

P02-94 - CREATIVITY CONSTRUCT AND ITS LINKS TO ALEXITHYMIA AND DEPRESSION

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Creativity plays an important positive role in people's social and personal life (Flach, 1990; Runco, 2004). On the other hand, alexithymia and depression may affect psychological well being in a negative way and lead to mental health problems (e.g. Honkalampi et al., 2007; Warnes, 1986). The current study investigated the relationship between these three constructs (creativity, alexithymia and depression) and hypothesised that there are negative relationships between creativity and alexithymia as well as between creativity and depression. 39 participants, aged between 18-58 (mean age 30) completed the 20-Item Toronto Alexithymia Scale (TAS-20) for the assessment of alexithymia and the Beck's Depression Inventory (BDI-II) for the assessment of depression. To investigate levels of creativity, participants completed a test of drawing preferences (Barron-Welsh Revised Art Scale (RAS)). The results showed a negative correlation between creativity and alexithymia and positive correlation between alexithymia and depression. Although previous research has found support for a link between creativity and depression it has been described controversially in literature (e.g. Andresen, 2008; Pickering, 1974). The current study did not find a significant correlation between creativity and depression. The results reflect the complexity of the creativity - depression relationship and the need for further research, with more precise control for the type and severity of depression.