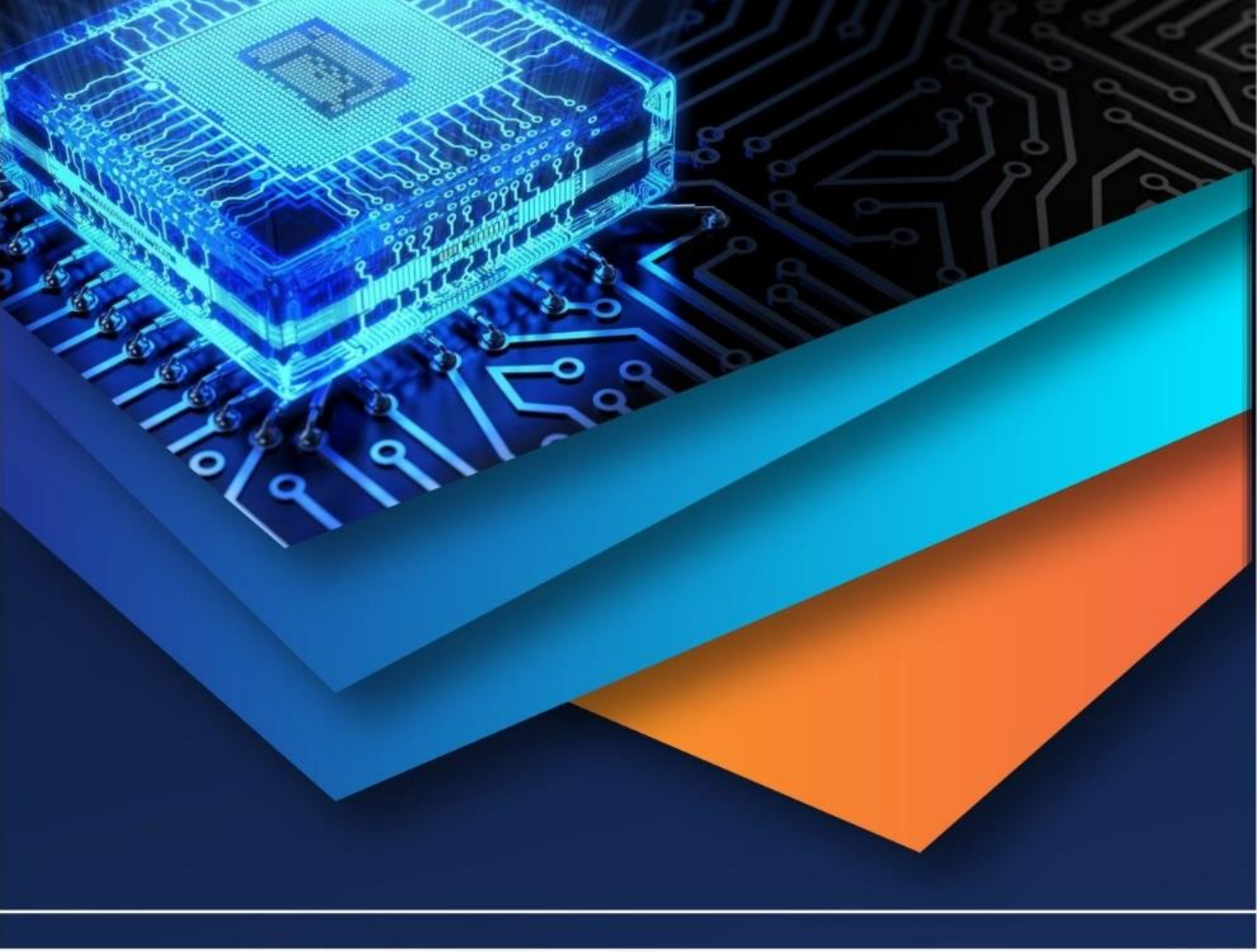
IX. SELF-REPORTING QUESTIONNAIRE

As the developer of UNETRA, I have created an ideal self-reporting questionnaire that allows individuals to assess their own UNETRA profile. This questionnaire has been designed to accurately ascertain the expressions of each of the 27 neural traits in UNETRA. However, at this time, the questionnaire is being kept private. I am also proactively working on developing a guide for clinicians on how to observe and ascertain UNETRA profile of patients.

I understand that many individuals may be interested in utilizing this questionnaire to gain insights into their own psychological profiles. However, as UNETRA is a complex and advanced system, it is important that the questionnaire is used appropriately and within the context of the overall UNETRA framework. Therefore, I am currently only sharing the questionnaire with qualified mental health professionals and researchers who have a strong understanding of UNETRA and its applications.

If you are interested in collaborating with me and gaining access to the UNETRA self-reporting questionnaire or the clinical evaluation guide, please contact me through the details provided below. I will be happy to discuss the potential for collaboration and provide further information on the questionnaire and clinical evaluation guide and their usage.

©IJRASET: All Rights are Reserved



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)