

Poster presentation

## **Adaptation strategies into the context of personality predispositions**

Hristina Martinova\*<sup>1</sup> and Tony Donchev<sup>2</sup>

Address: <sup>1</sup>INC Research, Sofia, Bulgaria and <sup>2</sup>Department of Psychiatry, Military Medical Academy, Sofia, Bulgaria

\* Corresponding author

from International Society on Brain and Behaviour: 3rd International Congress on Brain and Behaviour  
Thessaloniki, Greece. 28 November – 2 December 2007

Published: 17 April 2008

*Annals of General Psychiatry* 2008, **7**(Suppl 1):S104 doi:10.1186/1744-859X-7-S1-S104

This abstract is available from: <http://www.annals-general-psychiatry.com/content/7/S1/S104>

© 2008 Martinova and Donchev; licensee BioMed Central Ltd.

### **Background**

Personality needs of confidence determine choice of behavioral strategies. Confidence needs is an origin of activities that regulate coping strategies. The aim of this study is to identify factor "needs of confidence and its direction and degree. Our investigation describes level of confidence needs, preferred coping strategies and their interrelations.

### **Materials and methods**

One hundred 18 years old students were included in the research. Questionnaire for coping strategies (COPE) and confidence needs scale was used.

### **Results**

We establish significant statistical dependences between needs of confidence and coping strategies choice.

### **Conclusions**

Without absolutism confidence needs is a basic factor of adaptation abilities that define choice of coping strategies. On the other hand we can't ignore character predispositions and social competency of personality.