

TEMPERAMENT MARKERS IN MOOD DISORDERS

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We examined nine dynamical and three emotional aspects of behavior in depression and anxiety, singly and comorbidly. The study used the Structure of Temperament Questionnaire Compact (STQ 77), within the Functional Ensemble of Temperament model (FET). FET model describes 12 scales assess the energetic, lability and sensitivity aspects of behavior in the physical, social, mental and emotional domains. The STQ 77 was administered to 86 patients with Major Depression, 85 patients with an anxiety disorder, 43 patients with comorbid depression and anxiety, and 71 subjects without depression or anxiety disorder all presenting to a private outpatient clinical practice.

Results:

- 1) Depression was associated with self-reports of increased impulsivity and rigidity of behavior.
- 2) Depressed patients reported significantly lower physical energy, tempo of physical activity and plasticity of behavior. The presence of comorbid anxiety further worsened these effects.
- 3) The ability to sustain attention on a mental task and to learn new information was lower in depressed patients than in other groups.

Conclusion: Comorbid depression and anxiety might be associates, decreasing adaptivity and the self-regulatory balance of behavior, leading to the development of extremes in behavioral reactivity (impulsivity and rigidity).