

Personality type and marital satisfaction in long-term haemodialysis patients

Luminita Pompas, Alexandra Tasmoc

Fresenius NephroCare, Iasi, Romania

Introduction

Haemodialysis patients are subject to multiple psychosocial and physiological stressors and may be threatened with loss and lifestyle changes, including problems in dyadic adjustment. Also, literature shows that the basic personality factors of neuroticism and extroversion are important predictors of marital satisfaction

Objectives

To determine marital adjustment of haemodialysis patients in different groups of age and gender and identify potential associations between patients' personality types and marital satisfaction.

Methods

We prospectively analysed the marital adjustment and personality type in a total of 60 (28 females, mean age 55.73±14.22 years) stable patients on haemodialysis three times weekly from two Romanian dialysis centres. The Dyadic Adjustment Scale (DAS) was used to assess the patients' satisfaction with their marital/partner relationship and determine the personality type by means of the Eysenck Personality Questionnaire (EPQ).

<i>N=60</i>	<i>Mean (SD) %</i>
Age (years)	55.73±14.22
Gender, women	28 (46.7%)
Dialysis history	11.25±5.22
Minimum years	2
Maximum years	26
Haemoglobin (g/dl)	11.77±5.92
Kt/V	1.43±0.26
Dyadic adjustment scale	89.96±24.48

Table 1. Baseline characteristics of patients

Results

The mean overall dyadic adjustment score per total number of patients was 89.96 ± 24.48, the mean was 84.22 ± 26.81 in the group of <55 years, and 94.31 ± 21.79 (p<0.039) in the group of ≥55 years, respectively. The mean overall dyadic adjustment of male patients was 76.07±18.10, and mean of female patients 99.29±23.87 (p<0.001), respectively. Higher scores in extraversion were associated with higher scores in marital satisfaction (r=0.616, p<0.001), while higher scores in neuroticism were associated with lower scores in marital satisfaction (r=-0.463), p<0.001).

Conclusion

Marital adjustment was worse in men and younger patients on HD. Extraversion was related to marital satisfaction, while neuroticism was related to marital dissatisfaction in HD patients.

References

Low J, Smith G, Burns A, Jones L. The impact of end stage kidney disease (ESKD) on close persons: A literature review. *NKT Plus*. 2008;2:67-79.