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## P02-237 - May affective temperaments influence quality of life

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 PlumX Metrics

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### Abstract

#### Objective

Health is not only the absence of disorders also it needs a good feeling of well-being: Quality of life. The relation between QOL and the psychobiology, genetics, development and evolution of thoughts, emotions and temperaments should not be ignored. In this study we investigated how affective temperaments effect quality of life (QOL) in 'healthy'people.

#### Methods

72 healthy subjects (33 women, 39 men) with no physical and psychiatric diagnosis assessed with SCID-I are included to the study. The subjects were examined using TEMPS-A for affective temperaments and WHO-QOL Brief for QOL.

#### Results

Depressive temperament (DT) scores was negatively correlated with psychological and environmental domains of quality of life ( $p < 0.05$ ) and anxious temperament (AT) was negatively correlated with physical, psychological and environmental domains of QOL ( $p < 0.05$ ). Marital status was associated with QOL as singles had higher QOL in physical, psychological and environmental domains ( $p < 0.05$ ). In linear regression analysis with AT and DT and marital status as independent variables; AT scores predicted low QOL in Physical Health and marital status predicted Environmental Health.

#### Conclusion

DT had significant correlations with psychological and environmental domains of QOL and higher AT scores predicted lower QOL scores in Physical Health so this study suggests that healthy subjects may have lower QOL only due to higher scores in anxious temperament. A clear understanding of the association between Affective Temperaments and QOL may support a step to provide a better well-being in healthy people.

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