

FC22-03

ANNUAL PERIODICITY AND PERSONALITY: SEASON OF BIRTH IS ASSOCIATED WITH AFFECTIVE TEMPERAMENTS

X. Gonda¹, Z. Rihmer¹, K.N. Fountoulakis², M. Pompili³, P. Erdős⁴, M. Ormos⁴

¹Semmelweis University, Faculty of Medicine, Budapest, Hungary, ²Aristotle University of Thessaloniki, Thessaloniki, Greece, ³University of Rome, Roma, Italy, ⁴University of Technology and Economics, Budapest, Hungary

Objectives: Periodicity, cyclicality, and annual rhythms are inherent characteristics of living organisms, and have also been reported for diverse physiological and pathological conditions and phenomena. Season of birth was also associated with central monoamine and monoamine metabolite levels in several studies. Furthermore, several studies indicate a significant effect of season of birth on personality traits and characteristics. A relationship between birth season and novelty seeking has been described and confirmed in several studies. However, affective temperaments have not so far been studied with respect to their association with birth season.

Aims: The aim of our present study was to investigate the possible association between affective temperaments and season of birth in a nonclinical sample.

Methods: 366 university students completed the standardized Hungarian version of the TEMPS-A. Ordinary Least Squares regression was applied to explain the relationship between TEMPS-A subscales and birth season of the respondents.

Results: We found a significant association between temperament scores and birth season in case of the Hyperthymic, Cyclothymic, Irritable and Depressive temperaments, while no significant results emerged for the Anxious temperament.

Conclusions: Our results provide further evidence for an association between season of birth and personality, extending the results to affective temperaments as well. Furthermore, our results can be related to clinical observations concerning the seasonal variation of onset and hospitalization due to affective episodes, thus our results also have clinical significance.