

Relación entre el estrés y el diagnóstico de trastorno de la personalidad



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ABSTRACT

We know that stress is directly involved in the vulnerability, origin and aggravation of different types of mental disorders (Miller, 1997). We are also aware that stress is a highly personalized process since specific inherited characteristics, early life experiences and certain cognitive predispositions that make up personality traits make individuals more or less susceptible to the effects of stressors (First, 2011). In the present study, we used the “Cuestionario de Sucesos Vitales” (CSV) to investigate the relationship between stress, personality disorders, and dysfunctional personality traits. The sample was made up of 226 women and 126 men, of whom 62 were diagnosed with personality disorder, 110 had dysfunctional personality traits and another 180 subjects without pathology. The differences between the mean scores of each group and according to sex were analyzed, in addition to which stress variables of the CSV are more correlated and which are capable of predicting the diagnosis of PD. The results showed that, in line with what was expected, the subjects diagnosed with PD are the ones with the highest level of total stress and negative stress, in addition to a greater number of life events. Regarding gender, we found differences in some of the variables in relation to family, legal and social aspects. We also found that the total number of life events, the number of negative life events, the total stress level, the level of negative stress, and stress factors related to work, family, love, health, social, and money correlate with the diagnosis of PT. In addition, we observed that age at the time of administration of the questionnaire, the level of total stress, the total number of life events and the number of negative life events experienced are capable of predicting PD. These results could lead us to focus the treatment of personality disorder on working with the patient on the perception and management of stress, in addition to trying, given the vulnerability, not to expose oneself to those environments or factors that may lead the person to experience a stressful vital event.

Keywords: stress, life events, personality disorder, personality traits

RESUMEN

Sabemos que el estrés está directamente implicado en la vulnerabilidad, origen y agravamiento de diferentes tipos de trastornos mentales (Miller, 1997). También somos conscientes de que el estrés es un proceso altamente personalizado ya que las características heredadas específicas, las experiencias tempranas en la vida y ciertas predisposiciones cognitivas que configuran los rasgos de personalidad hacen que los individuos sean más o menos susceptibles a los efectos de los estresores (First, 2011). En el presente estudio utilizamos el Cuestionario de Sucesos Vitales (CSV) para investigar la relación entre el estrés, los trastornos de la personalidad y los rasgos disfuncionales de personalidad. La muestra estaba compuesta por 226 mujeres y 126 hombres, de los cuales 62 fueron diagnosticados con trastorno de personalidad, 110 presentaban rasgos disfuncionales de personalidad y otros 180 sujetos sin patología. Se analizaron las diferencias entre las puntuaciones medias de cada grupo y según el sexo, además de que variables de estrés del CSV están más correlacionadas y cuales son capaces de predecir el diagnóstico de TP. Los resultados mostraron que, en línea con lo esperado, los sujetos diagnosticados con TP son los que presentan mayor nivel de estrés total y estrés negativo, además de un mayor número de sucesos vitales. En cuanto al sexo, encontramos diferencias en algunas de las variables en relación con aspectos familiares, legales y sociales. También encontramos que el número total de sucesos vitales, el número de sucesos vitales negativos, el nivel de estrés total, el grado de estrés negativo y los factores de estrés en relación al trabajo, familia, amor, salud, social y dinero correlacionan con el diagnóstico de TP. Además, observamos que la edad en el momento de la administración del cuestionario, el grado de estrés total, el número total de sucesos vitales y el número de sucesos vitales negativos vividos son capaces de predecir el TP. Estos resultados podrían estar planteándonos enfocar el tratamiento del trastorno de personalidad en trabajar con el paciente la percepción y gestión del estrés, además de procurar, dada la vulnerabilidad, no exponerse a aquellos ambientes o factores que puedan llevar a la persona a vivir un evento vital estresante.

Palabras clave: estrés, sucesos vitales, trastorno de personalidad, rasgos de personalidad

Relationship between stress and the diagnosis of personality disorder

INTRODUCTION

We know that stress, in addition to negatively affecting our quality of life, is directly involved in the vulnerability, origin and aggravation of different types of mental disorders (Miller, 1997). We are also aware that stress is a highly personalized process since specific inherited characteristics, early life experiences and certain cognitive predispositions that make up personality traits make individuals more or less susceptible to the effects of stressors (First, 2011). One way to measure the impact and amount of stress experienced by a person in recent years is with the *Cuestionario de Sucesos Vitales* (CSV). In the present study we used this tool to investigate the relationship between the number and type of stressful life events experienced, personality disorders, and dysfunctional personality traits.

OBJECTIVES

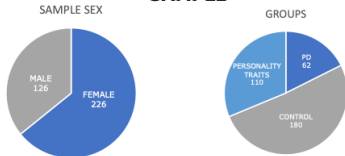
- Differences by group (PD diagnosis, dysfunctional personality traits, no diagnosis) on the mean scores on the stress variables of the CSV
- Differences by sex on the stress variables
- Which stress variables of the CSV are more closely related to the diagnosis of personality disorder
- Which of these variables are capable of predicting the diagnosis of PD

HYPOTHESIS

- Subjects diagnosed with PD will have higher mean scores on negative stress factors, total stress, a greater number of negative life events experienced, and lower scores on positive stress factors
- Negative stress variables grouped according to the CSV factors (family, health, money, love, home) will predict the diagnosis of personality disorder to a greater extent.
- There are differences by sex on the stress variables

METHOD

SAMPLE



INSTRUMENTS

- SCID-II Interview (Structured Clinical Interview for DSM-IV Personality Disorders)
- *Cuestionario de Sucesos Vitales* (CSV)

STATISTICAL ANALISIS

- ANOVA
- T-test
- means comparison
- variable correlation
- multiple regression

DISCUSSION

We can confirm that people with PD are those who experience a higher level of stress and a greater number of life events, negatively valued, compared to the other groups. Regarding gender, we found statistically significant differences in the mean scores of some of the stress variables of the CSV in relation to family, legal and social aspects. We also found that the total number of life events, the number of negative life events, the total stress level, the degree of negative stress, and stress factors related to work, family, love, health, social, and money correlate with the diagnosis of PD. We observed that the age, the level of total stress, the total number of life events and the number of negative life events experienced are capable of predicting PD.

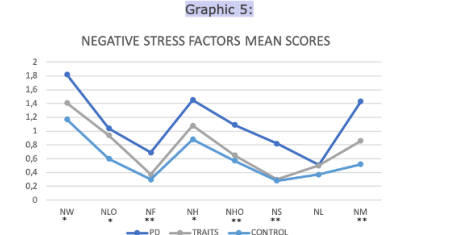
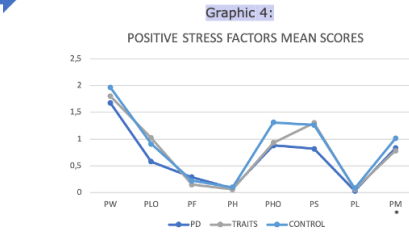
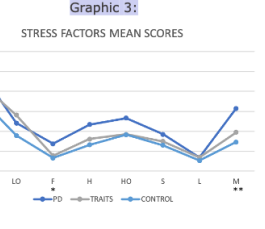
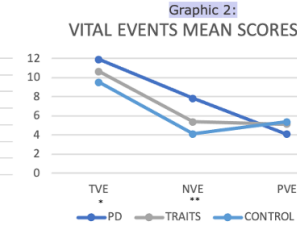
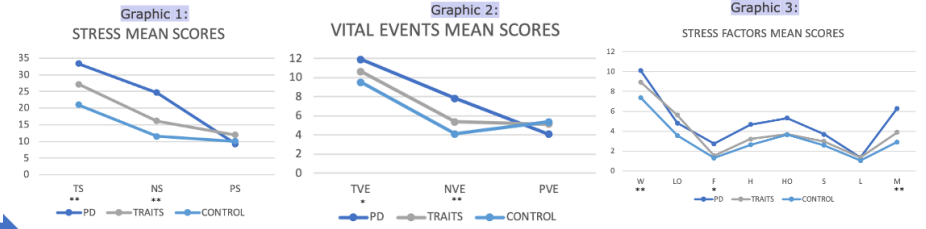
These results can help us to consider focusing the treatment of personality disorder on working with the patient, among many other aspects, the perception and management of stress, in addition to trying, given the vulnerability, not to expose oneself to environments or factors that can lead to the person to experience a stressful life event.

This work also has certain limitations, such as the impossibility of attributing causality between the variables. It is not entirely clear for example if it is personality that causes a person to be exposed to a greater number of stressful situations or is that they value them in a more negative way. Other types of stress have also not been evaluated, such as daily stress, which can also affect and aggravate the symptoms and cause greater negative affect, in addition to other non-recent experiences. As in the Sandin & Chorot (2017) study, it would also be interesting to carry out a longitudinal study that makes it possible to establish clear causal relationships between stress and personality disorder.

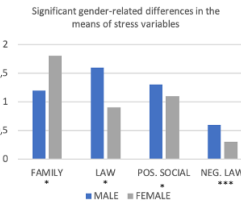
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RESULTS



Graphic 6:



Correlation of the vital events questionnaire variables with the diagnosis of PD

Variable	Diagnostic impression of personality disorder according to SCID-II
Number of vital events	,116*
Number of negative vital events	,242**
Total stress	,197**
Negative stress	,265**
WORK	,166**
FAMILY	,127*
HEALTH	,134*
MONEY	,189**
NEGATIVE WORK	,151*
NEGATIVE LOVE	,117*
NEGATIVE FAMILY	,134**
NEGATIVE HEALTH	,107*
NEGATIVE HOME	,143**
NEGATIVE SOCIAL	,201**
NEGATIVE MONEY	,201**
POSITIVE SOCIAL	-,111*

Model	R squared	Beta	t	Sig
(Constant)			-1,864	,063
1				
Age at first administration	,037	,192	3,669	<,001
(Constant)			-2,528	,012
2				
Age at first administration	,064	,163	3,097	,002
Total stress	,168	3,191	,002	
(Constant)			-1,812	,071
3				
Age at first administration	,086	,161	3,085	,002
Total stress	,487	3,960	<,001	
Number of vital events	-,351	-2,865	,004	
(Constant)			-1,122	,263
4				
Age at first administration	,136	2,614	,009	
Total stress	0,110	,274	1,949	,052
Number of vital events	-,424	-3,433	<,001	
Number of negative vital events	,325	3,039	,003	

a. Dependent variable: Diagnostic impression of Personality Disorder according to SCID-II

REFERENCIAS

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