

## P02-263 - ARE CHARACTER AND TEMPERAMENT TRAITS DETERMINANTS OF QUALITY OF LIFE IN HEALTHY SUBJECTS?

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**Objective:** One of the important purposes of health interventions is to enhance the quality of life (QOL). In mental health practice quality of life is related to disorders and treatment but also identification of high-risk group in healthy subjects for lower QOL is necessary. Personality disorders in chronic diseases are reported to be related with lower QOL. In this study we investigated how character and temperament effect quality of life (QOL) in 'healthy' people.

**Methods:** 70 healthy subjects (32 women, 38 men) with no physical and psychiatric diagnosis assessed with SCID-I are included to the study. They were examined using Temperament and Character Inventory (TCI) and WHO-QOL-Brief.

**Results:** Harm Avoidance (HA) and Reward Dependence (RD) scores was negatively correlated with Physical Health domain of QOL. Self directedness (SD) scores were positively correlated environmental domains of QOL ( $p < 0.05$ ). Marital status was associated with QOL as singles had higher QOL in physical, psychological and environmental domains ( $p < 0.05$ ). In multiple linear regression models; HA and RD predicted lower Physical Health and marital status predicted Environmental Health scores of QOL.

**Conclusion:** In this study SD had significant correlations with environmental domains of QOL and higher HA and RD scores predicted lower QOL scores in Physical Health. With a bigger sample size all associations may occur clearly so an underground to identify risky temperament and character traits for lower QOL may be provided.