

Profile osobowości w modelu Wielkiej Piątki u osób uzależnionych od alkoholu rozpoczynających leczenie

The Five-Factor personality traits in alcohol-dependent people entering treatment

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Abstract – Introduction. Personality assessment of individuals entering treatment for alcohol dependence appears to play a key role in planning the therapy, as well as in establishing viable therapeutic treatment goals and methods of achieving them. High Neuroticism and low Conscientiousness (NEO-PI-R) are associated with problematic drinking and alcohol dependence and promote relapse. The aim of the current study is to analyse the personality traits of alcohol-dependent people in relation to Polish population norms.

Method. Personality traits were measured using the NEO PI-R Personality Inventory, whilst socio-demographic data were collected by questionnaire. At the onset of the therapy (1–3 week), new patients admitted to twelve addiction centres were included in the study, provided they had given their consent and were cognitively capable of completing a self-test.

Results. At the beginning of the treatment programme, results for 977 alcohol-dependent patients were analysed. The focus group comprised 743 men (76%) and 234 women (24%); the average age was 42 years. The method of agglomeration and *k*-means clustering for *k*=2 were used. A comparison of the Sten scores of the entire group with population standards did not reveal any deviations in the core factors; however, three components of Neuroticism displayed higher values. Two clusters emerged: the first group consisted of 556 patients (57%), and the second of 421 patients (43%). The first profile, characterized by high Neuroticism and low Conscientiousness, is compatible with the majority of results in various populations and predisposes to alcohol abuse, addiction and post-treatment recurrence. The second profile corresponded to the population standard and the presence of traits, which represent desirable resources in obtaining a positive change.

Key words: alcohol dependence, therapy, personality profiles, Polish population

Streszczenie – Wstęp. Ocena osobowości osób rozpoczynających leczenie uzależnienia od alkoholu wydaje się pełnić kluczową rolę w planowaniu procesu terapeutycznego i ustalaniu realnych celów leczenia oraz sposobów ich realizacji. Duża Neurotyczność i mała Sumienność związane są z problemowym piciem alkoholu i uzależnieniem od alkoholu oraz sprzyjają nawrotom. Celem badania była analiza cech osobowości osób uzależnionych od alkoholu w odniesieniu do polskiej normy populacyjnej.

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