

## **Personality dimensions in patients with major depressive disorder and generalized anxiety disorder : A comparative study and relation to quality of life**

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The current study was designed to compare personality characteristics between patients with generalized anxiety disorder and unipolar non-psychotic major depression and evaluate their impact on the clinical and quality of life aspects. Sixty Saudi outpatients (32 patients with major depression and 28 with generalized anxiety disorder) were subjected to DSM-IV structured clinical interview, tri-dimensional personality questionnaire, Beck scale for depression, Taylor scale for anxiety and rating scale for psychopathology and quality of life were used. The results showed that both GAD and MDD showed significantly high harm avoidance scores that were positively associated with Beck and Taylor scores. Two lower-order traits of harm avoidance (worry and pessimism shyness) showed statistical difference between both disorders. Other positive associations were found between the lower-order traits, clinical symptoms and different quality of life aspects.