Original Article

Relationship between personality organisation and the prevalence of symptoms of depression, anxiety and stress among university students in health careers in the Region of Coquimbo, Chile

René Barraza López a,b,*, Nadia Muñoz Navarro b, Ana Contreras Astorga a

a Escuela de Psicología, Facultad de Ciencias Sociales, Universidad Central de Chile, La Serena, Chile
b Oficina de Educación Médica, Facultad de Medicina, Universidad Católica del Norte, Coquimbo, Chile

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ABSTRACT

Objective: The literature reports a set of variables associated with depression, anxiety and stress in health career students. The only one of these that could have a constant input is the structure of personality organisation. The present study aims to determine the relationship between the dimensions of personality organisation and depression, anxiety, and stress symptoms reported by first-year university health career students.

Methods: Under a non-experimental ex-post-facto design, the personality organisation was evaluated in 235 1st year university, medical, nursing, and kinesiology from three universities of La Serena and Coquimbo (Chile). Inventory of personality organisation and scale of depression, anxiety and stress to sift participants was used. The relationship of personality with depressive, anxiety and stress symptoms was determined by multiple regression analysis.

Results: It was found that the primary and overall personality dimensions explained 28% of the variance of depression (p < 0.01), 20% of anxiety, and stress 22%, with the use of primitive defenses and identity diffusion dimensions that largely contribute to the explanatory model. Conclusions: The dimensions of personality organisation could have a significant relationship with the emergence of depression, anxiety and stress, as the explanatory burden dimension provides the primitive defenses and identity diffusion. These results may be useful for early recognition of aspects of personality of applicants, and to perform actions that strengthen them in order to improve efficiency.

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* Corresponding author.
E-mail addresses: rene.barraza@ucentral.cl, renebarrazalo@gmail.com (R.B. López).
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