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'Neurotic Perfectionism' in Patients with 'hypertension at Work': Personality Trait and Therapeutic Problem

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Introduction

The form of Hypertension (HTN), when blood pressure values during work appear to be higher than those values during free time, is called 'HTN at work'. Among the psychological factors causing the development of HTN at work we find dissatisfaction with prospects of promotion. However, no study of perfectionism in patients with 'HTN at work' has ever been conducted.

Objectives

To conduct a comparative analysis of perfectionism structure in patients with 'HTN at work' against the indices of patients with essential HTN, and to establish correlations between perfectionism indices and burnout intensity in HTN patients.

Methods

85 patients with HTN at work and 85 patients with essential HTN took part in the study. There were employed Russian versions of Maslach Burnout Inventory (MBI) and Multi-dimensional scale of Perfectionism by Hewitt and Flett (MPS).

Results

Both groups of HTN patients reveal high scores on 'socially prescribed perfectionism' (SPP) scale and relatively lower scores on the scales 'other-oriented perfectionism' and 'self-oriented perfectionism' in MPS. Patients in both groups had burnout signs. But patients with 'HTN at work' significantly differ from the second group patients in higher scores of 'emotional exhaustion' and 'depersonalization'. The correlation analysis showed significant ($p < 0.001$) correlations between high scores in MBI 'emotional exhaustion', 'depersonalization', and high scores on SPP scale in 'HTN at work' patients.

Conclusions

Research results expand the scientific views on perfectionism, burnout syndrome and psychological mechanisms of psychosomatic syndrome genesis. Neurotic perfectionism should be taken into consideration in arranging medical treatment.