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HIPPOCRATES, EYSENCK AND THE SASANG TYPOLOGY

H. Chae[1], S.J. Lee[2], S.H. Park[3]
[1]Division of Longevity and Biofunctional Medicine, School of Korean Medicine, Pusan National University, Yangsan, [2]Department of Psychology, Yonsei University, Seoul, [3]Department of Occupational Therapy, Yonsei University, Wonju, Republic of Korea

Introduction: A systematic review of studies related to the psychological characteristics of Sasang typology, a traditional Korean personalized medicine utilizing acupuncture and medical herbs, was conducted with the goal of delineating generalizable psychological profiles of each types using western academic traditions.
Methods: Journal articles were collected using 5 electronic database systems in the United States and Korea, and 21 peer reviewed research articles with psychometric inventories were included. Due to the heterogeneity of the studies, the present study sought to report the mutual relevance of the studies based on research results pertaining to the correlation between psychological assessment instruments.
Results: Results of the review indicate that two super-factors of Eysenck, Extraversion and Neuroticism, serve as the foundation in regards to delineating personality constructs, such that the So-Yang type scored high on the Extraversion dimension and low on the Neuroticism dimension compared to the So-Eum type. Current studies with Cloninger's Temperament and Character Inventory also showed that the Novelty Seeking and the Harm Avoidance can be related to the So-Yang and the So-Eum type, respectively.
Conclusions: The present systematic review indicates that Neo-Confucianism-based Sasang typology shares similarities with the western psychological tradition. There is an urgent need to study similarities and differences between both of them in multiple perspectives including mechanism of action beneath the medical intervention. The Bio-psycho-social basis of the Sasang typology can guide us to the temperament-based personalized integrative medicine covering western orthodox and traditional oriental medicine.

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