THE ROLE OF PERSONALITY TRAITS IN SEVERITY OF MENIERE'S DISEASE

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Objectives and Background

Meniere's Disease (MD):

- ▶ Chronic disorder of the inner ear;
- ▶ Recurrent spontaneous crisis: ✓ Severe vertigo;
✓ Hearing loss;
✓ Tinnitus.
- ▶ Clinical course - variable
- ▶ Triggers for the crisis - multiple factors
Including psychological ones
- ▶ Correlation vertigo/anxiety - is known

But
Role of anxiety and personality traits
in MD course ???

Aim:

- ▶ To study the influence of personality traits and anxiety spectrum psychopathology in the course of Menière's disease (MD).

Material and Methods

N= 34 | Diagnosis of definite MD (2016 consensus)

Characterization of course of disease

- Face to face interview
- Dizziness Handicap Inventory (DHI) QR1
- Visual Analogic Scale for vertigo (VAS) QR2

Description of personality traits and anxiety states

- Face to face psychiatric interview (DSM-5 criteria)
- Neo Personality Inventory Reviewed (NEO-PI-R) QR3
- State Trait Anxiety Inventory (STAI) QR4

SPSS - Univariable and multivariable analysis

Results and Conclusions

N=34 | 50% Female; 50% Male | Pathological personality traits: 81.3%
Mood or anxiety disorders: 34.4% | Average VAS during crisis: 8.8 Average
VAS out of crisis: 2.9 | Average STAI Y-1: 41.2 | Average STAI Y-2: 42.5

Average results of NEO-PI-R

Crisis Severity

Crisis Frequency

Life Quality

▶ Statistically significant positive correlations ($p<0,05$):

- between crisis rate, crisis severity, quality of Life and the existence of mood or anxiety disorders and also anxiety-related personality traits.

▶ The relationship between anxiety states and MD may be bidirectional. However, the role of personality traits in the course of this disease is an indicative of a psychosomatic modulator for the disorder.

▶ These results support the relevance of prospecting adjuvant psychological and psychiatric approaches to these patients, like cognitive- behavior psychotherapy or psychopharmacology strategies.