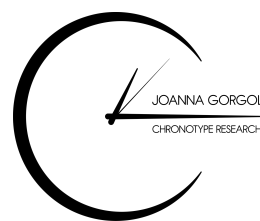


# Chronotype, temperament and depressive symptoms



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## AIM OF THE STUDY

The aim of the present study was to explore the potential moderating role of temperamental traits in the relationship between chronotype and depressive symptoms.

## HYPOTHESIS

Higher endurance, lower emotional reactivity, and higher briskness are associated with less depressive symptoms. The magnitude of this effect is stronger in more evening-oriented individuals.

## METHODS

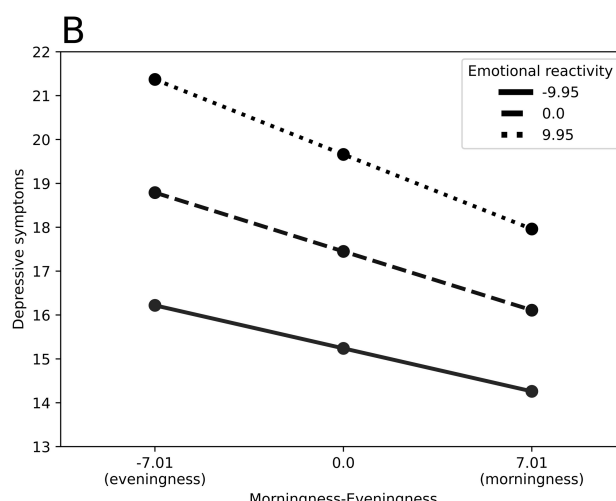
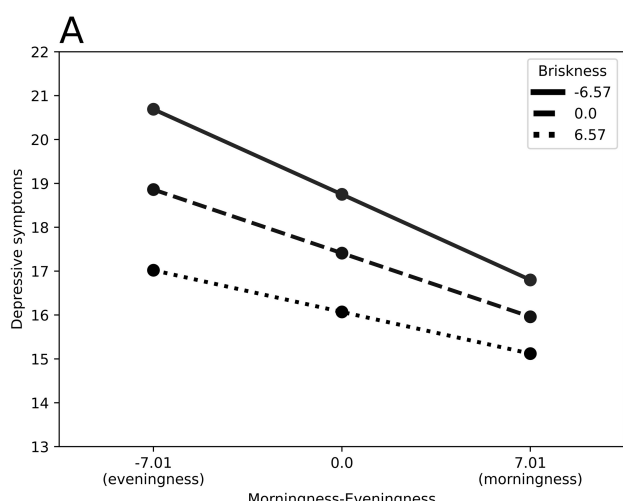


The study was conducted with a group of 929 individuals (475 females, 454 males) aged 18 to 35.

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

## RESULTS

- Morningness-eveningness was most strongly associated with rhythmicity and briskness (correlating positively with morningness) as well as emotional reactivity and perseveration (correlating positively with eveningness).
- Morningness was negatively related to depressive symptoms.
- The interaction term between morningness-eveningness and briskness was significant and indicated that with higher briskness, the relationship between eveningness and depressive symptoms was weaker (see Figure A).
- The interaction term between morningness-eveningness and emotional reactivity was significant and indicated that with lower emotional reactivity, the relationship between eveningness and depressive symptoms was weaker (see Figure B).



## CONCLUSION

The results provide evidence for the regulative role of temperament in the area of affective functioning, showing that briskness and emotional reactivity can be viewed as protective or risk factors against the elevated depressive symptoms of evening chronotypes.

## READ MORE

Gorgol, J., Waleriańczyk, W., Stolarski, M., & Cyniak-Cieciura, M. (2022). Temperament moderates the association between chronotype and depressive symptoms: A Regulative Theory of Temperament approach. *Personality and Individual Differences*, 185, 111304. <https://doi.org/10.1016/j.paid.2021.111304>