

Poster presentation

Persona and skin

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from International Society on Brain and Behaviour: 2nd International Congress on Brain and Behaviour
Thessaloniki, Greece. 17–20 November 2005

Published: 28 February 2006

Annals of General Psychiatry 2006, **5**(Suppl 1):S300 doi:10.1186/1744-859X-5-S1-S300

Background

The persona as a psychophysical unity, implanted in the system of social relations, is characterised by its specific organisation, resistance (depends on cognitive and affective characteristics) and reaction to all kinds of stress. Is this speciality reflected on the psychosomatic schedule of the skin?

The purpose of this study is to determine the likeness and difference in style of reaction of the patients with dermatological and psychosomatic illnesses, from the type of urticaria.

Materials and methods

With 30 patients between the ages of 26–48 (treated for urticaria) the following tests were used: MMPJ, NEO-PI-R and lifestyle. All of our patients found the outer stress new, inexperienced and sudden with very intense intensity.

Results

By categorical tendency and dimensional analysis is been determined that the patient is characterised with: 1. General tendency to suffer negative emotions, not to establish and finding it difficult to adapt to new situations and stress, prone to psychological distress, unreal ideas, successive needs and wishes and maladaptive responds. 2. They have a high degree of individual organisation, persistence and motivation in their conduct towards the target. They are with a strong will for success, scrupulous, and punctuate.

A more subtly analysis points at: An increased hostility (anger, madness and frustration), depressiveness (they are easily discouraged, helpless and worried), interpersonally warm, with a fast speed of life, energetic, decisive, their minds function with the tasks, practical, realistic, prefer

aesthetic, intellectually curious to new unconventional ideas but in general conformists, in interpersonal tendencies they are characterised with trust, altruism, lenience and mild character based on logical and rational evaluation, competent (with an average self-respect and inner locus of control), with strict consistency to the ethical principles.

The patients differ in: intensity of anxiety, hostility, interpersonal involvedness, basic level of energy, receptiveness of the inner feelings and rating the emotions as an important segment of life, accepting changes, a quest for excitement, positive emotions, an express of authentic feelings, narcissistic needs, working methodology and level of aspiration.

Discussion

Furthermore, the complexity of the variable characteristics of the persona prone to dermatological and psychosomatic illnesses is questionable. It is more alike the organisation of the persona's features. But, there are also changes. In general, the heterogeneity can be grouped into two groups.

1. A group of more impulsive and manifested level: fast and frequent appearance of allergic manifestations in the form of erythemas on the level of the skin in a period of one hour.
2. A group of gradual erythemisation of the skin, but with consecutive appearance of severe changes and intensified sensation on the pruritus in a period of three to four days.

According to the specific organisation of the personality, this survey emphasises the stress as a specific impact on the body (skin). This study is an evidence of the needs with more basic and holistic treatment of the unit, bearing

in mind the two different worlds, the psyche (persona) and the skin and taking a simultaneous general and individual approach.

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