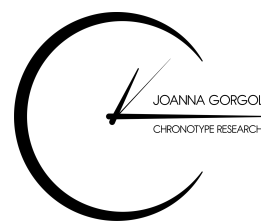


# Chronotype, personality traits and depressive symptoms



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## AIM OF THE STUDY

The aim of the study was to examine whether personality traits interplay with chronotype in predicting depressive symptoms

## HYPOTHESIS

We hypothesized that lower neuroticism, and higher conscientiousness may significantly reduce depressive symptoms. We further predicted that the magnitude of this effect is greater in more evening-oriented individuals.

## METHODS

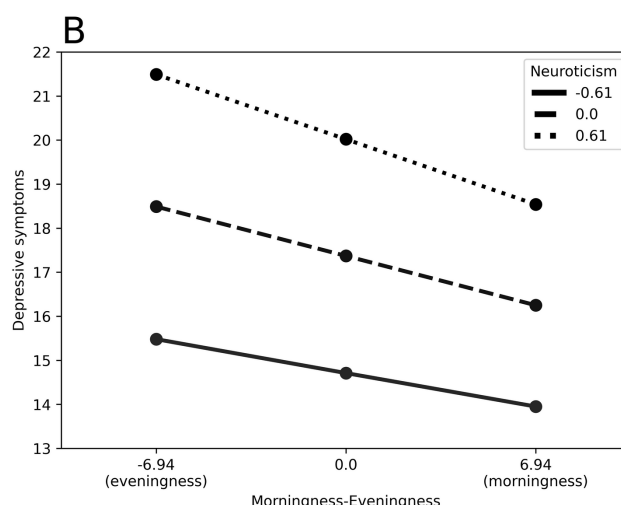
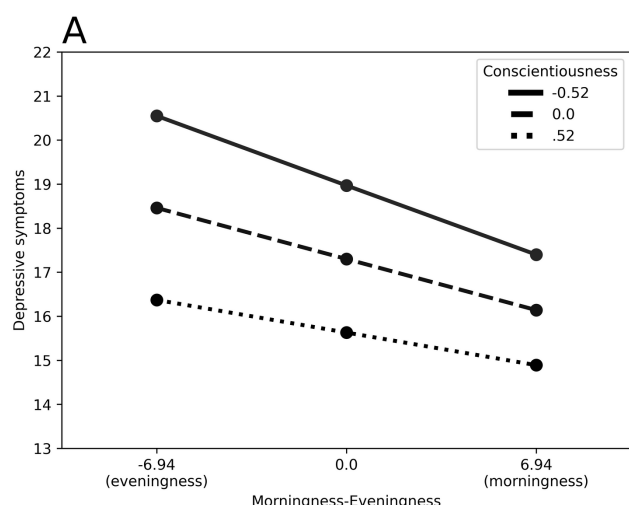


The study was conducted with a group of 913 individuals (468 females, 445 males) aged 18 to 35.

The participants filled out the questionnaires measuring: chronotype, personality and depressive symptoms.

## RESULTS

- The strongest relationships between morningness-eveningness and personality traits were observed for conscientiousness (correlating positively with morningness) and neuroticism (correlating positively with eveningness).
- Eveningness was positively related to depressive symptoms.
- The interaction term between morningness-eveningness and conscientiousness was significant and indicated that with higher conscientiousness, the relationship between eveningness and depressive symptoms was weaker (see Figure A).
- The interaction term between morningness-eveningness and neuroticism was significant and indicated that with lower neuroticism, the relationship between eveningness and depressive symptoms was lower (see Figure B).



## CONCLUSION

High neuroticism, low conscientiousness increase the risk of depressive symptoms, particularly among evening-oriented individuals. The patients' chronotypes and personality traits should be taken into account in both the prevention and diagnostics of depression.

## READ MORE

- Gorgol, J., Waleriańczyk, W., & Stolarski, M. (2022). The moderating role of personality traits in the relationship between chronotype and depressive symptoms. *Chronobiology International*, 39(1), 106-116. <https://doi.org/10.1080/07420528.2021.1979995>