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The influence of genetics and environmental factors on personality types and early maladaptive schemas: A twins study

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This study attempts to evaluate the influence of genetics and environmental factors on personality types and early maladaptive schemas, by comparing these in identical and fraternal twins. Our sample consisted of 38 pairs of Iranian twins, distributed across identical (21 pairs) and fraternal (17 pairs) groups. All these twins were 18 to 45 years old. The instruments used for this study consisted of Myers Briggs personality test (MBTI-M) and Young Schema Questionnaire - Short Form (YSQ-SF). Analysis of tests indicated that in identical twins, the personality types were different. Also, early maladaptive schemas were different in both the disconnection & rejection and over-vigilance/inhibition domains. But, in three areas of impaired autonomy and performance, impaired limits and other-directedness domains, the early maladaptive schemas were equal in identical twins. In fraternal twins, the personality types were different and all domains of the early maladaptive schemas were also different. Based on the results of this study, it seems that in formation of personality types, neither genetics nor environmental factors are influential by themselves. Rather, it is the combination of the two sets of influences which is the determining factor.

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Why are dissociative disorders dissociated by psychiatry?

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Dissociation as a defense helps us to cope with overwhelmed stressful events and prevent us from disintegration and psychosis. We are living in a world with increasing number of such events. The degree of aggression and atrocities in our world approaches to a dangerous point, not only in the ordinary places of war and terror but also in previously safe regions of the world. The people who are experiences repeated and continuous catastrophic events, being prone to develop dissociative disorders. In such disorders, dissociation plays a major role in the behavior of these patients to cope with life events. Despite the relatively high prevalence of dissociative disorders in all societies, psychiatry has not paid proper attention to these disorders. It seems we prefer to escape from the issue and look to another side. The huge amount of cruelty and atrocities dominant the globe has led us to use dissociation, denial and repression as defenses to prevent us looking directly to such events. In this article, I discuss the issue of dissociation of dissociation by psychiatrists and introduce a case of DID who successfully treated along a 10 years period. I point out the opposition, humiliation and denial presented by the majority of my colleagues during this time.

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