

P02-142 - **ASSOCIATION BETWEEN AFFECTIVE TEMPERAMENTS AND IMPULSIVITY IN THE GROUP OF HEALTHY VOLUNTEERS AND REMITTED BIPOLAR OUTPATIENTS**

L. Šprah¹, B. Dolenc¹, M.Z. Dernovšek²

¹*Sociomedical Institute, Scientific Research Centre SASA, ²Educational and Research Institute Ozara Ljubljana, Ljubljana, Slovenia*

Objectives: Affective temperaments (measured by the TEMPS-A) have been proved to be associated with major mood disorders, implying that these temperament types represent the subclinical manifestations of affective disorders and an increased vulnerability to pathological mood regulation. However, less attention was paid to the association of affective temperaments with trait impulsivity, which is commonly associated with clinical picture of bipolar mood disorder. The aim of our study was to assess the associations between affective temperaments and impulsivity among healthy volunteers and remitted bipolar outpatients.

Methods: 1096 students, 31 euthymic bipolar outpatients and 31 healthy controls were self assessed with Barratt Impulsivity Scale and Slovenian version of TEMPS-A questionnaire.

Results: Our data revealed positive correlation between impulsivity and cyclothymic and irritable temperament and negative correlation between impulsive behaviour and hyperthymic temperament. Depressive and anxious temperament proved to be positively linked with attentional and negatively with motor and nonplanning impulsivity. Furthermore, mean scores on depressive, cyclothymic, irritable and anxious temperament subscales as well as on attentional and motor impulsiveness and general impulsive score were significantly higher in the group of bipolar outpatients.

Conclusions: Our results are in agreement with several studies where authors emphasized that elevated depressive, cyclothymic, irritable and anxious temperamental scores as well as impulsive behaviour could indicate a vulnerability to pathological mood regulation during the remission phase of bipolar disorder. The results also brought to light some important connections between temperamental traits and impulsivity, indicating that both domains could be relevant in early diagnostic picture for affective disorders.