Relationship of Personality Characteristics and Social Support with Depression among Middle-Aged Individuals

1saeed Afshar, 2mojtaba Amiri Majd

Department of clinical psychology, college of humanities, Zanjan Science and Research Branch, Islamic Azad University, Zanjan, Iran.
2Department of Psychology, College of Humanities, Abhar Branch, Islamic Azad University, Abhar, Iran.

Abstract

Personality characteristics and social support are main triggering factors for depression that can influence life and activities of middle-aged persons. The present study aimed to determine association of personality traits and social support with depression among middle-aged people and assess whether personality characteristics and social support can predict depression in this age group. The study population included 150 middle-aged persons who completed the R-Beck Depression Inventory, the NEO-FFI, and the Cobb questionnaires for assessing depression, personality traits and social support respectively. The level of depression was negatively associated with Extraversion and Agreeableness and also positively with Neuroticism. Higher social support also predicted lower score for depression. Using a multivariate linear regression model including both personality traits and social support as covariates, social support predicted lower depression and Neuroticism predicted higher depression severity (P ≤ 0.01). Social support and personality characteristics can effectively predict depression in middle-aged people. Also, Neuroticism is potentially associated with the increased risk for depression.

Keywords: Social support, personality, depression.

References


