

CORRELATION BETWEEN DEFENSE MECHANISMS AND MMPI-2 PROFILES IN PATIENTS WITH DEPRESSIVE DISORDERS

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Introduction: A review of published studies shows that depressive disorders are correlated with specific defense patterns which may underlie particular personality traits. High comorbidity among depressive and personality conditions is a consistent but not well-understood finding.

Objectives: We assessed the relations between defense mechanisms and MMPI-2 profiles used by depressive patients.

Aims: The aim of the present study was to investigate how depressive disorders are related to the use of specific defenses and how it is correlated with particular MMPI-2 scales.

Methods: Authors examined a sample of 50 adult outpatients aged 21 to 55 diagnosed with depressive disorders according to DSM-IV. The Bond Defense Style Questionnaire (DSQ) was used to assess defense styles. Patients were also examined with MMPI-2.

Results: Depressive disorder patients scored higher for the immature defense styles.

Increased scores in psychopathological scales in MMPI-2 were positively related to the immature, neurotic and particular narcissistic, and negatively to the mature defense mechanisms.

Conclusions: These findings suggest that interpretation of defense styles and particular MMPI-2 scales is useful for the psychological and personological diagnosis to direct psychological assistance. These findings could lead to the development of specific psychotherapeutic interventions.