THE RELATIONSHIP BETWEEN PERSONALITY TRAITS AND PSYCHOPHYSIOLOGICAL STRESS PROFILE

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The psychophysiological profile (PPF) is one part of the clinical-psychological evaluation which forms the set of procedures aimed at obtaining a multimodal diagnosis of human behavior. This study has tried to understand and take a closer look at the relationship between personality traits and some patterns of responses. We can suppose, based on studies presented in literature, that it is possible to trace back to typical neurovegetative response mechanisms in order to determine personality configurations. With this aim in mind, the PPF was carried out. The PPF continually picks up and records different physiological parameters such as, skin conductance, heart rate, muscle tension and peripheral temperature throughout 4 consecutive phases: Adaptation, Baseline, Stress Presentation and Recovery in the meantime the 16-Personality Factors was administered. (form A). 103 people were examined. Recruited among the outpatients of a psychology clinic they presented different psychopathological characteristics which had been previously diagnosed. For statistical analysis, the Beavais-Pearson r coefficient of correlation and the analysis of Variance (ANOVA) were carried out. The significance of the characteristics gathered supports and confirms the possibility of tracing relationships between mean values regarding psychophysiological indices, and some stable personality traits measured by the 16PF placing this study in the wide panorama of research which tends to show a connection between physiological response mechanisms and temperament traits supporting the well-known, though still highly debated, integration of mind and body.