PERSONALITY DIMENSIONS IN YOUNG PEOPLE WITH ANXIETY DISORDERS

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ABSTRACT

Introduction: The personality is a product of biological determination that is shaped under the influence of the process of socialization. Early inhibitions of certain behaviors in children are factors to later development of inhibited or timid individual. These traits continue to develop through adolescence to adulthood and increase the risk for developing anxiety disorders. Aim: This study was created to make an assessment of personality dimensions in young individuals with anxiety disorders. Material and method: For assessment of the personality dimensions the Personality Questionnaire (BTS) was administered to 40 patients with panic disorder (PD), 40 patients with social phobia (SP) and 40 patients with generalized anxiety disorder (GAD) diagnosed according ICD-10. Results: Statistically significant differences between the groups at level 0.05 were found in terms of dimension neuroticism overall and individually in relation to the traits - hostility and anxiety. From the dimension conscientiousness statistically significant differences between the groups were found for the traits - order and achievement striving (p<0.05). Conclusion: Young people with GAD have highest hostility and anxiety and neuroticism in general, while the one with SP have lowest. Young people with GAD and SP are most determined for order and achievement striving, while those one with PD are with less pronounced personality traits for order and achievement striving.

Indexing terms/Keywords
Panic disorder; Generalized anxiety disorder; Social phobia; Personality dimension; Young people.

Academic Discipline And Sub-Disciplines
Psychology; Medicine;

SUBJECT CLASSIFICATION
personality dimensions and traits in young people with different types of anxiety disorders

TYPE (METHOD/APPROACH)
Original research- Analytical, cross-sectional cohort study
Statistical data analyses are conducted using software SPSS 17.0.
INTRODUCTION

Personality traits represent opportunities that are manifested in certain conditions and depend on the biological disposition of the person. Personality traits are stable, vary between individuals, and only apply to a certain individual. They affect individual behavior making it unique in comparison to the others (1).

According to Eysenck various personality traits are caused by the characteristics of the brain, which are influenced by genetic factors (2). He identifies the reticular formation and limbic system as key components of the cortical reaction and then as key components of the appropriate emotional response. Eysenck gives an explanation that extroverts have low levels of cortical arousal, while introverts have high level which leads them to look for a constant stimulation outside, in socialization. He binds psychoticism to testosterone, and to the dopamine system. Neuroticism by his opinion is still considered to be mediated by the level of excitement in the limbic system, and those with high neuroticism in small stresses exceed the level of normal activation, while those with low neuroticism under great stress does not exceed the level of normal activation (3).

Today the main factor approach for examining personality dimensions is the five factor model (five dimensions-extroversion, neuroticism, openness, agreeableness, conscientiousness), and within each dimension there are six traits included (4). The dimensions shows consistency in interviews, observations and self-describing, and are also found in various cultures at different ages (5), with no qualitative difference between normal and pathological personality except in schizophrenia or dementia states (6, 7, 8, 9).

Studies have shown that all five factors are formed and maintained both by the environment and the inheritance. So the person and its personality is a product of biological determination which is shaped under the influence of the process of socialization, as a result of the acquired attitudes, values, ideas and rules for social behavior (9). Early inhibitions of certain behavior in the children are factors for developing inhibited or timid individuals. These traits continue to develop through adolescence to adulthood and increase the risk of developing anxiety disorders, (10). Individual studies particularly emphasize the importance of the assertiveness, competitiveness and perfectionism, and the experience of negative evaluation by others as the most important psychological factors for the development of anxiety disorders (11, 12). Adolescence is a critical transition stage of development, between childhood and adulthood, in which the occurrence of anxiety disorders can still be prevented.

MATERIAL AND METHOD

The purpose of this paper is to explore the differences in personality dimensions and traits in young people with different types of anxiety disorders (PD, GAD and SP) by conducting analytical, cross-sectional cohort study.

The sample is consisted of 120 young people (18 to 25 years; 69 female and 51 male, 40 with PD, 40 with GAD, and 40 with SP). Inclusion criteria - young people who are asking for professional help for a first time at the Center for Mental Health- "Center" at the Psychiatric Hospital "Skopje" – Skopje and Psychiatric Clinic- Skopje and are diagnosed according ICD-10 as anxiety disorders (panic disorder, social phobia and generalized anxiety disorder as the most common anxiety disorders) and who agree to participate in the study with guaranteed anonymity. All of them are high school graduates. They are selected randomly. Exclusion criteria- presence of co-morbidity with other mental disorder.

Used tool is: Five Factor Questionnaire of Personality (BTS), which contains 240 items, grouped into five main dispositions, within each of them there are 6 traits:

- Neuroticism- consisting of anxiety, hostility, depression, self-awareness, impulsivity, vulnerability
- Extroversion- consisting of warmth, gregariousness, assertiveness, activity, excitement seeking, positive emotions
- Openness- consisting of imagination, aesthetics, feelings, action, new ideas, values
- Agreeableness- trust, straightforwardness, altruism, compliance, modesty, kindness
- Conscientiousness- competence, order, dutifulness, achieving striving, self discipline, dedication

The answers are ranked on 7 degree scale (1- completely disagree, 2 mostly disagree, 3 partially disagree, 4 neither agree nor disagree, 5 partially agree, 6- mainly agree and 7 completely agree).

Internal consistency, reliability of the questionnaire, alpha coefficients are: for N (neuroticism) is 0.92, for E (extroversion) is 0.89, for O (openness) is 0.87, A (agreeableness) is 0.86 and for C (consciouness) is 0.90, and the validity after 6 months period is 0.83.

Statistical data analyses are conducted using software SPSS 17.0. For data analysis we used the following statistical methods: the distributions of continuous variables (personality dimensions and traits) are shown as arithmetic mean and standard deviation. Differences between groups were analyzed by analysis of variance (ANOVA). All statistical tests were processed using the statistical significance of p <0.05 (results considered as statistically significant).
RESULTS

The results of the analysis of the survey data by the personality dimensions in subjects with PD, GAD and SP are shown in Table 1.

Table 1. Mean and standard deviations of the personality dimensions in subjects with PD, GAD and SP

<table>
<thead>
<tr>
<th></th>
<th>GAD</th>
<th>PD</th>
<th>SP</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>SD</td>
<td>M</td>
<td>SD</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>207.62</td>
<td>24.01</td>
<td>200.60</td>
</tr>
<tr>
<td>Extraversion</td>
<td>209.90</td>
<td>28.56</td>
<td>202.38</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>223.85</td>
<td>22.62</td>
<td>215.10</td>
</tr>
<tr>
<td>Openness</td>
<td>209.20</td>
<td>28.90</td>
<td>199.58</td>
</tr>
<tr>
<td>Consciousness</td>
<td>222.18</td>
<td>32.52</td>
<td>209.15</td>
</tr>
</tbody>
</table>

The results (Table 1 and Chart 1 (a, b, c, d, e, f)) show that the subjects with PD have lowest average score in willingness to cooperate, extraversion, openness and conscientiousness. Highest scores for extraversion and openness have subjects with SP. For agreeableness and consciousness subjects with GAD and SP have equal average scores. Lowest average scores in neuroticism have those with SP, and the highest scores in neuroticism have subjects with GAD. Neuroticism is most apparent in those with GAD, while consciousness is most apparent dimension in subjects with SP.
REFERENCES


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Experience
September 2009– present
Gestalt institute “SHS”, Skopje, Gestalt therapist, trainer, supervisor
September 2002– present

Psychiatric hospital “Skopje”, Skopje, Spec. of Medical Psychology, Gestalt therapist
January 2007- May 2009

Trust- association for improvement of prevention, treatment and social reintegration for persons on drugs , Counseling as Spec. of Medical Psychology, Gestalt therapist

HOPS, Skopje. Re-socialization and re-integration of drug abstinent
Coordinator, Psychologist, Gestalt therapist
January 2001 – September 2002

CESVI World Aid from Italy, Skopje
Social, Interactive and Non-formal Education Support for Refugees Children, Teenagers and Women in FYROM in relation with Ethnic Minorities and Host Communities
Psychologist
Field officer, supervision of the instructors, creating program, supervision of the implementation of the program, individual work with children or instructors, organizing seminars, making assessments, preparing new projects.
Distribution in conflict area in FYROM
Local project coordinator.
Sustain to activities in the rural conflict-affected areas in FYROM
Administrator.
September 2000– October 2001

PEKSNAS, (Rade Jovcevski Korcagin) Skopje, High school, Teacher of psychology
March 2000 – July 2000

Institution of mental health for children and young, Skopje and UNICEF
Psychosocial Support and Training of School Age Children at Risk, Psychologist, Coordinator
September 1999 – May 2000
SOS Line for Children and Youth at the First Children’s Embassy in the World “Medjasi”
Consulting work on the SOS line
May 1999 – December 2000

Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF

- Research work on several projects
  Direct Psychosocial Support and Training of Refugees –
  Support to Woman and Children at Risk in the Macedonian Collective Centers
- Researcher
- Psychologist- consultant

Active Participation of Pupils in Crisis Situation
- Facilitator in pupil workshops

Education
2012, M-r sc. of Developmental psychology
St. Cyril & Methodius University, Institute of Psychology
2009, Gestalt trainer, supervisor

Association of Gestalt therapy- Contact, Educator and supervisor, Koprova Biljana
2006 - 2008

Association of Cognitive-behavior therapy,
270 hours Cognitive-behavior therapy, Educator and supervisor, Petar Vasilev
2007, Specialist of medical psychology

St. Cyril & Methodius University, Medical Faculty
2003 – 2004
Course for Rorschach psycho diagnostic method, Mentor, Zdravkova Julka
2004, Gestalt therapist

Association of Gestalt therapy- Contact, Educator and supervisor, Koprova Biljana
1999, BA in Psychology

St. Cyril & Methodius University, Institute of Psychology

Publications

Congress, conferences
- 2013, Sofia, Bulgaria, International conference
  - Bonevski D., Naumovska A., Lefkova K. *Depression in Impulse control disorders*
  - Naumovska A., Bonevski D., Lefkova K. *Attachment in Impulse control disorders*
- 2013, Athens, Greece, International conference
  - Bonevski D., Naumovska A., Jeremic M., Boskovska M. *Resilience, anxiety and depression in internally displaced people*
  - Naumovska A., Bonevski D., Jeremic M., Boskovska M. *Self image and depression in adolescents internally displaced during their childhood*
  - Boskovska M., Bonevski D., Naumovska A., Jeremic M. *Psychiatric Treatment in PTSD patients*
  - Jeremic M., Bonevski D., Naumovska A., Boskovska M. *Postoperative anxiety and depression in women with Caesarea*
- 2012, Ohrid, International conference
  - Bonevski D., Naumovska A., Jeremic M., Boskovska M. *Alcoholism and family violence*
  - Naumovska A., Bonevski D., Jeremic M., Boskovska M. *Self image and parents with alcoholism*
- 2012, Becici, Monte Negro, International conference
  - Bonevski D., Naumovska A., Jeremic M., Boskovska M. *Parental problem drinking and*
panic disorder in adult offspring

- 2012, Belgrade, International conference
  - Bonevski D., Naumovska A., Jeremic M., Boskovska M. *Dysfunctional family and panic disorder in adult offspring*
  - Jeremic M., Bonevski D., Boskovska M., Naumovska A. *Use of the selective serotonin reuptake inhibitor Escitalopram in the treatment of the depressive disorder*
  - Boskovska M., Naumovska A., Jeremic M., Bonevski D., Boskovska F., Blazevska E., Boskovska E. *Case study*

- 2012, Stettin, 21-ta International conference- Community development- reality, transition, future

- 2011, Belgrade, First international congress- Hospital psychiatry
  - Jeremic M., Naumovska A., Bonevski D., Boskovska M. *Psychosocial treatment in daily centre for mental health and patients anxiety*
  - Boskovska M., Jeremic M., Naumovska A., Bonevski D. *Preventing relapse in patients with psychosis in daily centre for mental health*

- 2011, Sofia, International conference- Sofia, Nis, Skopje
  - Naumovska A., Jeremic M., Bonevski D., Boskovska M. *Depressive symptoms among schizophrenic outpatients and patients in daily hospital*
  - Bonevski D., Jeremic M., Boskovska M., Naumovska A. *Severity of negative symptoms among schizophrenic outpatients and schizophrenic patients in daily hospital*
  - Boskovska M., Jeremic M., Naumovska A., Bonevski D., Boskovska E. *Case study: brain tumour in temporal region with depressive –paranoid syndrome*
  - Jeremic M., Bonevski D., Boskovska M., Naumovska A. *Differences in manifest anxiety in patients with schizophrenia and bipolar affective disorder*

- 2011, Brno, 20-th International conference – Dealing with the differences

- 2010, Skopje, International Psychiatric conference- Skopje, Nis Sofia
  - Naumovska A., Boskovska M., Jeremic M., Bonevski D., Dukovska S. *Cognitive functions in schizophrenic patients in remission*
  - Naumovska A., Boskovska M., Jeremic M., Bonevski D., Dukovska S. *Schizophrenic patients and depression*
  - Jeremic M., Boskovska M., Naumovska A. *Most common drugs in daily centre for mental health - Centre*
  - Jeremic M., Naumovska A. *Case study- psychogenic deaf*
  - Boskovska M., Naumovska A., Boskovska F., Blazevska E., Jeremic M., Dukovska S., Bonevski D., Boskovska E. *EEG and neurosis*
  - Boskovska M., Naumovska A., Boskovska F., Blazevska E., Jeremic M., Bonevski D. *Olanzepine in treatment of psychosis*

- 2010, Liviv, 19-th International conference, Social courage

- 2009, Mikulov, 18-th International conference, Young people and violence

- 2009, Ohrid, IV Macedonian and international psychiatric congress
  - Boskovska M., Jeremic M., Naumovska A. *Epilepsy and co-morbidity. 28-29*
  - Boskovska M., Jeremic M., Naumovska A. *Schizophrenic patient and long lasting injections. 92-93*
  - Aleksovska N., Ignjatova L., Kostovski D., Kirkova N., Naumovska A. *Diazepam in patients in methadone maintenance treatment. 104*

- 2009, Skopje, International virtual e-hospital, Third Balkan seminar for telemedicine and e-health

- 2007, Tirana, International virtual e-hospital, Second Balkan seminar for telemedicine and e-health

Seminars -As educator:
February 2009, Skopje **Psychiatric hospital “Skopje”** New medical programs for persons on drugs

October 2007, Popova Sapka **Psychiatric hospital “Skopje”**. Team work in a treatment of persons on drugs

September 2007, Mavrovo **Psychiatric hospital “Skopje”**. Experience and achievement in the treatment of persons on drugs II

September 2007, Mavrovo **Psychiatric hospital “Skopje”**. Experience and achievement in the treatment of persons on drugs I

May 2007, Pelister **Psychiatric hospital “Skopje”**. Multi discipline approach in the treatment of persons on drugs as a improving factor

**Seminars, conferences- As student:**

- May 2011, Skopje **Centar za humani relacii**, Gestalt therapy workshop, Dzani Franceseti, Italy
- March 2011, Skopje **Institute for Family therapy**, Relationships, Nevena Caloska-Hercog, Serbia
- January 2010, Skopje **Centar za humani relacii**, Gestalt therapy workshop, Dzani Franceseti, Italy
- December 2009, Skopje Alchjamer disease
- March 2009, Skopje **Psychiatric hospital "Skopje"**, First national conference for treatment with substitution for persons on drugs
- November 2008, Veles **Association of psychiatrist RM**, Sleeping disorder, Treatment of depression
- November 2008, Veles **Trust- association for improvement of prevention, treatment and social reintegration for persons on drugs**, Working principals for psychosocial support for persons on drugs
- October 2006, Mavrovo **H.O.P.S.**, Preventive services for Most-at-risk populations II
- September 2006, Mavrovo **H.O.P.S.**, Preventive services for Most-at-risk populations I
- December 2003, Skopje **Macedonian consortium for international collaboration**, Monitoring projects
- May 2003, Skopje **Consultations for human collaboration**, Workshop- gestalt therapy, Harm Siemens
- June 2002, Skopje **Consultations for human collaboration**, Workshop- gestalt therapy, Harm Siemens
- June 2001, Skopje **Center for human relations**, Workshop- gestalt therapy, Harm Siemens
- June 2001, Skopje **Macedonian consortium for international collaboration**, Creating and running projects
- May 2001, Skopje **Center for Psychological and crisis action, Institute of Psychology Philosophical Faculty – Skopje** Helping to the helpers
- December 2000, Skopje **Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF**, The Pupils – Active Participants in the School
- May 2000, Struga **Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF**, Psychosocial Help in Population at Risk: Working with Groups, Gay Grew of Southampton University, UK
- April 2000, Ohrid **Center for human relations**, Workshop- gestalt therapy, Harm Siemens
- March 2000, Skopje **Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF**, Practical Training: Participation and conducting of 5 workshops with 4-th grade pupils
- February 2000, Skopje **Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF**, Provision of the pupils active participation in the IVAC Approach Stages
- January 2000, Skopje **Center for Psychological Consultation, Institute of Psychology Philosophical Faculty – Skopje and UNICEF**, Provision of the Pupils Active Participation in the
IVAC Approach Stages
January 2000, Skopje Center for Psychological Consultation, Institute of Psychology
Philosophical Faculty – Skopje and UNICEF, Active Competence and IVAC Approach
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September 1999, Skopje Center for Psychological Consultation, Institute of Psychology
Philosophical Faculty – Skopje and UNICEF, Search for Common Ground
July 1999, Mavrovo Society for Psychological Assistance – Zagreb, Psychosocial First Aid
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Alternatives to Violence Project

Membership
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Language
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MS Word, MS Excel, Power point, Internet, SPSS