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Temperament and Mood Disorders From the Functional Ensemble of Temperament Perspective

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Introduction: Trofimova's Functional Ensemble of Temperament model proposes linkages between temperament traits and various neurophysiological systems, particularly those involving biogenic amines, acetylcholine, GABA,Glutamate, neuropeptides and hormones as well as opioid receptor systems. Temperament is expressed through complex interactions between these systems and the environment which form contingent, contextual and emergent functional ensembles. Anxiety and Mood disorders are presumed to arise through dysfunction in one or more of these neurophysiological systems. Therefore the presence of one of these disorders should be associated with an alteration in reported levels of particular temperament traits. *Objectives*: To examine temperament patterns of individuals with anxiety and depression as compared to healthy controls and to ascertain whether there are systematic differences in reported scores. *Methods*: 300 patients with anxiety or depression and 150 healthy controls were administered the Structure of Temperament Questionnaire (STQ-77), PAI, and various rating scales for anxiety and depression. The 12 temperament scales of the STQ-77 include 3 emotionality scales (Neuroticism, Impulsivity ,Self-Confidence) and 9 scales measuring dynamic aspects of activity (endurance, programming-integration and orientation) analysed separately for physical, social and intellectual activities. Emotionality is presented in this model as an amplifier of the arousal, lability and orientation aspects of activity. *Results*:The depressed group showed systematic differences in reported levels of 9 temperament traits as compared to controls. The anxiety group reported systematic differences in 3 traits. Conclusions: The presence of anxiety or depression results in systematic changes in reported levels of various temperament traits consistent with the FET hypothesis.

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