

Personality Analysis of neurotics on the basis of projective test

Rupali Chandola*

Department of Psychology, Kumaun University Campus, Almora, Uttarakhand, India.

Correspondence Address: *Rupali Chandola, Department of Psychology, Kumaun University Campus, Almora, Uttarakhand, India.

Abstract

Background: There are an increasing number of studies which show that certain personality traits predispose an individual to develop psychiatric disorders. The current study tried to examine whether generalized anxiety disorder and obsessive compulsive disorder associated with three personality traits sociability, self- confidence and ambitiousness on SCT.

Methods: Study examined the three personality traits sociability, self-confidence and ambitiousness of 80 participants select between two age group midlife (35-50) and post adulthood (50-80) purposively. The study conducted on 40 participants who's suffering with generalized anxiety disorder and the other group 40 participants of OCD. Total participants diagnosed case of two neurotic disorders. Study was conducted in Bareilly mental hospital, Bareilly India and Agra mental hospital, Agra, U.P., India. Sentence completion test was administered on all the included subjects.

Result: OCD patients are more ambitious and confident in comparison to GAD on Sentence completion projective test of personality.

Conclusion: Post adulthood (50-80) participants are found to be more ambitious in comparison to pre adulthood participants.

Keywords: SCT, Personality, Neurotics, GAD, OCD

Introduction

Anxiety disorders such as GAD (Generalized Anxiety Disorder, Panic Disorder, OCD, etc.) are the most common class of psychiatric disorders. However, even without being diagnosed with a clinical anxiety disorder there are some people who just tend to be more anxious or have what's called an "anxious personality". Certain personality traits have been associated with developing anxiety. Here are some of the traits that predispose someone to have an "anxious personality" and even a full blown anxiety disorder. Anxiety is an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs

such as sweating, tension, and increased pulse, by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

So many personality traits were emerged by the five factor model. Researchers tend to define personality in many ways from ancient to modern era (Das, 1987; Mukherjee, 2007; Srivastava, 2012; Shilpa & Murthy, 2012; Ellis et al. 2009; Eysenck & Eysenck, 1975; Digman, 1990; McCrae & Costa, 2003). Allport (1937) has mentioned both inner qualities and behavior, but emphasized the inner qualities more as compared with the outer one. According to Allport, "Personality is the dynamic

organization within the individual of that psycho-physiological system that determines his unique adjustments to his environment” (Allport, 1937). Marked deviation in the personality which affects the personal, social and occupational functioning of an individual classified as personality disorder in ICD-10, DSM-IV & V

In different forms of psychopathology sex difference is highly noticed. Women scored higher on life depression, anxiety and vulnerability as reflected in terms of behaviour parameters like, health, risk behavior (Trobst et. al. 2002; Terracciano & Costa, 2004), well-being (Costa & McCrae, 1980), emotional behavior (Terrocciano et.al 2003 a,b), academic attainment (Chamorro Premuzic & Furnham, 2003), vocational interest (Gottfredson et. al. 1993) and political preference (Caparara & Zimbardo, 2004) Also, personality traits are significantly related with psychiatric disorders (Camisa et. al. 2005; Trull, et. al. 2003) and it has also made its place in cultural perspective (Paunonen 1996; McCrae & Costa, 1997).

Personality traits have also been studied as affected by gender and age. Costa, Terracciano and McCrae (2001) examined gender difference in college students and found meager difference. Same pattern was already established by Williams and Best (1990). Women rated them higher on A and N.

Researchers took interest to differentiate personality characteristics of normal healthy individuals from mentally ill (Shaw et al. 1975; Tripathi & Jahan, 2004, 2010; Chandola et al. 2015; Cheung et al. 1997; Fazel & Grann, 2006; Camarena et al. 2014; Angst & Clayton, 1986; Parnas & Jorgensen, 1989; Berenbaum&Fujita,1994). The main focus of this study was the patterns of personality. Most of the researchers deal with the deviant characteristics of a person or the abnormal personality. In this regard most of the studies deal with depression or

mood swing disorder (Malouff et. al 2005).Neuroticism (Brezo et.al2006) and alcohol use (Malouff et. al 2005) were the highly researchable notions. Pessimism was found related with lower level of subjective well-being (Cauver et.al 2009) extraversion (Steel et.al 2008), positive affect (Malouff et.al 2005, Steel et.al 2008), physical health outcomes (Caspi et.al2005; Friedman, 2008) and higher optimism(Rasmussen et.al 2009). However, a recent laboratory researches on meta-analysis found that increase in the level of neuroticism predicts slower improvement in cardio-vascular disease and stress recovery (Chida & Hamer 2008)and greater risk for cardio-vascular illness (Caspi et.al 2005). Personalities of psychopaths differentiate from normal on depressive-non depressive and Suspicious- trusting dimension (Chandola et al. 2015).

After knowing of the personality which is harmful for people and society we can differentiate them from normal healthy individuals and will be able to take precautionary measures against them. Therefore, this study was planned to study the personality of Pt. suffering with GAD and compared it with Pt. of OCD personality traits. Study was conducted outdoor patients of Bareilly mental hospital, Bareilly India and Agra mental hospital, Agra, U.P. India .Sentence completion test was administered on all the included subjects.

It was hypothesized that there will be no difference in personality of GAD and OCD.

Materials and methods

Participants

80 participants were taken for this study. Out of 80, 40 were suffering with generalized anxiety disorder and rest of 40 suffering with obsessive-compulsive disorder. The age range of the participants was midlife (35-50) and post-adulthood (50-80). 41 Participants taken from Bareilly Mental Hospital, Bareilly, U.P., India and 39 participants taken from Agra Mental Hospital, Agra,

U.P. All participants diagnosed by psychiatrist of the hospital. Sentence Completion test (SCT) were administered on all the included subjects.

Tool:

Sentence Completion Test

This test is developed by Dubey and Dubey (2006) and it is comprised of 50 incomplete sentence and the participants are instructed to complete every incomplete sentence by the first appearing thought of their mind the objective of this test to measure certain personality traits. An attempt has been made to measure three personality characteristics through the responses of the subjects. These traits are (1) Sociability, (2) Self Confidence, and (3) Ambitious. All the sentences are so framed that they lead to reveal the Positive or negative aspect related to one of the traits.

Procedure

Participants suffering with Anxiety disorder, there are two types of anxiety disorder taken in this study i.e. generalized anxiety disorder and obsessive compulsive disorder. Study was conducted outdoor patients of Bareilly mental hospital and Agra mental hospital, Agra, U.P., India .Sentence completion test

was administered on all the included subjects. Informed consent was taken from patients and their available relative, Interview conducted in a separate room to maintain confidentiality.

Results

Keeping in view the main objectives of the present study t-test was employed to see the personality difference between generalized anxiety and obsessive compulsive patients. The result of the present study has been given below and consecutively discussed.

Table I shows out of 80 neurotics participants 8 (20 %) male subjects and 12(30%) female subjects suffering with generalized anxiety disorder and the other group 9(22.5%) male and 12(30%)female suffering with obsessive compulsive disorder taken from Bareilly mental hospital. And some data taken from Agra Mental Hospital in which 12(30%) male and 8(20 %) female suffering with generalized anxiety disorder and the other group 11(27.5) male and 8(20%)female suffering with obsessive compulsive disorder. Out of 40 participants 40(50%) belonging from midlife and 40(50%) subject taken from post adulthood year of age.

Table I: Diagnostic category and age and sex distribution of the study sample.

Mental Hospitals	Neurotic Disorder	Gender		Total No. Of both sex	Age		Total No. of age
		Male N=40	Female N=40		Midlife (35-50)	Post adult hood (50-80)	
Bareilly Mental Hospital	GAD	8(20%)	12(30%)	20(25%)	12(30%)	8(20%)	20(25%)
	OCD	9(22.5%)	12(30%)	21(26.25%)	7(17.5%)	14(35%)	21(26.25)
Agra Mental Hospital	GAD	12(30%)	8(20%)	20(20%)	9(22.5%)	11(27.5%)	20(20%)
	OCD	11(27.5%)	8(20%)	19(23.75%)	12(30%)	7(17.5%)	19(23.75%)
Total		40(50%)	40(50%)	80	40(50%)	40(50%)	80

Table II: Showing the personality difference of two neurotic group- GAD & OCD.

Personality Traits	Mental health Stats	Total	Mean	S.D.	t- value
Sociability	GAD	40	21.32	8.22	1.33
	OCD	40	24.95	6.63	Df=78
Self- Confidence	GAD	40	20.35	9.61	2.50*
	OCD	40	27.85	16.31	Df=78
Ambitiousness	GAD	40	17.25	5.69	6.49*
	OCD	40	39.05	20.3	Df=78

*Significant at $p < 0.05$ level

Table II reveals that there was significant difference in the mean score ($p < 0.05$) on self-confidence and ambitiousness traits of personality of two neurotic groups i.e. patients with generalized anxiety and obsessive compulsive disorder. In generalizes anxiety patients the mean score 21.32 shows the average level of sociability on SCT. According to mean score self-confidence level of OCD was low and GAD having very low self -confidence.

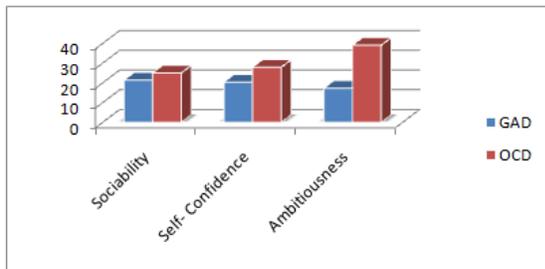


Fig. 1: Comparison of personality traits of Patients suffering with GAD & OCD on sentence completion test.

Figure 1 shows that OCD group mean score 39.05 above then 28 which indicate OCD very highly ambitious.

Table III reveals that there was significant difference in the mean score ($p < 0.05$) on ambitiousness traits of personality of two neurotic groups i.e. patients with generalized anxiety disordered male and obsessive compulsive disordered male. Rest of two traits of personality sociability and self confidence had no significant difference between two groups. Mean score 20.05

indicate male participants suffering with GAD having low level of ambitious on SCT.

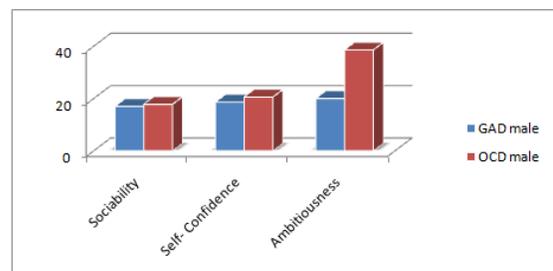


Fig. 2: Comparison of personality traits of male patients suffering with GAD & OCD on sentence completion test.

Figure 2 shows that GAD & OCD group almost similar on personality traits of sociability. Mean score 17 and 17.81 indicate low sociability has been found in male group.

Table-IV reveals that there was significant difference in the mean score ($p < 0.05$) on self-confidence and ambitiousness traits of personality of two neurotic groups i.e. female patients with generalized anxiety and obsessive compulsive disorder. There is no significant difference was found on the personality traits of sociability on SCT. The mean score 25.15 and 33.05 indicate that OCD have very high level of sociability in comparison to GAD on sentence completion test.

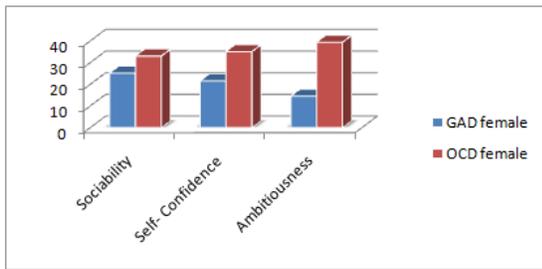


Figure 3 shows that mean score of GAD female 14.85 below 18 indicate that GAD female very low ambitious in comparison to OCD female.

Fig. 3: Comparison of personality traits of female patients suffering with GAD & OCD on sentence completion test.

Table III: Showing the personality difference of two neurotic groups - GAD Male & OCD Male.

Personality Traits	Mental health Stats	Total	Mean	S.D.	t- value
Sociability	GAD male	20	17	5.55	0.48
	OCD male	20	17.81	5.03	df=38
Self-Confidence	GAD male	20	18.65	8.25	0.57
	OCD male	20	20.6	9.47	df=38
Ambitiousness	GAD male	20	20.05	6.43	4.32*
	OCD male	20	38.6	18.05	df=38

*Significant at $p < 0.05$ level

Table IV: Showing the personality difference of two neurotic groups - GAD Female & OCD Female.

Personality Traits	Mental health Stats	Total	Mean	S.D.	t- value
Sociability	GAD female	20	25.15	8.66	1.62
	OCD female	20	33.05	20	Df=38
Self- Confidence	GAD female	20	21.55	10.49	2.83*
	OCD female	20	35.1	18.60	Df=38
Ambitiousness	GAD female	20	14.5	2.92	4.86*
	OCD female	20	39.4	22.74	Df=38

*Significant at $p < 0.05$ level

Table V: Age group wise comparison of personality traits on SCT.

Personality Traits	Age group	Total	Mean	S.D.	t- value
Sociability	35-50	40	25.47	12.10	0.04
	50-80	40	26.35	14.20	Df=78
Self-Confidence	35-50	40	24.5	13.48	0.42
	50-80	40	25.72	11.98	Df=78
Ambitiousness	35-50	40	25.12	15.3	7.29*
	50-80	40	28.55	11.00	Df=78

*Significant at $p < 0.05$ level

Table V reveals that there was significant difference in the mean score ($p < 0.05$) on ambitiousness between adulthood and post adulthood. There was no significant difference was found in other two personality traits. Mean score of midlife and post adulthood age group on the sociability traits indicates that both group high level of social. Low level of self-confidence was found in both age groups. According to mean score both group are ambitious on sentence completion test.

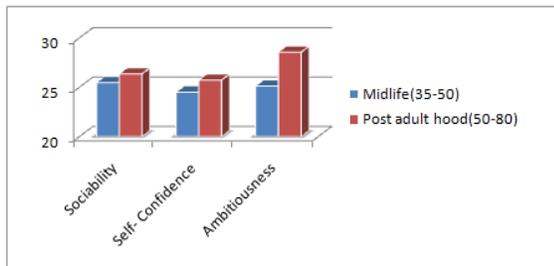


Fig. 4: Comparison of personality traits of patients suffering with GAD & OCD according to the age group.

Figure 4 shows that mean score of post adulthood age group mean 28.55 above then 28 on the SCT which indicate post adulthood participants are more ambitious in comparison to midlife participants.

Discussion

The study was conducted to explore the difference of personality between patients suffering with anxiety disorder there is two type of neurotic disorder taken in this study generalized anxiety disorder and obsessive compulsive The result show that there was significant difference in the mean scores ($p < 0.05$) on self-confidence and ambitiousness traits of personality of two neurotic groups i.e. patients with generalized anxiety and obsessive compulsive disorder. Mean score 39.05 above then 28 which indicate that OCD are very highly ambitious. Mean score 17 indicate that OCD male

participants is less social in comparison of GAD on sentence completion test.

Conclusion

Personality traits of GAD can be differentiated from OCD on self-confidence and ambitiousness on SCT. Post adulthood participants are more ambitious in comparison to midlife participants.

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Conflict of Interest

The paper is based on the ongoing PhD work.

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