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Personality traits as a prognostic factor in male alcoholics

Summary

41 males hospitalized after a drinking bout were examined. A year after the hospitalization the patients were divided into two groups: group 1 included those who maintained abstinence (N=23), while group 2 consisted of drinkers (N=18). Correlations between patients' personality traits and abstinence were analyzed. Personality traits were assessed using the MMPI. Patients from the second typological group characterized by psychological maladjustment were found to break abstinence more frequently. Moreover, a comparative analysis of the MMPI scores has shown statistically significant differences between the two groups. Subjects with neurotic and psychotic personality traits had problems with maintaining abstinence from alcohol. Feelings of social isolation, hostility towards the environment, accompanied by a pessimistic attitude towards the world, lack of insight into own emotions and motives underlying behavior - all these factors imply a more severe course of dependence. On the other hand, subjects with normal personality structure more frequently maintained abstinence.

Key words: alcoholism \ personality \ MMPI \ prognosis

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