

THE RELATIONSHIP BETWEEN TYPE D PERSONALITY, BEDTIME PROCRASTINATION, STRESS-RELATED INSOMNIA RESPONSE, AND SLEEP QUALITY IN PATIENTS WITH DEPRESSION

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BACKGROUND AND AIM: The Type D personality is characterized by a tendency to experience negative emotions and inhibit their expression. Depression, on the other hand, is a common mood disorder marked by negative affectivity. Sleep problems are frequently observed in both individuals with depression and those with Type D personality traits. This study aims to examine the relationship between Type D personality traits, bedtime procrastination behavior, and insomnia response to stress in individuals diagnosed with depression, as well as to investigate the effects of these factors on sleep quality.

METHODS: All outpatients aged 18-65 with depression were invited, and 40 participated. Participants completed a sociodemographic data form, the Type D Personality Scale (DS-14), the Bedtime Procrastination Scale (BPS), the Ford Insomnia Response to Stress Test (FIRST), the Pittsburgh Sleep Quality Index (PSQI), the Beck Depression Inventory (BDI) and the Beck Anxiety Inventory (BAI). Ethics committee approval number 2025/107 was obtained.

RESULTS: The mean age of participants was 31.6 years, and 60% were female. Type D personality traits were observed in

65% of participants. Bedtime procrastination was positively correlated with depression severity ($r=0.19$, $p<0.05$). Type D personality traits were significantly associated with social isolation ($r=0.28$, $p<0.05$) and stress-related insomnia response ($r=0.45$, $p<0.01$). Increased bedtime procrastination and stress-related insomnia response were linked to lower sleep quality ($r=-0.28$, $p<0.05$; $r=-0.31$, $p<0.05$). No significant relationship was found between depression and anxiety levels and sleep quality ($p>0.05$).

CONCLUSIONS: Individuals with Type D personality traits exhibit higher bedtime procrastination and stress-related insomnia responses, which are associated with poorer sleep quality. However, no direct relationship was found between Type D personality and sleep quality, suggesting that depression and stress response may act as mediators. These findings emphasize the importance of addressing Type D personality traits and sleep hygiene in depression treatment. Further studies with larger samples are needed to establish causal relationships.

Keywords: Depression, sleep quality, type D personality