

9th International Conference on Mental Health and Psychiatry

November 21, 2024 | Webinar

The role of personality traits in post-traumatic stress disorders among burn patients in Saudi Arabian hospitals in Jeddah**Khwlah Jamil Al-Ansari**

Umm al-Qura University, Saudi Arabia

The aim of this study was to investigate the personality traits of burn patients and their impact on post traumatic stress disorder (PTSD) among patients in Jeddah, Saudi Arabia. A sample of 32 burn patients was randomly selected to participate in the study. Multiple measurement scales, including the Eysenck scale and a PTSD scale, were used. The study employed a descriptive-correlational approach.

The main results revealed a significant prevalence of the neurotic personality trait among the participants, followed by the aggressive personality trait. The prevalence of PTSD was moderate. There was a direct relationship between psychotic and pseudo-psychotic personality traits and PTSD, while an inverse relationship was found with extraversion, aggressiveness, and neuroticism. Females exhibited higher levels of extraversion, whereas males showed higher levels of the lying trait. Age positively influenced extraversion, but social status had no general effect on the relationship

between burn area and personality traits or PTSD. First-degree burns ranked highest in terms of the PTSD dimension, except after the recovery of traumatic experiences.

Based on the findings, the study recommends developing targeted interventions to address the specific personality traits associated with PTSD among burn patients. These interventions should focus on coping strategies, emotional regulation, and reducing aggression. Additionally, healthcare providers should adopt a trauma-informed care approach when treating burn patients with PTSD. Creating a safe and supportive environment, respecting patient autonomy, and providing individualized care based on patients' unique needs and personality traits are essential. Training healthcare professionals in trauma-informed care principles is crucial for improving patient outcomes. Keywords: Personality Traits, Burn Patients, Post-Traumatic Stress Disorder (PTSD), Trauma-Informed Care, Descriptive-Correlational Approach.

Received Date: August 16, 2024; Accepted Date: August 19, 2024; Published Date: December 12, 2024