

SPIRITUALITY AND ITS RELATIONSHIP WITH PERSONALITY AND SUICIDALITY IN DEPRESSED PEOPLE - CROSS SECTIONAL STUDY

S. Mihaljevic¹, B. Aukst Margetic², S. Karnicnik¹, B. Vuksan-Ćusa²

¹General Hospital Virovitica, Virovitica, ²University Hospital Centre Zagreb, Zagreb, Croatia

The relationship between spirituality and personality is complex in the patients with depression. Some considerations precede that concept of spirituality is based in personality and mediate some of the effects of personality on mental health (e.g. suicidal risk). Here we examined the associations between spirituality (measured by WHO-SRPB), depression (measured by Beck Depression Inventory), suicidal risk (measured by Beck Hopelessness Scale), and temperament and character dimensions (measured by Temperament and Character Inventory) in 74 patients with depressive disorder. Our data indicate that spirituality had a positive association with depression and suicidal risk, and presented as predictor of lower depressive symptoms and suicidality. Further, the dimension Self-directedness is associated with patients' spiritual resources. As it emphasises patient's level of personality maturation, including of spiritual issues in therapeutic process with patients should be further explored.