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Poster presentation

# Temperament and character inventory (TCI) personality profile of alcohol misuse patients with and without a co-occurring mood or anxiety disorder

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## Background

Alcohol use disorders (AUDs) are among the leading public health problems nowadays. Very often they co-occur with other psychiatric disorders, especially mood and anxiety disorders.

Quite a few studies exist that explore personality characteristics in individuals with alcohol misuse and a co-occuring mental disorder.

Such studies are of primary importance if we are to test the hypothesis that certain genetically inherited personality traits are a common risk factor for AUD and various externalizing and internalizing mental disorders.

## Materials and methods

We examined two statistically matched groups (20 patients in each) of AUD patients (ICD-10 diagnosis of alcohol abuse or dependence). The first group consisted of patients with a lifetime diagnosis of mood/and or anxiety disorder and the second group included AUD patients without comorbid disorders. Lifetime psychiatric history was assessed "Composite International Diagnostic Interview" ver. 2.1 /lifetime/.

All the participants filled in the "Temperament and Character Inventory" self-evaluation questionnaire [1]. Data were processed with Statgraphics ver. 8.0.

## Results

Preliminary results (the study is still ongoing) show that patients with a co-occurring mood and/or anxiety disorder tend to score much higher on harm-avoidance and lower on self-directedness subscales.

Taken together, these results may be interpreted as a higher propensity to personality deviations in these patients, most likely from the so-called cluster "C" personality register [2].

## Conclusions

Additional studies with larger sample sizes are needed to further investigate the complex interaction and causal relationships between mood and anxiety disorders and alcohol misuse.

## References

1.  Cloninger C. R., Svrakic D. M., Przybeck T. R.: **A psychobiological model of temperament and character.** *Archives of General Psychiatry* 1993, **50:**975-990.
2.  **American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders.** 4-th Edition edition. *Washington, DC. American Psychiatric Association*; 1994.