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SELF-ESTEEM AND AFFECTIVE TEMPERAMENT OF NURSES IN PSYCHIATRIC AND MENTAL HEALTH SERVICES

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The present study was intended to explore the potential relationships between self-esteem and affective temperament (Akiskal et al., 2005) of nurses working for Psychiatric and Mental Health Departments. The ultimate goal is to establish which factor determines their professional stress and adaptation.

Methods: Self-administered questionnaires were given to 152 nurses employed in three Portuguese public hospitals. The questionnaire items included socio demographic and job-related data and two scales: the Portuguese version of TEMPS-A Scale (Akiskal, 2005) and the Personal Self-esteem Scale (Ribeiro, J.L.P 2006). For statistical analysis besides descriptive statistics, a correlation model was used.

Results: Hyperthymic Temperament was the more prevalent subtype. Women presented a higher Self-esteem positively correlated with Cyclothymic and Anxious temperaments. The results also show that there is a correlation between marital status and Irritable Temperament, and between the years of professional experience and the Cyclothymic and Hyperthymic Temperaments.

Conclusion: An interaction between temperament subtypes, self-esteem and professional experience was observed. Gender differences are also significant. Further study is needed to investigate the potential relationship between temperament, self-esteem and professional satisfaction and resilience to job-related stress factors in Psychiatric Departments.

References:

- 1.Akiskal, H. (2005). TEMPS: Temperament Evaluation of Memphis, Pisa, Paris and San Diego. *Journal of Affective Disorders* (85).
- 2.Ribeiro, J.L.P. (2006). Desenvolvimento de uma escala de Auto-apreciação pessoal. *Faculdade de Psicologia e de Ciências da Educação, Universidade do Porto*, available in <http://www.fpce.up.pt>, 26-04-2006,12:06.