

Understanding the Biological Basis of Behavior

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John T. Cacioppo's research looked at the connections between the social and neural mechanisms underlying human behavior. He investigated how societal influences and personal relationships affect cognition and emotions. As a social species, humans have created a network of connections- ranging from families to international alliances- that serve both social and biological needs. Cacioppo's research was focused on understanding the neural, hormonal and genetic mechanisms that motivate humans to interact and their effects on the mind, behavior, and health – an approach known as social neuroscience. He also examined the adverse effects of social isolation and loneliness on our well-being.