Annals of General Psychiatry

Personal time and psychopathology

Gabriel Roseanu*[1], Mihai Marian[1], Ioana Mihaela Tomulescu[2] and Claudia Teodora Pusta[3]

Address: [1]Department of Psychology, Faculty of Social and Humans Sciences, University of Oradea, Oradea, Romania, [2]Department of Biology, Faculty of Sciences, University of Oradea, Oradea, Romania and [3]Department of Anatomy, Faculty of Medicine and Pharmacy, University of Oradea, Oradea, Romania

* Corresponding author

This abstract is available from: http://www.annals-general-psychiatry.com/content/7/S1/S269

Background
Time plays an essential role in differentiating among individuals. Each person has a characteristic way of experiencing time and using it.

Materials and methods
This study examined the role of personal time perspective and personal temporal experience in the occurrence of depressive, anxiogenic and somatization symptoms. A sample of 230 subjects of both sexes, aged between 25 and 60 years, was used. The following instruments were used: Temporal Experience Questionnaire, Time Perspective Inventory and the Symptom Checklist 90.

Results
Results show that subjects who are most likely to display frequent symptoms of depression, anxiety and/or somatization are those who are oriented towards negative aspects of their life in the past and/or view their present in a fatalistic or hedonistic way.

Conclusions
Furthermore, the occurrence of the mentioned symptoms is less probable for subjects who are oriented towards their future, organize their activities into time slots and perceive a high degree of control over their time.