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RELATED TYPE OF PERSONALITY A AND MENTAL HEALTH

H. Ghorbani Amir¹, T. Ahmadi Gatab²

¹Education Department of Babol, Babol, ²Islamic Azad University & Young Researchers Club, Qhaemshahr Branch, Qhaemshahr, Iran

Introduction: Constitutional factors in mental health can be effective is the concept of personality types. Because the major segments of the population of students form community activist, according to mental health in this group of people is very important and vital.

Objectives: This study investigated the relationship between type A personality and mental health is.

Methods: Descriptive research method is correlation. The study sample included 50 students of psychology Noor University city of Babol is the daughter of 25 people and 25 people will Psrtshkyl and randomly selected and two personality questionnaires and mental health a.Gold Leaf (GHQ) have responded.

Results: Results using Pearson correlation and t test using T spss18 software were analyzed.

Findings indicate that:

1. Between personality types and mental health A significant relationship exists.
2. Mean mental health of girls and boys there is no significant difference.
3. Between type A personality and physical symptoms there is a significant relationship.
4. Between type A personality and symptoms of anxiety and sleep disturbance is a significant correlation.
5. Between type A personality and social function there is a significant relationship.
6. Between type A personality and depressive symptoms are significantly related.
7. Gender (boys and girls) and Type A Shkhsty are related.

Conclusions: According to research results between type A personality and mental health of a significant relationship exists. Number of participants who had type A mental health are lower than the number of participants who had personality and B are .