

IMPAIRED SUBJECTIVE SLEEP QUALITY IN IRRITABLE BOWEL SYNDROME PATIENTS WITH A TYPE D PERSONALITY

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Introduction: Type D (distressed) personality is defined as the co-occurrence of negative affect (NA) and social inhibition (SI).

Objectives: Although many studies have analyzed the association of irritable bowel syndrome (IBS) and personality traits, the effect of Type D personality on sleep quality of patients with IBS has not been evaluated.

Aims: We aimed to assess the prevalence of Type D personality in patients with and to investigate whether the presence of a Type D personality would affect subjective sleep quality in patients with IBS.

Methods: Ninety-seven patients who met the Rome III criteria for IBS with no psychiatric comorbidity were consecutively enrolled, along with 39 healthy controls. Type D Scale, Pittsburgh Sleep Quality Index (PSQI), and Hospital Anxiety and Depression Scale were used in the collection of data.

Results: Of 97 patients evaluated, 45.4% met criteria for Type D personality. Thirty-five patients (36.1%) and 7 healthy volunteers (17.9%) were “poor” sleepers ($p < 0.05$). IBS patients with a Type D personality were found to score higher on sleep latency, sleep disturbance, and global sleep quality domains of PSQI than patients without a Type D personality. Poor sleeping was more prevalent among patients with a Type D personality than those without (50.0% vs 33.9%; $p < 0.01$). Linear regression analysis revealed a significant independent association of Type D personality with poor sleeping ($r = 0.315$; $p < 0.01$).

Conclusion: Type D personality was associated with decreased perceived sleep quality in patients with IBS.