

Results Internal consistency was satisfactory for the Neuroticism, Extraversion, and Openness to Experience, Agreeableness, and Conscientiousness subscales respectively (Cronbach's alpha = 0.83, 0.82, 0.79, 0.82, 0.90) for males and (Cronbach's alpha = 0.74, 0.83, 0.85, 0.81, 0.92) for females. The results revealed significant gender differences where the males obtained a higher score than females on extraversion and conscientiousness, while females obtained a higher score than males on neuroticism. Principal component analyses (PCA) showed that a five-component solution explains 42.27% of the total variance for males and 41.47% for females. The convergent correlations in sample between the BFI and PFQ-C (mean $r = .54$) for validity coefficients.

Conclusion These findings suggest that the BFI is a brief measure of the Big Five personality traits and it provides satisfactory reliable and valid data.

Disclosure of interest The author has not supplied his/her declaration of competing interest.

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EW384

Relationship between happiness and personality variables

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Introduction The focus of interest in this study is to investigate the relationship between happiness and optimism, satisfaction with life, hope, depression, and anxiety. Many efficient instruments have been used in this study, however there is no study until this date that has used the Oxford Happiness Questionnaire (OHQ) within Arabic countries and Kuwaiti samples specifically.

Objectives The aim of the study is to investigate the correlations between happiness and optimism, satisfaction with life, hope, depression and anxiety.

Methods The sample consisted of 510 students from Kuwait University, 270 females and 240 males, with a mean age of 22.8 (SD = 4.1). The OHQ 0.90 alpha was administered to participants, in addition to the Arabic version of Life Orientation Test-Revised (LOT-R) 0.70, The Satisfaction with Life Scale (SWLS) 0.78, The Hope Scale (AHS) 0.60, Beck Depression Inventory (BDI-II) 0.87 and Beck Anxiety Inventory (BAI) 0.95. Correlations were used in this study.

Results The results revealed that all the correlations between OHQ and other scales were significant. Positive correlations have been found with LOT-R $r = 0.50$, SWLS $r = 0.44$, and AHS $r = 0.39$, while there were negative correlations with BDI-II $r = -0.38$ and BAI $r = -0.17$.

Conclusion It was concluded that happiness correlates positively with other personality variables: optimism, satisfaction with life and hope, while it correlates negatively with Depression and Anxiety.

Disclosure of interest The author has not supplied his/her declaration of competing interest.

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Family skills training in dialectical behaviour therapy: The experience of the significant others

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Introduction Borderline personality disorder (BPD) is a severe psychiatric health problem with reputation of being difficult to

deal with and to treat. Significant others (SOs) of patients with BPD show higher levels of psychological distress compared with the general population. Strengthening the coping strategies of SOs plays an important role in the recovery of the patient. Support and education for SOs is important, both for SOs themselves and for the patients recovery.

Objectives Research around support and education for SOs is of great importance not only for SOs and patients, but also for psychiatric staff, in order to offer help and support, for the whole family.

Aim The aim was to describe significant others' experiences of dialectical behaviour therapy-family skills training (DBT-FST), their life situation before and after DBT-FST, and measurement of their levels of anxiety and depressive symptoms.

Methods The study had a descriptive mixed method design. Data were collected with free text questionnaires ($n = 44$), group interviews ($n = 53$) and the HAD scale ($n = 52$) and analysed by qualitative content analysis and descriptive and inferential statistics.

Results The results show that life before DBT-FST was a struggle. DBT-FST gave hope for the future and provided strategies, helpful in daily life. For the subgroup without symptoms of anxiety and depression before DBT-FST, anxiety increased significantly. For the subgroup with symptoms of anxiety and depression the symptoms decreased significantly. This indicates, despite increased anxiety for one group, that DBT-FST is a beneficial intervention and most beneficial for those with the highest anxiety and depressive symptoms.

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Mutual influence between mood disorders and personality disorders

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Introduction Several studies have explored the vulnerability to mood disorders that constitute some personality traits.

Aims To study the potential relationship between mood disorders and personality disorders.

Objective We hypothesized that personality disorders can be related to severe mood disorders.

Methods This was a retrospective study including the period from January 2000 till September 2015 and related to patients in whom the diagnosis of mood disorder and personality one were retained according to the criteria of the DSM-IV TR while the sociodemographic and clinical were collected by a pre-established railing.

Results We included 28 patients (15 ♂, 13 ♀). The average age was 38 years. Eighteen (64.3%) patients (7 ♂, 11 ♀) are unemployed. Fifteen patients (10 ♂, 5 ♀) were schooled until secondary level. Seventeen patients (60.7%) were married. The bipolar I disorder (BD I) was most frequently founded (50%), followed by the major depressive disorder in 25% ($n = 7$) then by the bipolar II disorder in 21.4% ($n = 6$). A case of dysthymia was also noted. Half of the personality disorders were the borderline type, followed by the histrionic type in 28.6% ($n = 8$) then by the antisocial in 17.9% ($n = 5$) and finally one patient presented a paranoiac personality. The antisocial personality was significantly associated with the BD I ($P = 0.011$) and half of the patients with a pathological personality, presented a depressive symptomatology.

Conclusion The personality disruption is a factor of severity of the thymic disorders. Consequences on the management of patients and their response to treatments remain available.

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