



International Seminar

Wednesday, April 1, 2026
h. 16:00

Aula Tesi
Palazzo Florenzi

Piazza Giuseppe Ermini, 1

Prof. Visvaldas Legkauskas

Associate Professor in Psychology

Faculty of Social Sciences

Vytautas Magnus University in Kaunas, Lithuania

"Evolutionary mismatch: what happens when society changes faster than evolution allows us to adapt?"

Since the appearance of Homo Sapiens some 300.000 years ago, our evolution has been fairly slow. But since we learned to cultivate the land, the development of human societies is moving at an accelerating pace. Our biological evolution is much more inert and hence there appears a widening mismatch between our evolutionary adjustments and our actual way of life. This evolutionary mismatch seems to contribute to a significant number of our ills, including environmental pollution, the growing prevalence of lifestyle-related medical ailments, mental health issues, various societal challenges, and, ultimately, impending depopulation.

Visvaldas Legkauskas is a social and developmental psychologist with an M.Phil. in Social and Developmental Psychology from the University of Cambridge (UK) and a Ph.D. in Psychology from Vytautas Magnus University (Lithuania). His main areas of interest include the development of identity, psychological effects of social media use, and the interplay between psychological and cultural factors in shaping human social behavior (for example, aggression).