

Temperament and Character Personality Dimensions in Patients with Bipolar Mood Disorder-i

M. Kazemian¹, M.R. Fayyazi Bordbar¹, A.A. Samari², M. Kashani Lotf Abadi¹, F. Farid Hoseini¹

¹Psychiatry and Behavioral Sciences Research Center, Mashhad University of Medical Sciences (MUMS), Mashhad, Iran ; ²Department of Clinical Psychology, Kashmar branch Islamic Azad University, Kashmar, Iran

Objectives: In the present study, Cloninger's dimensions of temperament and character have been investigated in patients with bipolar mood disorder-I (BMD-I), and obtained results were compared to those of healthy control participants from the general population.

Method: This cross sectional study investigates 96 patients with BMD-I, selected based on DSM-IV-TR criteria, who are admitted into a psychiatry hospital due to an acute episode of mania, depression or mixed episode in year 2011 in Iran. After stabilization of acute phase, patients completed the 125-item Persian version of Temperament and Character Inventory (TCI). Seven dimensions of temperament and character were compared between the designated bipolar group and 1212 healthy individuals via independent samples t-test. Moreover, the correlation between age, duration of disorder, and mood variables (depression and mania scores) with temperament and character inventory scores were assessed by Pearson's correlation coefficient.

Results: Bipolar patients showed significantly higher harm avoidance ($P=.001$) and lower reward dependency ($P=.001$), persistence ($P=.044$), cooperativeness ($P=.001$), self-directedness ($P=.001$) and self-transcendence ($P=.004$) in comparison with healthy individuals. In females, Reward Dependency ($P=0.001$), Self-Directedness ($P=0.001$) and Cooperativeness ($P=0.001$) scores were lower. Furthermore, TCI scores had no significant correlation with scores related to depression and mania, duration of the disorder and marital status.

Conclusion: Personality profile of patients with BMD-I differ from those of healthy individuals. Lower scores on Self-Directedness and Cooperativeness in bipolar patients seem to be related with more immature personality traits.

Key Words: Bipolar Mood Disorder; Character; Personality; Temperament