

## Temperament and Character, Depression and Anxiety in Patients with Relapsing Remitting Multiple Sclerosis

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**Introduction:** Depression and anxiety are frequently reported by MS patients. Studies examining the association between depression, anxiety and personality in MS patients is very limited.

**Objectives:** Our objective is to compare temperament and character, depression and anxiety in Relapsing Remitting Multiple Sclerosis (RRMS) patients with healthy controls and inquire into the association between these entities.

**Aims:** The aim of this study is to investigate the possible presence of specific temperament and character profiles in RRMS patients.

**Methods:** Seventy one RRMS patients and 50 age and gender matched healthy controls were enrolled in the study. Diagnostic neurological examination, sociodemographic and clinical data including the type of MS, duration of the disease, number of relapses, current treatment and the duration of treatment were recorded. SCID-I, Standardized Minimental State Examination, Temperament and Character Inventory, Beck Depression Inventory and Beck Anxiety Inventory were administered.

**Results:** Patients scored significantly higher in Harm Avoidance and lower in Novelty Seeking, Persistence and Self-directedness than the healthy controls. Depression, anxiety, temperament and character scores were not correlated with disability and the number of relapses.

**Conclusions:** Temperament and character, depression and anxiety seems to be independent of the disability and the number of relapses in RRMS patients.