



## SCHIZOPHRENIA Factsheet

September 2020

### What is personality and temperament?

Personality and temperament are thought to be relatively stable over time and include emotional, reactive, and attentional traits. Studies assessing personality and temperament use “positive” stimuli, which generates pleasurable emotional states, “negative” stimuli evokes avoidant, threat, sadness, or other negative emotional states, and “neutral” stimuli generally provokes no response. Hedonic and aversive emotions refer to the positive or negative emotions following stimuli presentation.

One of the main personality models is the Five-Factor Model which includes five traits of; 1) neuroticism: vulnerability to emotional instability and self-consciousness, 2) extraversion: predisposition towards sociability, assertiveness and social interaction, 3) openness: cognitive disposition to new experiences, creativity and aesthetics, 4) agreeableness: tendency towards being sympathetic, trusting and altruistic, and 5) conscientiousness: tendency towards dutifulness and competence.

### What is the evidence for personality and temperament in people with schizophrenia?

Moderate to high quality evidence suggests large effects of increased neuroticism and decreased extraversion, and medium-sized effects of decreased openness, agreeableness, and conscientiousness in people with schizophrenia compared to people without schizophrenia. High quality evidence finds a large effect of more harm avoidance, and small effects of less novelty seeking, dependence on rewards, and persistence. There are medium-sized effects of greater aversion and arousal to neutral stimuli, greater aversion to positive stimuli, and greater hedonic response to negative stimuli.

Moderate to high quality evidence finds a large effect of more trait anhedonia (inability to feel pleasure), and medium to large effects of poor emotion regulation, more negative emotion, and less positive emotion. There was also more dissociation and alexithymia (inability to identify and describe one’s own emotions). Insecure attachment style was higher in people with psychosis than controls (76% vs. 38%), particularly fearful attachment style.

**For more information see the technical table**



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).