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Spirituality/religiosity, Personality and Recovery Rate From Depression – Follow up Study

S. Mihaljevic¹, B. Aukst-Margetic², S. Karnicnik¹, B. Vuksan-Cusa²

¹Psychiatry Department, General Hospital Virovitica, Virovitica, Croatia ; ²Psychiatry Department, Clinical Hospital Centre Zagreb, Zagreb, Croatia

Introduction: The studies show that both spirituality and religiosity are protective for mental health. Personality is related with course and outcome of depression, as well as spirituality and religiosity, and their relations towards to recovery from depression are underresearched. **Aim:** This study followed influence of spirituality and religiosity on course and outcome of depression in patients with depressive episode, controlled for personality dimensions. **Methods:** The patients were assessed with self-report measures of depression (BDI), spirituality (WHOQOL-SRPB), religiosity (DUREL) and personality (TCI). Ninety nine patients finished a year long follow up. **Results:** Higher spirituality influenced recovery of depression in patients with depressive episode, but religiosity that did not show to be significant predictor of recovery for depression. Dimension *harm avoidance* was significant predictor of improvement of depression in all points of measurement. **Conclusion:** Spirituality and dimension *harm avoidance* are significant predictors of recovery of depression during a year long follow up.