

Association of Social Support and Type-D Personality with Rheumatoid Arthritis

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Abstract

The distressed personality type (type D personality) has been shown to be associated with low quality of life and higher morbidity and mortality in various patient groups. Because the role of type D personality is unknown in patients with rheumatoid arthritis (RA), the aim of the present study was to investigate the association of type D personality and social support with rheumatoid arthritis (RA). Sample consisted of 50 male and 50 female rheumatoid arthritis patients of the age range of 45 to 65 years, diagnosed by the orthopedic specialists, education least up to high school and suffering from rheumatoid arthritis at least for the preceding six month period. Hindi Adaptation of Social Support Scale (Nehra et al., 1996) and Type D Personality Scale (Verma & Khan, 2006) were administered to these groups individually. The findings revealed that Type D behaviour and social support are negatively associated with the onset of rheumatoid arthritis. RA patients tend to worry, take a gloomy view of life, and feel tense and unhappy. They are more easily irritated and in general are less likely to experience positive mood states. At the same time, they are less likely to share their negative emotions with others for fear of rejection and disapproval. The finding revealed that rheumatoid arthritis attack may undermine individual's self-confidence and sense of wellbeing which disrupt their normal routine work.

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