
INFLUENCE OF PERSONALITY TRAITS ON DEPRESSION SEVERITY IN ADOLESCENTS

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Introduction

Recognizing the link between depression and personality traits in adolescents can alleviate identification of individual triggers for developing and diagnosing depression, treatment approach and plan as well as at-risk individuals for suicide ideation. Current studies suggest that depression is linked to several personality traits according to psychobiological model such as: harm avoidance, novelty seeking and self-directedness. Also, personality traits appear to contribute to the onset and course/severity of depression. Often, this is more pronounced if there are adverse social factors affecting the overall family functioning of particular adolescent.

Material and Methods

Our study was conducted on the Clinical Department for Children and Adolescents during 6-month period. We included both female and male adolescents (15 years and older) entering the psychiatric treatment and diagnosed as depressive disorder according to criteria of ICD-10. Personality traits (temperament and character) were assessed with „Temperament and Character Inventory-revised' (TCI, Cloninger) and depressive symptoms with „Beck Depression Inventory' (BDI). The social factors were identified through the region-specific questionnaire.

Conclusion

Our study has shown that severity of depression correlates with specific temperament and character traits according to psychobiological model but also how adverse social factors have significant impact on presentation of depressive symptoms. It might be possible that such negative social environment could impact the development of specific personality traits which predispose individual for development of depression