PERSON-ORIENTED APPROACH IN EXAMINING CHINESE-HUNGARIAN PERSONALITY AND AFFECTIVE DISORDER PROFILES

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Background: Our Chinese-Hungarian crosscultural research aimed to apply a person-oriented approach on examining patterns of cultural, personality and affective disorder variables.

Subjects and methods: Our sample consisted of 238 Chinese and 167 Hungarian university students under the age of 26 years old. 238 Chinese university students (112 males, 126 females; mean age: 19.55, SD: 1.60) and 167 Hungarian University students (65 males and 100 females; mean age: 20.47, SD: 1.83) participated in our research. All individuals were under 26 years old. No gender (x^2(df=1)=2.32, p=0.127)) and no age differences between countries were observed. We analyzed in person-oriented approach the Zuckerman-Kuhlman-Aluja Personality Questionnaire, the universal values scale of Schwartz and three affective disorder questionnaires (Mood Disorder Questionnaire, Hypomania checklist, PVP Depression Scale).

Results: We applied model-based clustering that resulted in a model with five spherical, varying volume components. This meant that five clusters emerged, five typical patterns of the cultural, personality and affective variables. Significant cultural difference arose (x^2(df=4)=79.489, p<0.000)) in cluster proportions. In three clusters, proportion of Chinese was significantly higher than proportion (Overcontrolled: 82.6%, Reserved: 71.1%, Ordinary: 60.5%) of Hungarian. In the two remaining clusters, majority were Hungarian (Positive Sensation Seeker: 90.0%, Aggressive-Impulsive: 80.4%). Moreover, different psychiatric vulnerability emerge in relation to different profiles. Profiles that are more typical to Hungarians, have high sensation seeking level, and show vulnerability to hypomania, mood disorder and impulsive depression. On the other hand, typical Chinese profiles are linked to vulnerability of non-impulsive depression.

Conclusions: In sum, culture and cultural values play an important role in the vulnerability of different affective disorders. These differences can be linked to different typical personality patterns.

Key words: personality - affective disorders - person-oriented approach - cluster analyses - cross-cultural

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LEVELS OF DEPRESSION, ANXIETY AND QUALITY OF LIFE OF MEDICAL STUDENTS

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Background: Medical education is amongst the educational processes with the highest stress load. This study was conducted to determine levels of depression, anxiety and quality of life of medical students in a university hospital.

Subjects and methods: Third year and sixth year medical students which accepted to be participate to the study and sign informed consent form are included in the study. Data was evaluated by descriptive statistics.

Results: Totally 81 students of which 41 are third year, and 40 are sixth year students are included to the study. 79% of participants are women and 100% are unmarried. Accordingly, Beck Depression Inventory, ratio of those who have (any level of) depression are 58.5% in third year students and 55% in sixth year students. Ratio of those who have moderate to severe anxiety is 34.1% in third year students and 25% in sixth year students. Differences between them are not statistically significant. Regarding subscales of life quality; sixth year students have higher scores on general health perception then third year students. Medical students have lower scores in; difficulty in physical role, difficulty in emotional role, energy, mental health, social functioning and perception on general health when compared to the average scores of general public.

Conclusions: In this study medical students are having a lower quality of life regarding most of the subscales when compared to normal population and both third year and sixth year students are found to be having high depression and anxiety levels. As medical training is a hard and long road to go, it is important to encourage medical students to get Psychiatric support when needed. This is important for them to maintain their mental health.

Key words: students - medical - behavioral symptoms - depression - anxiety

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INTIMATE PARTNER ATTACHMENT STYLE AND ANTENATAL DEPRESSION SYMPTOMS IN NULLIPARAS: RESULTS FROM THE ZRNO STUDY

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Background: The purpose of this study was to examine the relationship between the important indicators that define mental health functioning during the first pregnancy: the level of depression, anxiety and fear of childbirth in the context of nulliparas' intimate partner attachment style type and older generation's emotional support.

Subjects and methods: A group of 325 nulliparas in the third trimester of pregnancy were enrolled at the Childbirth preparation program of the University Medical Centre Ljubljana's Division of Gynaecology and Obstetrics. The following instruments were applied: Experiences in Close Relationships-Revised, The Edinburgh Depression Scale, two aspects of anxiety - Zung Anxiety Scale and a questionnaire regarding fear of childbirth. Attachment anxiety and avoidance scales were recoded into four categories of a prototypical attachment style: secure, fearful, preoccupied and dismissive. Two-way ANOVA and the chi-square test were used for the statistical analysis.

Results: All indicators of mental health functioning of our sample of nulliparas differed significantly regarding their partner attachment style. Nulliparas with a fearful, but also with a preoccupied type of attachment, showed less optimal mental health indicators compared to those with a secure/dismissive type of attachment. A significant interactive effect of partner attachment and emotional support from the older generation was found on the level of depression. Partner attachment styles and emotional support from the older generation were found to be statistically dependent.

Conclusions: In our sample a secure attachment seems to represent a protective buffer for the level of depression, even when a lower emotional support of the older generation was included. Screening and intervening on intimate attachment style as a protective factor for antenatal depression and different forms of anxiety is proposed.

Key words: anxiety - depression - partner-attachment style - older generation support - nulliparas

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PSYCHOSOMATICS IN EATING DISORDERS

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Background: To study the psychosomatic options and dynamics in patients with eating disorders. To conduct a comparative study of psychosomatic characteristics of surveyed patients with eating disorders, taking into account the duration and severity of protein-energy deficiency and levels of catecholamines excretion; to reveal features of mental working capacity, basic mental processes and EEG data at different