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POSTTRAUMATIC INSOMNIA AND STRUCTURAL DIMENSIONS OF PERSONALITY IN ADOLESCENTS

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Sleeping disorders are being manifested, after being exposed to stressor, by initial insomnia and/or transitory insomnia, rarely terminal insomnia, which depends also on personality characteristics.

Objective of the work was to establish the most common forms of insomnia in population of psycho traumatized adolescents, and also the connection between the forms of insomnia, its severity and structural dimensions of personality.

The examined group was consisted of 46 adolescent persons who have evinced some form of insomnia under influence of stressor. The diagnosis was made based on the DSM-IV criteria, structural dimensions of personality were evaluated by MMPI-201 test, and the severity of insomnia was evaluated by ISI scale.

Under influence of stressor 41% of examined persons had the initial insomnia, 27% had mixed insomnia, 20% had transitory insomnia, and 12% had terminal insomnia. Regarding the structural dimensions of personality Hs, Hy, D and Pt ($p < 0,01$) there is a difference between basic and control group, and as far as the forms of insomnia are concerned the examined persons make different population compared to structural dimensions: Hs, Hy, D and Pt ($p < 0,01$). It also has been established that severity of insomnia correlates with the demonstration of dimensions Hs, Hy, D and Pt ($p < 0,01$).

The results are showing that the profile of personality plays a role in onset, form, and severity of posttraumatic insomnia.