

Propuesta de Investigación sobre la Influencia de la Personalidad y los Eventos Vitales Estresantes en el desarrollo de Síntomas Depresivos en Adolescentes

RESUMEN

La depresión se ha convertido en una de las primeras causas de discapacidad en todo el mundo. Aunque la tasa de prevalencia alcance su máximo entre personas adultas de 55 a 76 años, la depresión puede manifestarse en cualquier etapa de la vida. En el presente estudio, se hará hincapié en la adolescencia debido a que es un momento crítico y dónde suelen ocurrir los primeros episodios depresivos. Durante estos años, se ha investigado qué variables afectan al desarrollo de síntomas depresivos, demostrándose que la personalidad influye en la sintomatología depresiva. Se sabe que ciertos rasgos de la personalidad, como neuroticismo y extraversión, ejercen más influencia que otros en los trastornos depresivos. Por otro lado, las variables ambientales como los eventos vitales estresantes también influyen en el desarrollo de síntomas depresivos. Por este motivo, el presente trabajo expone una propuesta de investigación para estudiar la influencia que ejerce la personalidad y los eventos vitales estresantes en el desarrollo de trastornos depresivos en adolescentes. Para ello, se realizará un estudio longitudinal que se llevará a cabo en el IES Bolavar y el IES Caminàs de Castellón de la Plana donde se espera obtener una muestra de 1000 sujetos cuya edad media será de 15 años, y en el cual, se examinarán las variables sociodemográficas de los participantes, los Rasgos de Personalidad a través JS NEO-A60, los Eventos Vitales Estresantes con el test LEIA y la Sintomatología Depresiva mediante el sistema de evaluación SENA, partiendo de la hipótesis de que a niveles más altos de neuroticismo, más bajos de extraversión y una mayor exposición a eventos vitales estresantes, el efecto de estas variables se multiplica aumentando el riesgo de desarrollar síntomas depresivos.

Palabras claves: Personalidad, Eventos Vitales Estresantes, Depresión, Efecto interactivo, Adolescentes.

ABSTRACT

Depression has become one of the leading causes of disability worldwide. Although the prevalence rate reaches its maximum among adults between 55 and 76 years, depression can manifest itself at any stage of life. In the present study, emphasis will be placed on adolescence because it is a critical moment and where the first depressive episodes usually occur. During these years, it has been investigated which variables affect the depressive's development symptoms, showing that personality influences depressive symptoms. Certain personality traits, such as neuroticism and extraversion, are known to exert more influence than others in depressive disorders. On the other hand, environmental variables such as stressful life events also influence the depressive's development symptoms. For this reason, this work presents a research proposal to study the influence exerted by personality and stressful life events on the depressive's development disorders in adolescents. To do this, a longitudinal study will be carried out at the IES Bolavar and the IES Caminàs in Castellón de la Plana, where it is expected to obtain a sample of 1000 subjects whose average age will be 15 years, and in which they will be examined the sociodemographic variables of the participants, the Personality Traits through JS NEO-A60, the Stressful Life Events with the LEIA test and the Depressive Symptomatology through the SENA evaluation system, based on the hypothesis that at higher levels of neuroticism, with lower extraversion and greater exposure to stressful life events, the effect of these variables multiplies, increasing the risk of developing depressive symptoms.

Keywords: Personality, Life-Events, Depression, Interactive Effect, Adolescent.

Research Proposal on the Influence of Personality and Stressful Life Events in the Development of Depressive Symptoms in Adolescents

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INTRODUCTION

DEPRESSION

- People with depression = 322 million
- Prevalence <19 years = 14.6%
- Most usual disorder: Major Depressive Disorder.
- Women are twice as likely to have depression.
- European cost = 118 trillion.
- Spain cost = 5005 million.

SUBTYPES DSM-5

- Destructive mood dysregulation disorder.
- Major depression disorder.
- Persistent depressive disorder (dysthymia).
- Premenstrual dysphoric disorder.
- Drug / substance-induced depressive disorder.
- Depressive disorder due to another medical condition.

PERSONALITY

Personality traits are associated with the development of depressive symptoms, and that depressive symptoms, in turn, are associated with changes in personality that may be temporary or persistent.

STRESSFUL LIFE EVENTS

- Poverty
- Unemployment
- Death of a loved one
- Break of a relationship
- Physical illness
- Problems caused by alcohol and drug use.

OBJECTIVE

The main objective of this work is to study the role of personality and stressful life events in the development of depressive symptoms during adolescence.

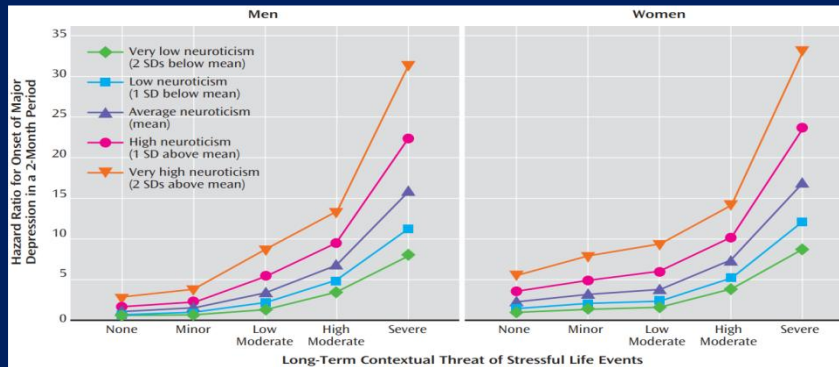
HYPOTHESIS

1. Young people with high levels of Neuroticism will be more likely to develop depressive symptoms.
2. Young people who score low in Extraversion will be more likely to develop depressive symptoms.
3. Young people who experience more Stressful Life Events will be more likely to develop depressive symptoms.
4. There will be an interactive effect between high Neuroticism, low Extraversion and the number of Stressful Life Events.

INTERACTIVE EFFECT PERSONALITY- STRESSFUL LIFE EVENTS

Figure 1. Hazard Ratios Indicating Risk of Onset of Major Depression for a Population-Based Sample (N = 7,517) Classified by Sex, Neuroticism, and Stressful Life Events.

Kendler, K. S., Kuhn, J., & Prescott, C. A. (2004)



METHOD

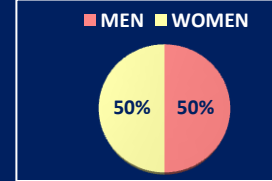
SAMPLE

N= 1000 adolescents

INSTITUTIONS: IES CAMINÀS and IES BOVALAR

Castellón de la Plana

GENDER:



\bar{X} (AGE)= 15 years.

PROCEDURE

1) Obtain the consent of the participants.

2) First session:

- Sociodemographic questionnaire.
- SENA (Sánchez-sánchez et al., 2016)

3) Second session:

- LEIA (Moya-Higueras et al., 2018)
- J NEO-S (Ortet y cols., 2010)

4) Data analysis in version 22 of the SPSS Statistics.

INSTRUMENTS

❖ SENA (Sánchez-sánchez et al., 2016). It is the Evaluation System for Children and Adolescents which will be used to assess depression symptoms in a 4 point Likert scale.

❖ LEIA (Moya-Higueras et al., 2018). List of 83 items that evaluate different life events that have happened to the subject or to people in their environment during the last 12 months. The test obtains 3 scores: the number of life events suffered, their subjective and objective impact, and 4 combinations of different types of stressful life events according to their dependent or interpersonal nature.

❖ JS NEO-A60 (Walker & Mosque, 2018). It will be used to assess the personality dimensions of the Big Five model: Neuroticism (N), Extraversion (E), Openness (O), Agreeableness (A) and Conscientiousness (C)

EXPECTED RESULTS

Figure 2. Hypothesized moderation effect of Stressful Life Events (SLE) and Neuroticism (N) on Depressive Symptoms (Depression)

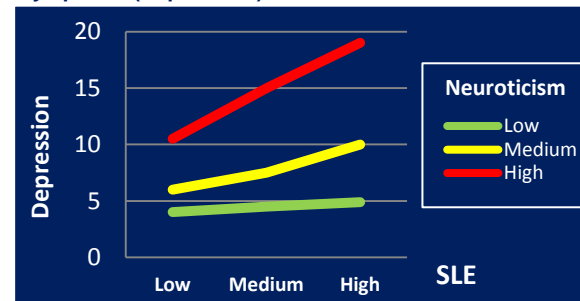
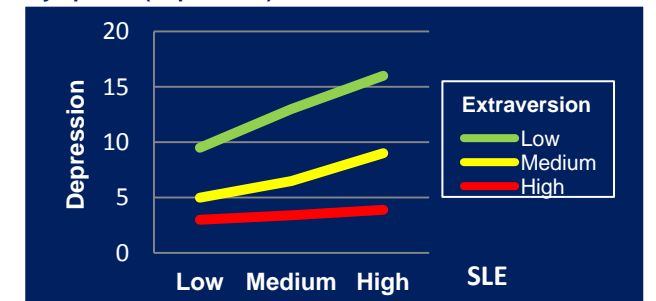


Figure 3. Hypothesized moderation effect of Stressful Life Events (SLE) and Extraversion (E) on Depressive Symptoms (Depression)



CONCLUSION

Present research will show the relevance for depression symptoms during adolescence of individual diathesis variables such as personality, in interaction with environmental stress factors, such as negative life events. Thus, preventive efforts and personalized treatments would be more effective when considering both social factors but also personal characteristics such as neuroticism and introversion traits.

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