

Spring 5-2021

Personality Traits Influencing the Psychological Impact of Autoimmune Diseases in College Students and Older Adults

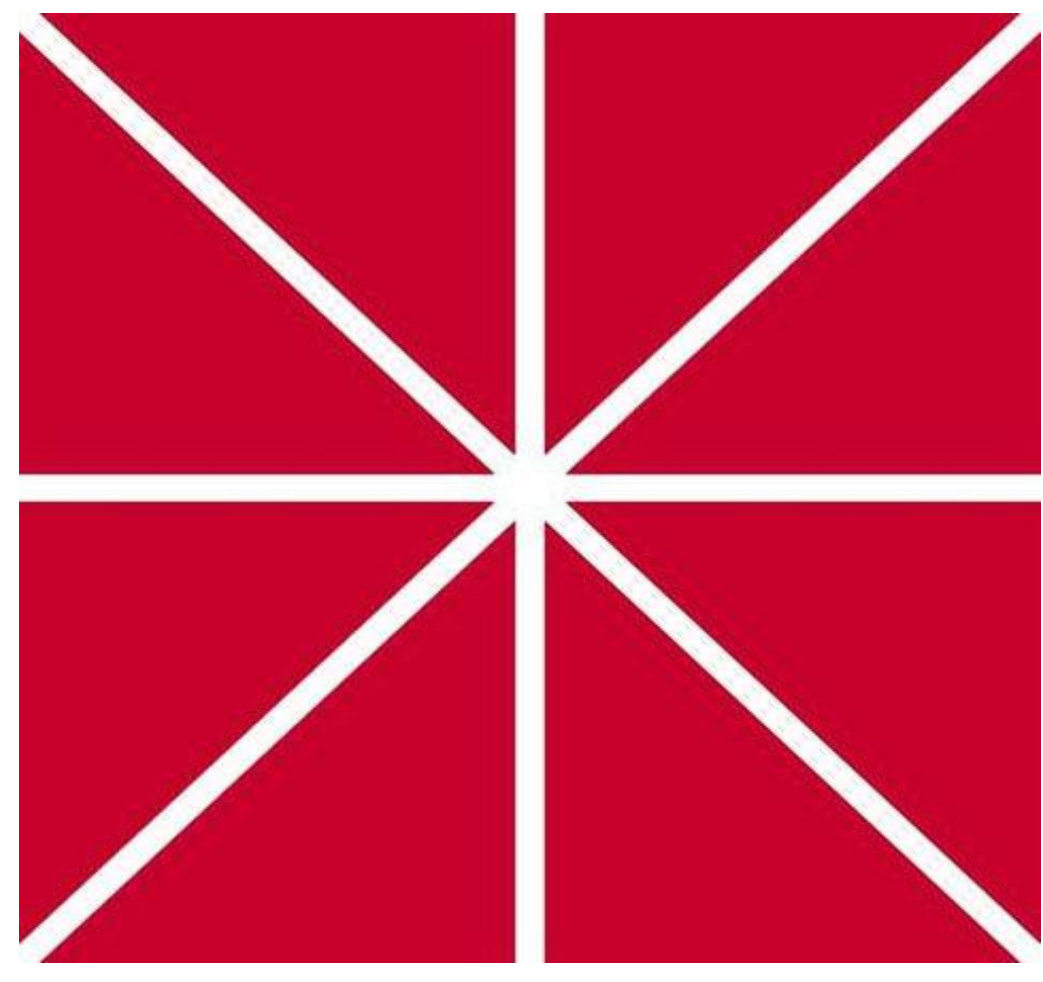
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Lindert, Natasha, "Personality Traits Influencing the Psychological Impact of Autoimmune Diseases in College Students and Older Adults" (2021). *Student Scholar Symposium Abstracts and Posters*. 458. https://digitalcommons.chapman.edu/cusrd_abstracts/458

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Personality Traits Influencing the Psychological Impact of Autoimmune Diseases in College Students and Older Adults

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INTRODUCTION

- Personality has been linked to mental health and coping with autoimmune diseases
- Mental and physical health are connected

HYPOTHESES

1. Being neurotic → more disease related helplessness
2. Introverted → more disease related helplessness
3. Being open to experiences → less disease related stress
4. Conscientiousness → less disease related stress

METHODS

Participants: Nine participants above the age of 18 and had autoimmune diseases (mean age was 33.9; SD = 16.4)

Disease	N		%	
	N	%	N	%
Lupus	2	22.2%	3	33.3%
Asthma	1	11.1%	1	11.1%
Hashimotos	1	11.1%	4	44.4%
Type 1 Diabetes	1	11.1%	1	11.1%
Hypothyroidism	1	11.1%		
Hepatitis	1	11.1%		
Endometriosis	1	11.1%		
Psoriasis	1	11.1%		

METHODS

Procedure:

- Recruited participants via convenience sampling
- Participants chose whether to consent
- Participants asked to filled out survey

Measures:

- Big-Five Personality Questionnaire for personality (50 questions; responses range from 1 = disagree to 5 = agree)
- Perceived Stress Scale for disease-related stress (10 questions; responses range from 0 = never to 4 = very often)
- Illness Cognition Questionnaire for disease-related helplessness (18 questions; responses range from 1 = not at all to 4 = completely)

RESULTS

Hypothesis 1: not supported

- Mean helplessness score for low neuroticism was 14.2 (SD = 4.3) and for high neuroticism it was 8.7 (SD = 2.1)
- T-test
- $t(7) = 2.06, p = 0.078$

Hypothesis 2: not supported

- Mean helplessness score for low extroversion was 11.7 (SD = 7.2) and for high extroversion it was 12.7 (SD = 3.3)
- T-test
- $t(7) = -0.30, p = 0.775$

RESULTS

Hypothesis 3: not supported

- All low conscientious individuals and most high conscientious individuals had moderate stress levels
- Chi-square test
- $X^2(2) = 1.29, p = 0.526$

Hypothesis 4: not supported

- All low openness to experience participants and most high openness to experience participants had moderate stress levels
- Chi-square test
- $X^2(2) = 0.32, p = 0.852$

CONCLUSION

- No results were significant → hypotheses not supported
- Personality did not impact helplessness and stress related to autoimmune diseases in these participants
- Findings have implications for future research in the relationship between physical and mental health

REFERENCES

References can be provided upon request.

ACKNOWLEDGMENTS

Thank you to Dr. Desiree Crevecoeur-MacPhail and Chapman University for helping with and supporting this study.