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The Role of Personality in Insomnia
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Approximately one third of the adult population experience insomnia, with 6% meeting formal DSM-IV diagnostic criteria. The impact of insomnia is evident in a variety of areas, including an increase in psychological distress, reduced quality of life, higher health care costs, increased absenteeism at work, and a higher incidence of psychiatric problems. The etiology of insomnia is still not entirely understood and is likely to be multifaceted. There is, however, increasing emphasis placed on the role of psychological factors, and this has lead to the development of target cognitive behavior therapies. An understudied area in the etiology of insomnia is the predisposing and perpetuating role that personality may play. Previous research suggests that individuals with insomnia are prone to handle conflict and stress by using emotion-orientated coping strategies. Further, they appear to have a perceived lack of control over stressful events, which subsequently elevates arousal. Such findings suggest that personality may play a role in the development and maintenance of insomnia. In the present study, males and females aged 18-60 experiencing clinically significant insomnia participated in a 30-minute internet-based assessment consisting of standardized measures of personality, insomnia severity, beliefs and attitudes about sleep, pre-sleep arousal, and negative affect. Participants were recruited from sleep clinics, general practice and psychology clinics, and via the Internet. Results from Path Analysis suggest that Neuroticism may play a role in the severity of insomnia through its relationship to pre-sleep arousal, negative affect, and problematic sleep-related cognitions. The implications of these results for current CBT approaches to treating insomnia will be discussed. Other findings, such as pre-sleep activities, psychiatric problems and the use of sleep medications, and how they may be relevant to treatment, are also briefly considered.

Dyadic coping and commitment in the intimate relationships of narcissistic individuals
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Commitment is one of the most important predictor for the duration of intimate relationships. According to the investment model of Rusbult individuals become increasingly dependent on their relationships and, consequently, show higher commitment. Commitment is positively associated with relationship satisfaction and the size of the investment in relationship but negatively with perceived desirability and quality of the best available alternative.

Commitment can be distinguished in different components. In this study for the first time we differentiate in emotional, cognitive and sexual commitment. In couple study (N = 360 couples) of three age cohorts (20-35, 40-55, 65-80 years) we examined commitment, satisfaction level, dyadic coping, and personality traits like narcissism by means of questionnaires.

The distinction in emotional, cognitive and sexual commitment was empirical confirmed. The internal structure of commitment in its three factors differentiated in the three different age cohorts. There is explanatory power of the three components concerning satisfaction level of the intimate relationship especially regarding narcissistic personality.

These findings are discussed regarding the significance of couple therapy as not only working on the commitment of a couple has a high priority but also the awareness that narcissism of one or both partners have a high impact of the success if a therapy.