

Comparison of personality characteristics of high blood pressure patients with psoriasis patients: based on Neo questionnaire

Abstract

Background: Today, the widespread prevalence of high blood pressure and its serious complications have made this disease a major concern in the field of health and treatment in many societies. The World Health Organization has identified high blood pressure as the third cause of death in the world. On the other hand, psoriasis disease has a significant impact on creating psycho-social disability and also reducing people's quality of life, one of the causes of these diseases is mental problems.

Aim: Identifying the personality characteristics of high blood pressure patients and psoriasis patients and determining the differences in the personality characteristics of these two groups.

Materials and Methods: The current study is a cross-sectional analytical study, the population studied is people aged 20 to 65 years old with high blood pressure (215) and also psoriasis (38) , in order to compare the personality characteristics of these patients with healthy people (40) , some samples of healthy people aged 20 to 65 years without this Two diseases were also selected, the selected samples were required to have no exclusion criteria, and if they met the exclusion criteria, they were excluded from the study and replaced by another sample. In order to determine the personality characteristics and demographic characteristics of people, the 5-factor neo short form personality questionnaire and our demographic questionnaire were distributed and completed among the people present in the study. Then these data were entered into spss software for statistical analysis, ANOVA and Pearson's correlation coefficient were used in the statistical analysis.

Results: Based on the results of the study, high blood pressure patients are significantly different from healthy people in terms of agreeableness and conscientiousness and psoriasis patients in conscientiousness, neuroticism and openness. On the other hand, a significant difference was reported between high blood pressure and psoriasis patients in the fields of neuroticism, openness and conscientiousness.

Conclusion: The present study shows that personality traits have a greater impact on psoriasis than hypertension, and the mental health of people with psoriasis is lower than that of patients with high blood pressure. On the other hand, personality traits can also cause high blood pressure.

Key words: Blood pressure, Psoriasis, Personality traits