

Abstract ID: 89111

Student: Schönthaler Elena

Area of Research: Sustainable Health Research and Clinical Science

PhD Programme: DS Sustainable Health Research (SHR)

Semester: 3

Associations between Metabolic Syndrome and Dark Triad Traits in Affective Disorders

Elena Schönthaler; Fiona Brugger; Nina Dalkner; Eva Reininghaus; Andreas Baranyi

Background: Previous studies have shown an association between metabolic syndrome (MetS) and affective disorders (AD). Nevertheless, personality traits that could further explain this relation have rarely been studied in this context. The Dark Triad of personality (DT; e.g., Narcissism, Machiavellianism, Psychopathy) has been highlighted regarding both somatic health and AD. **Objectives:** This study examined the association between MetS and DT in AD to identify the effect of these traits. Further, the role of sex in this context and the relations between the MetS parameters, Body-Mass-Index (BMI) and DT traits were analyzed. **Methods:** Parameters of MetS (triglycerides, high-density lipoprotein cholesterol, fasting glucose, blood pressure, waist circumference) and BMI were collected in 112 inpatients with AD. Additionally, the Short Dark Triad questionnaire was used to assess DT traits. **Results:** Results indicated no significant association between MetS and DT traits. Moreover, we found that sex, but not MetS, significantly influenced the DT and significantly interacted with MetS in their influence on DT traits. Thus, further analyses revealed that men with or without MetS demonstrated significantly higher DT scores than women with or without MetS. An examination of the MetS parameters showed that only Machiavellianism was significant positively correlated with BMI. **Conclusion:** Our findings indicate that DT traits are not a risk factor for developing MetS in AD. However, Machiavellianism seems to worsen health parameters, possibly contributing to MetS or other somatic comorbidities. Other factors (e.g. lifestyle) might influence the relationship between MetS and AD, however, these are also affected by the DT traits.