

THE RELATIONSHIPS BETWEEN OBSESSIVE–COMPULSIVE PERSONALITY TRAITS, NEUROTICISM, AND SOMATIZATION SYMPTOMS AMONG MEDICAL FACULTY RESIDENTS

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BACKGROUND AND AIM: Medical faculty residents are at higher risk for somatization symptoms due to heavy workloads and academic stress. Personality traits are believed to significantly influence this process. This study aims to examine the relationship between obsessive–compulsive personality traits, neuroticism, and somatization symptoms among medical faculty residents.

METHODS: (Ethics Committee Approval must be obtained and the number should be specified). In this study, residents at Atatürk University Faculty of Medicine were evaluated using the Obsessive–Compulsive Personality subscale of the Short Form of the Personality Belief Questionnaire (PBQ-SF-OCP), the Neuroticism subscale of the Revised Short Form of the Eysenck Personality Questionnaire (EPQ-RS-N), the Somatization subscale of the Symptom Checklist-90-Revised (SCL-90-R-S), and a sociodemographic data form. Ethical approval was obtained (approval no. B.30.2.ATA.0.01.00/455).

RESULTS: Of the 146 participants, 63.7% were female (n=93) and 36.3% were male (n=53), with a mean age of 32.54 ± 3.83 years. According to the SCL-90-R-S cutoff score (>1), somatization was identified in 30.82% of the participants (n=45). Significant

positive correlations were found between SCL-90-R-S scores and both the PBQ-SF-OCP subscale ($r = 0.298$, $p = 0.017$) and the EPQ-RS-N subscale ($r = 0.351$, $p < 0.001$). In linear regression analysis, EPQ-RS-N scores were independently and positively associated with SCL-90-R-S scores ($b = 0.994$, 95% CI: 0.492–1.495, $p < 0.001$).

CONCLUSIONS: In this study, somatization symptoms among medical faculty residents were shown to be independently associated particularly with the level of neuroticism. Our findings suggest that individual personality traits may play a determining role in the emergence of psychosomatic responses. Based on the results obtained in this specific sample, our study may provide a foundation for future longitudinal and intervention-based research and contribute to the development of preventive mental health programs that take personality traits into account. Additionally, the detection of somatization in nearly one-third of the participants (30.82%) represents a noteworthy finding that warrants attention.

Keywords: Neuroticism, obsessive compulsive personality traits, somatization