

Impact of personality on mood disorders : A cross sectional study

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This work aimed to assess the effect of personality disorder or traits on symptomatology and frequency of episodes. The patients were subjected to Eysench personality questionnaire for the assessment of Eysench personality traits, temperament and character inventory received for the assessment of the seven personality dimensions proposed by Cloninger, Hamilton depression scale for rating the severity of depression and Young Mania rating scale for rating the severity of manic episode. The results showed that 40% of patients with mood disorders had co-morbid personality disorder, either single personality disorder (18%) or multiple personality disorder (16%). The impact of personality disorder comorbidity was found to affect the age of onset of illness significantly as well as frequency of relapse. Comorbid personality disorders and specific personality traits affect the clinical picture of mood disorders, the course of illness and its prognosis.