

## ASSOCIATION BETWEEN TYPE D PERSONALITY AND THE SOMATIC SYMPTOM COMPLAINTS IN DEPRESSIVE PATIENTS

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**Introduction:** The defining features of Type D personality, that is, tendencies to experience negative emotions and inability to express emotions, are the known risk factors of somatization tendencies.

**Objectives:** Many depressive patients express their mental distress through somatic symptoms. Therefore, it may be worthwhile to investigate the relationship between Type D personality and complaints of somatic symptoms in depressive patients.

**Aims:** The purpose of this study was to evaluate the relationship between type D personality and somatic symptom complaints in depressive patients.

**Methods:** Eighty-two individuals diagnosed with depressive disorder were included. Type D personality was measured with 14-item Type D personality Scale (DS14). Patient Health Questionnaire 9 and 15 were used to measure depression severity and somatization tendencies.

**Results:** Two-thirds of the subjects were classified as Type D personality (63.4%). The mean PHQ-15 score of the Type D individuals was significantly higher than the remaining subjects (12.7 vs. 7.2,  $p=8.2E-6$ ). The best regression model included age, PHQ-9 score and NA subscale score as predictor variables. Among these, only the coefficients of age ( $p=0.0015$ ) and NA score ( $p=1.5E-7$ ) was found to be statistically significant.

**Conclusion:** The result showed that Type D personality was one of the strong predictors of somatic complaints among depressive individuals. The finding that alexithymia was not shown to be a significant predictors also substantiated this discrepancy. However, it might be possible that the high correlation between NA and SI subscore ( $r=0.65$ ) and between NA and TAS-20 score ( $r=0.44$ ) hid the additional effects of social inhibition and alexithymia.