

# Affective Temperaments: between normality and pathology

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*Hipócrates*  
468-377



*Galeno*  
113-200

## TIPOLOGIA DI IPPOCRATE E DI GALENO

**Temperamento malinconico**



**Bile nera-terra fredda e secca**

**Temperamento sanguigno**



**Sangue-aria umida e calda**

**Temperamento collerico**



**Bile gialla-fuoco caldo e secco**

**Temperamento flemmatico**



**Flegma-acqua umida e fredda**



**Terra**



**Aria**



**Acqua**



**Fuoco**

***Empedocle***  
***5° Sec A.C.***

**I quattro elementi**

# Temperamenti affettivi

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Ipertimico

Depressivo

Ciclotimico

Irritabile

*Akiskal, 1979*



¶ Sanguineus.  
¶ Unser complexion sind von lusten vil.  
Darumb sey wir hochmütig one zyt.



¶ Colericus.  
¶ Unser complexion ist gar von feuer  
Schlafi vñ kriegem ist vnser abstrüer.



¶ Flegmaticus.  
¶ Unser complex ist mit wasser mit getan  
Darum wir subtiler ist mit mügen less.



¶ Melancholicus.  
¶ Unser complexion ist von erden wüch  
Darumb sey wir schwermütigkeyt gleich.





...di tutte le forze naturali,  
la vitalità non si può  
trasmettere...la vitalità  
non attecchisce mai. Si ha  
o non si ha, come la salute  
o gli occhi marroni o  
l'onore o la voce  
baritonale.

*The Crack-Up* F. Scott Fitzgerald. 1936



## Temperamento ipertimico

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- 1) Grande energia
- 2) Molte ore di lavoro
- 3) Molte idee ed iniziative
- 4) Estroversione e cordialità
- 5) Ridotto bisogno di riposo
- 6) Stabilità degli obiettivi
- 7) Determinazione e perseveranza
- 8) Vita sentimentale e matrimoniale stabile

# Temperamento depressivo

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1. Triste, pessimista, privo di humor o incapace di gioire
2. Tranquillo, passivo o indeciso, chiuso od introverso
3. Scettico, ipercritico o lamentoso
4. Tendenza a preoccuparsi e a rimuginare
5. Coscenzioso o autodisciplinato
6. Autocritico, con tendenza all' autorimprovero e svalutazione
7. Preoccupato per la propria inadeguatezza, fallimento ed eventi negativi





**Nasce l'uomo a fatica,  
Ed è rischio di morte il nascita.  
Prova pena e tormento  
Per prima cosa; e in sul principio  
stesso**

**La madre e il genitore  
Il prende a consolar dell'esser nato.**

.....

**Ma perchè dare al sole,  
Perchè reggere in vita  
Chi poi di quella consolar convenga?  
Se la vita è sventura,  
Perchè da noi si dura?  
Intatta luna, tale  
È lo stato mortale.  
Ma tu mortal non sei,  
E forse del mio dir poco ti cale.**

*Giacomo Leopardi  
Il cantico di un pastore errante dell'Asia*



# Temperamento ciclotimico (artistico)

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1. Apatia alternata ad euforia
2. Pessimismo e tendenza a rimuginare alternati ad ottimismo e spensieratezza
3. Sensazione di testa confusa alternata con ideazione creativa e perspicace
4. Autostima variabile tra scarsa e spropositata fiducia in sé stessi
5. Ipersonnia alternata a periodi di ridotta necessità di sonno
6. Introversione alternata a disinibita ricerca di compagnia
7. Aumentata loquacità alternata a ridotta attività verbale
8. Tendenza al pianto immotivato alternata con eccessiva scherzosità e tendenza al gioco di parole
9. Marcata incostanza quantitativa e qualitativa della produttività





**“Questi uomini si offendono facilmente e sono di indole calda: loro si infiammano, e nelle situazioni più insignificanti vanno incontro ad accessi di furia sconfinata.”**

***Kraepelin***

**(1921)**



“Sono un uomo di passione, capace e pronto a intraprendere cose più o meno folli per le quali mi capita più o meno di pentirmi”.

*Vincent van Gogh*



“E’ la lava  
dell’immaginazione che  
con la sua eruzione  
previene il terremoto,  
dicono che i poeti non  
divengono mai pazzi, ...  
ma ci vanno tanto vicino  
che non possono fare a  
meno di pensare che far  
rime sia utile ad anticipare  
e prevenire la follia.”

*George Gordon, Lord Byron*





“Scrivere è una forma di terapia. A volte mi domando come possano sfuggire dalla follia, dalla melanconia e dal timor panico propri alla condizione umana tutti coloro che non scrivono, non dipingono e non compongono.

*Graham Greene*  
*Vie di scampo, Mondadori, 1981*



**E ora monsieur le docteur giacchè voi siete piuttosto consapevole di ciò che in me è in grado di essere aggredito e curato....spero che voi disponiate dell'abilità tecnica adeguata per somministrarmi l'esatta quantità di scaltri liquidi, di agenti speciosi, di morfina mentale che solleverà il mio avvilimento, equilibrerà ciò che sta andando a pezzi, riunirà ciò che è separato, ricomporrà ciò che è stato distrutto**

***(Antonin Artaud, Antology, 1965)***

<b>TEMPERAMENTO AFFETTIVO</b>	<b>TIPO DI DEPRESSIONE</b>	<b>TRATTAMENTO FARMACOLOGICO</b>
<b>DEPRESSIVO</b>	Depressione doppia o Distimia	SSRI, TCA, IMAO
<b>IPERTIMICO</b>	Depressione con iperattività	Sali di litio e stabilizzanti dell'umore
<b>CICLOTIMICO</b>	Bipolare II e cicli rapidi	Stabilizzanti + SSRI Bupropione, IMAO, Lamotrigina
<b>IRRITABILE</b>	Depressione ostile ("borderline")	Neurolettici a basse dosi (meglio atipici), anticonvulsivanti, Oxcarbazepina

*Longitudinal aspects of mixed states: the role of temperamental disposition.  
Perugi e Akiskal, 2003*

## **PISA-Group: Aims of Temperament Research (1)**

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- *To evaluate the reliability and psychometric properties of the Akiskal-Mallya operationalizations in their semi-structured interview format (TEMPS-I)*
- *To study the prevalence of affective temperaments in a young non patients population*
- *To identify the dominant affective temperamental characteristics of students aged between 14 an 26.*
- *To evaluate stability and changes over two years of affective temperament on a sample of high school students*



## **PISA-Group: Aims of Temperament Research (1)**

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- *To identify specific temperament dimensions as correlates or risk factors for psychopathology in infancy, childhood and adolescence*
- *To report convergent and discriminant validity of TEMPS-I in terms of TPQ dimensions, and describe the core features of each affective temperament vis-a-vis the revised four-factor model for TPQ.*

# ***Sample (N=1010)***

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***N = 518 males***

***N = 492 females***

***N = 690 high school students***

***N = 320 university students***

***Mean age 18<sub>±</sub>3 years (range 14-26)***

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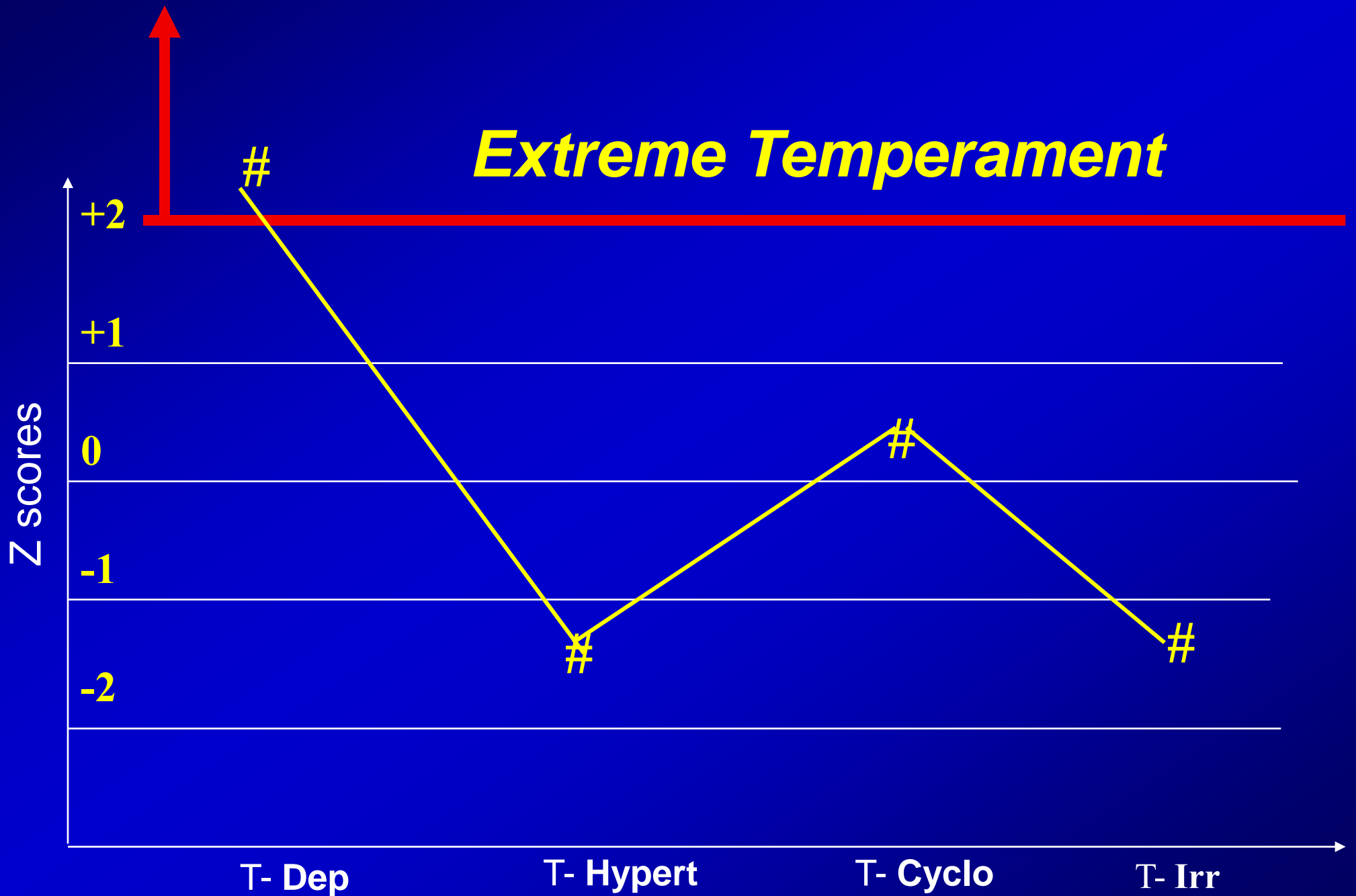




# *Dominant Temperament*

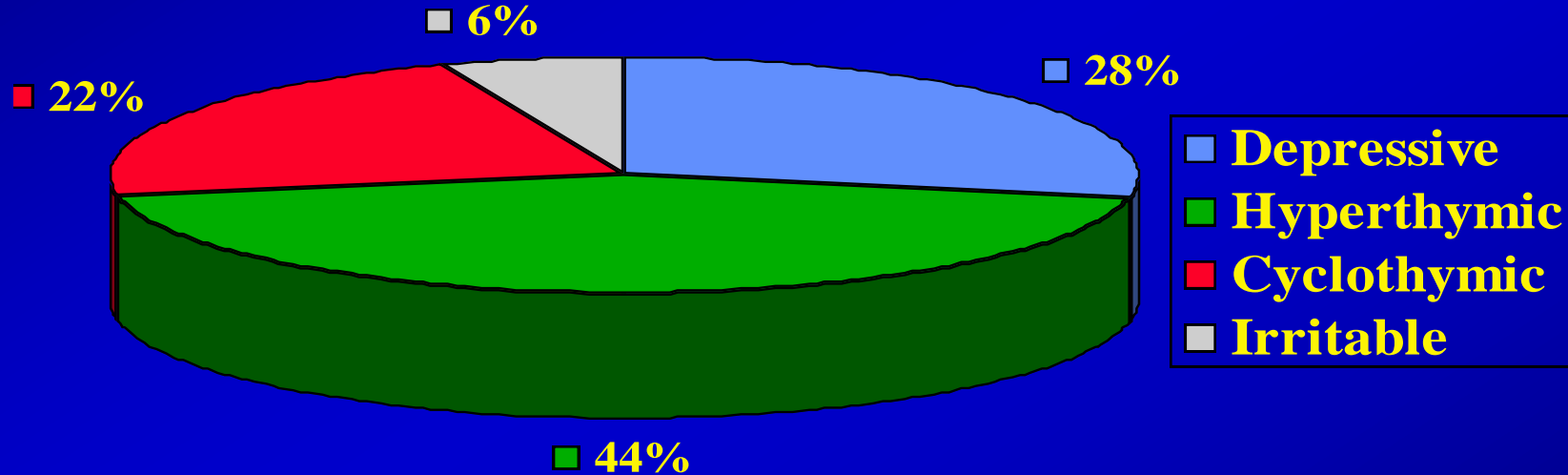


# *Extreme Temperament*



# ***Dominant Temperament*** in 1010 14-26-years-old students

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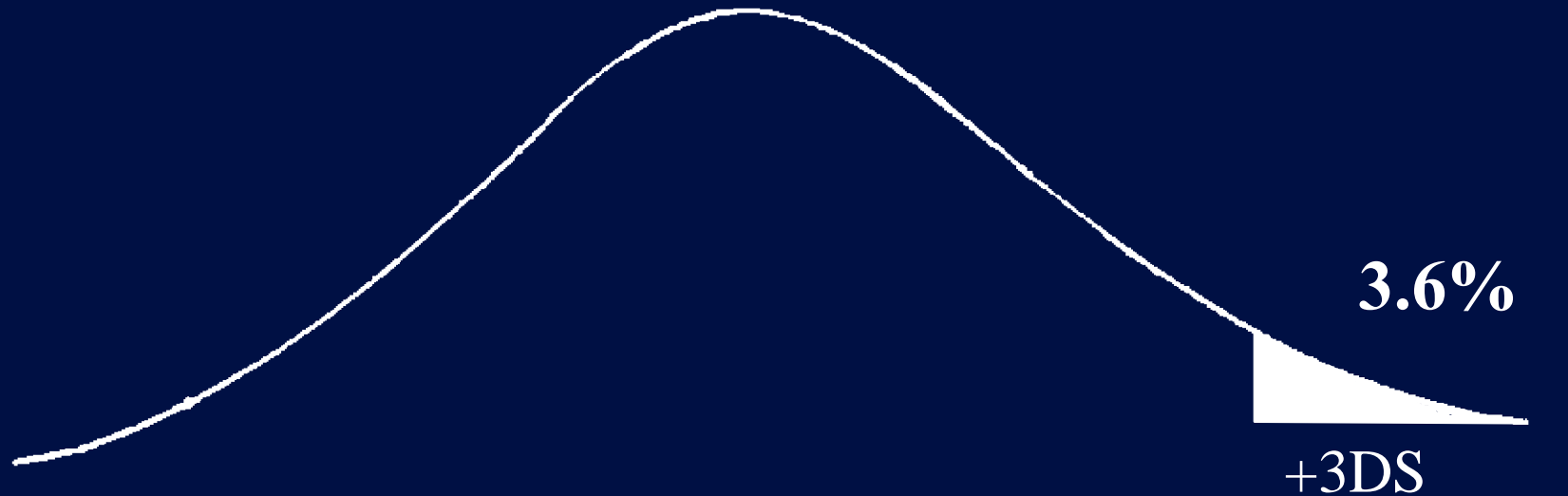


# DEPRESSIVE TEMPERAMENT

## Abnormal traits in 1010 14-26-years-old students

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- 1) Gloomy, pessimistic, humourless or incapable of fun
- 2) Quiet, passive or indecisive
- 3) Skeptical, hypercritical or complaining
- 4) Brooding and given to worry
- 5) Conscientious or self-disciplining
- 6) Self-critical, self-reproaching, self-derogatory
- 7) Preoccupied with inadequacy, failure and negative events to the point of morbid enjoyment of one's failures

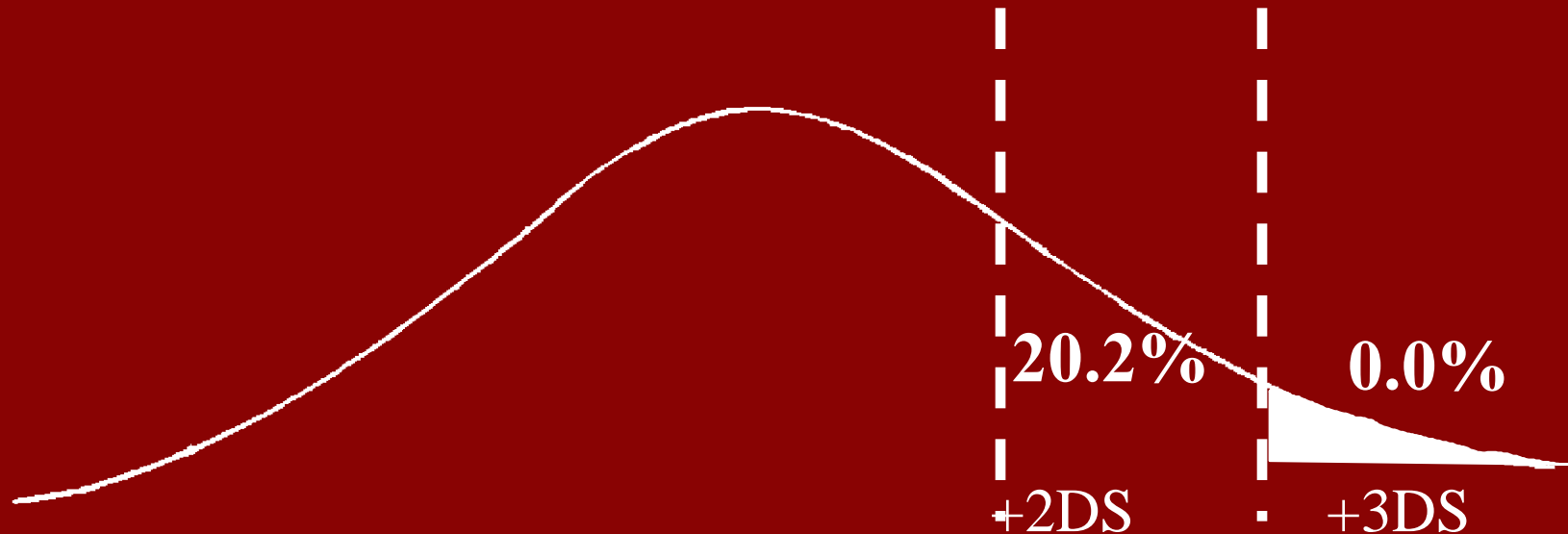




# HYPERTHYMIC TEMPERAMENT

## Abnormal traits in 1010 14-26-years-old students

- 1) Cheerfull, overoptimistic or exuberant
- 2) Naive, overconfident, self-assured, boastful, bombastic or grandiose
- 3) Vigorous, full of plans, improvident, carried away restless impulses
- 4) Overtalkative
- 5) Warm, people-seeking or extroverted
- 6) Overinvolved and meddlesome
- 7) Uninhibited, stimulus-seeking or promiscuous

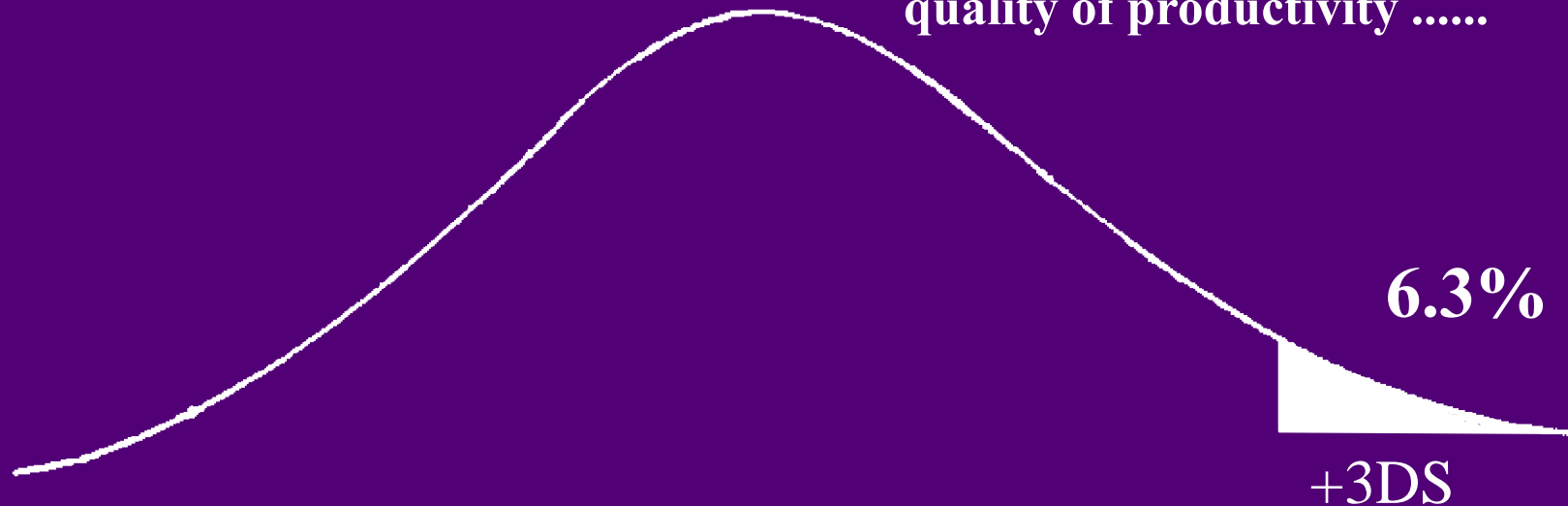


# CYCLOTHYMIC TEMPERAMENT

## Abnormal traits in 1010 14-26-years-old students

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- 1) Biphasic dysregulation characterized by abrupt endoreactive shifts.....
- 2) Lethargy alternating with eutonia
- 3) Pessimistic brooding vs optimism and carefree attitudes
- 4) Mental confusion vs sharpened and creative thinking
- 5) Shaky self-esteem alternating between low self-confidence and over
- 6) Hypersomnia alternating with decreased need for sleep
- 7) Introverted self-absorption vs uninhibited people-seeking
- 8) Decreased verbal output alternating with talkativeness
- 9) Unexplained tearfulness vs excessive punning and jocularities
- 10) Marked unevenness in quantity and quality of productivity .....

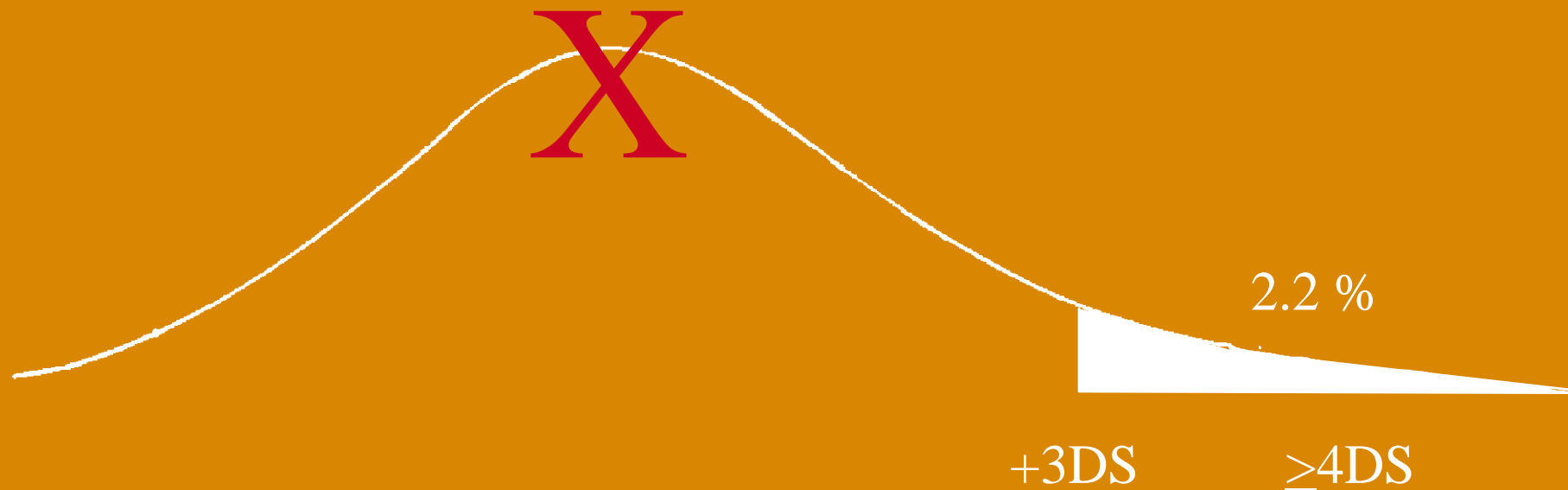


# IRRITABLE TEMPERAMENT

Abnormal traits in 1010 14-26-years-old students

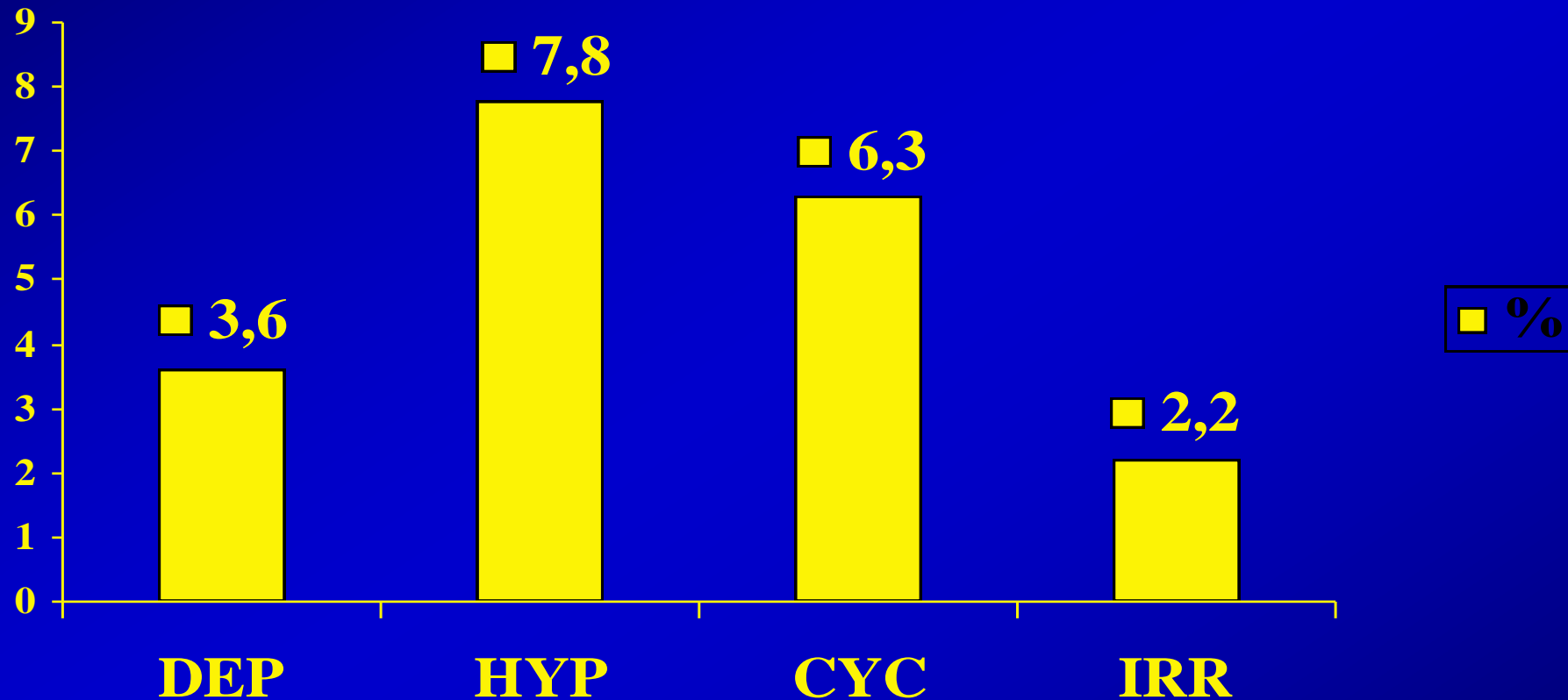
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- 1) Indeterminate early onset
- 2) Habitually moody-irritable and choleric with infrequent euthymia
- 3) Tendency to brood
- 4) Hypercritical or complaining
- 5) Ill-humored joking
- 6) Obtrusiveness
- 7) Dysphoric restlessness
- 8) Impulsive



# Extreme Temperament in 1010 students (14<age<26)

## Summary



# Affective Temperaments Dimensions

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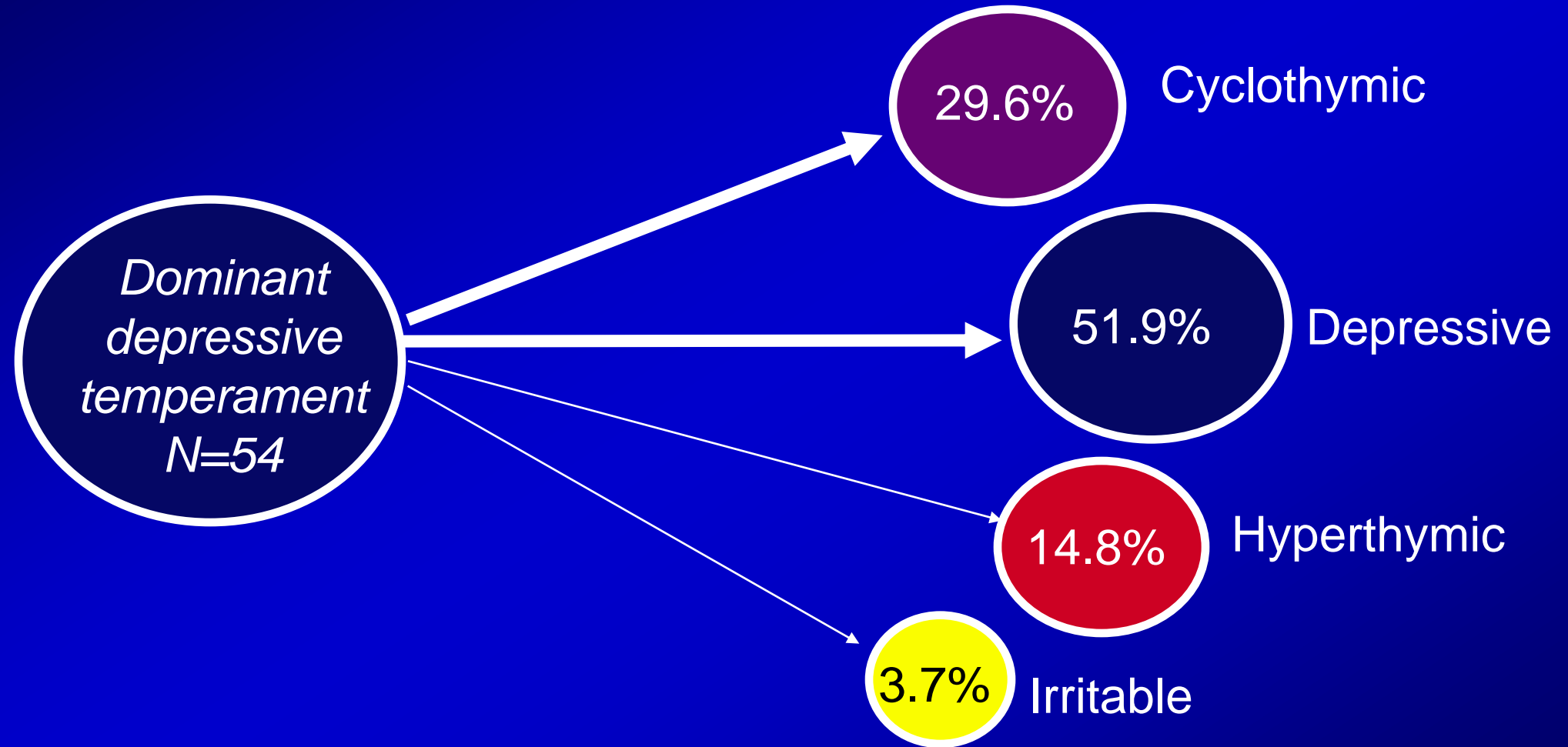
	FCT 1	FCT2
Depressive	.78	-.55
Hyperthymic	-.93	-.18
Cyclothymic	.37	.90
Irritable	.06	-.15





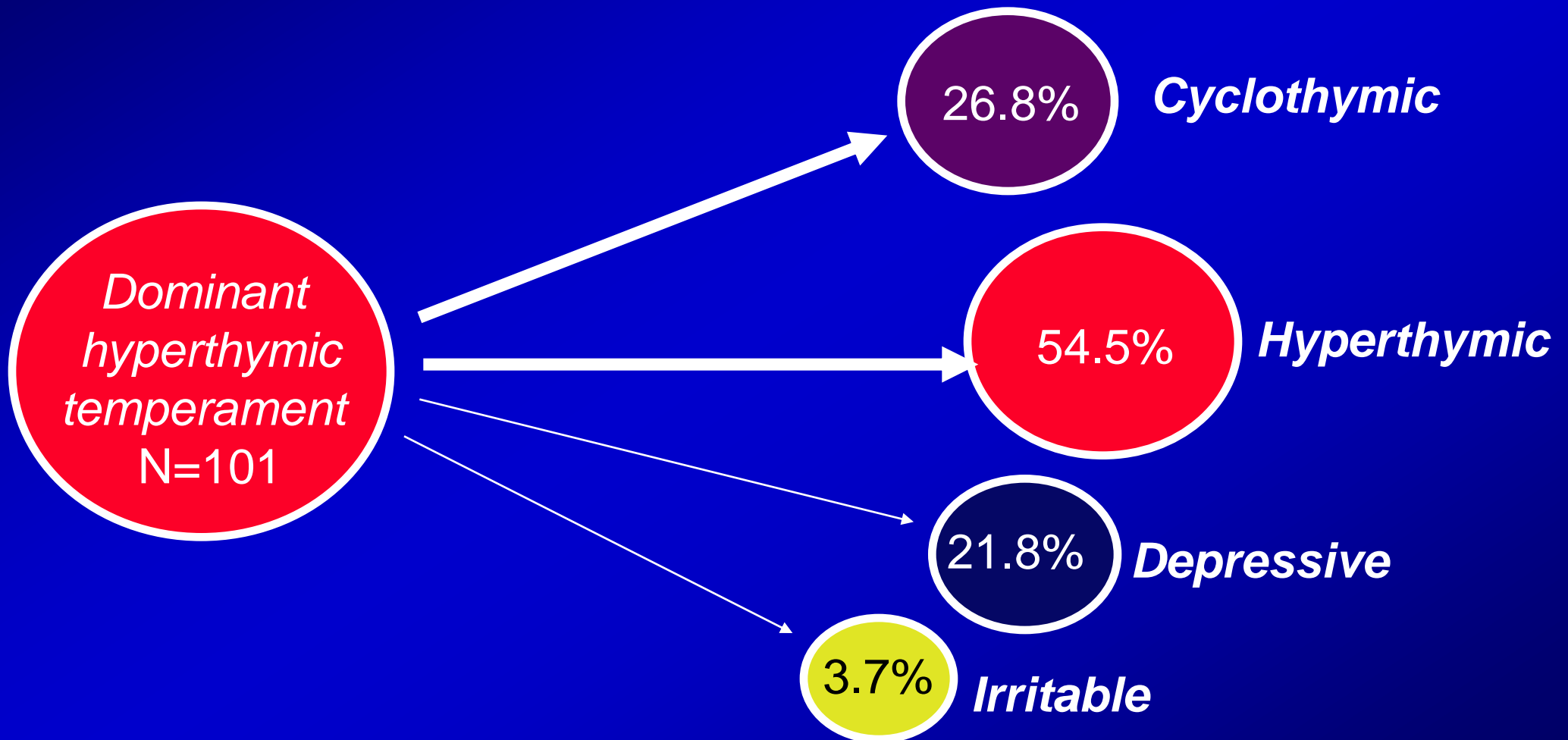
# ***DEPRESSIVE TEMPERAMENT STABILITY AND CHANGES OVER 2 YEARS IN HIGH SCHOOL STUDENTS (N=206)***

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# ***HYPERTHYMIC TEMPERAMENT STABILITY AND CHANGES OVER 2 YEARS IN HIGH SCHOOL STUDENTS (N=206)***

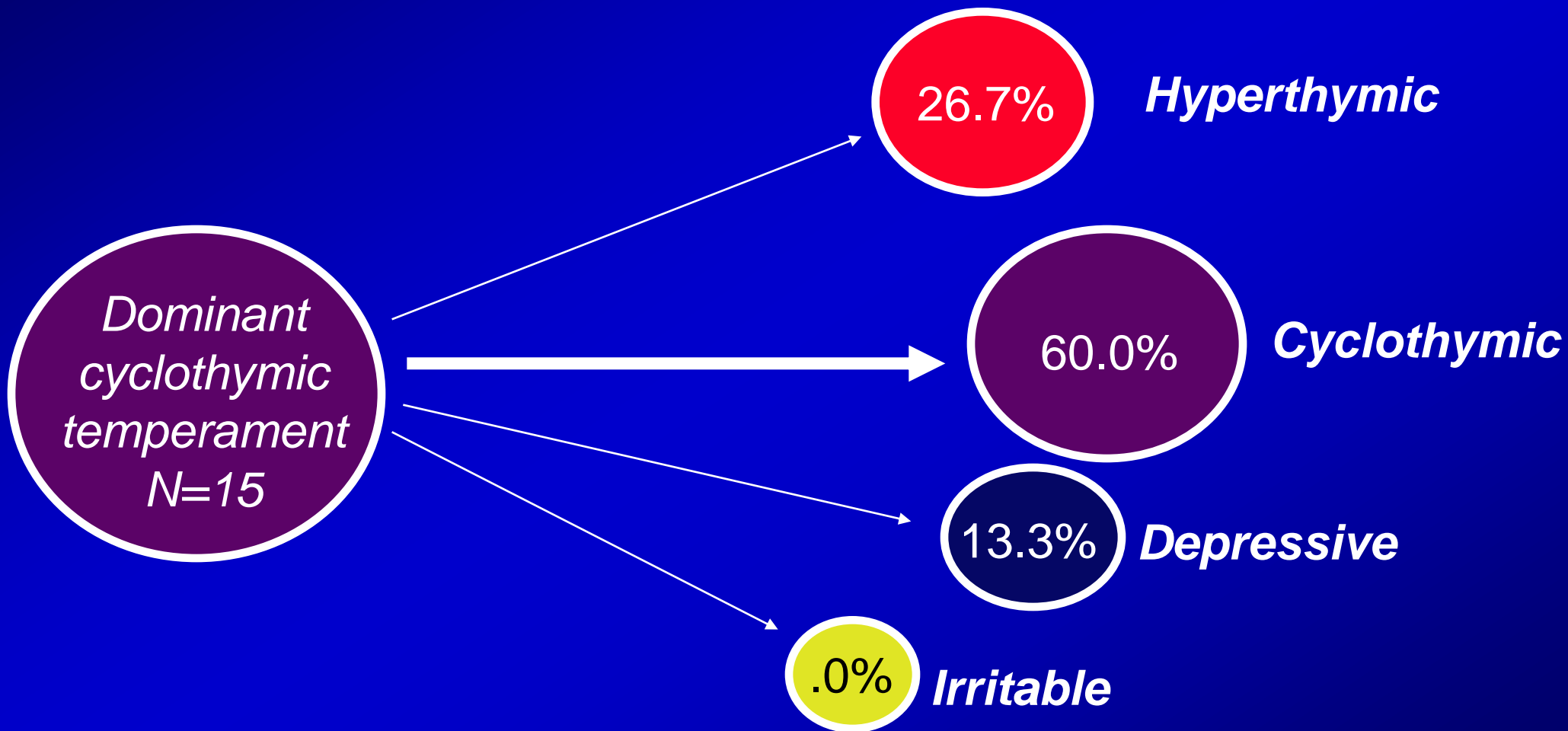
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***Placidi, Maremmani, Signoretta, Liguori, Akiskal (1998)***

# **CYCLOTHYMIC TEMPERAMENT STABILITY AND CHANGES OVER 2 YEARS IN HIGH SCHOOL STUDENTS (N=206)**

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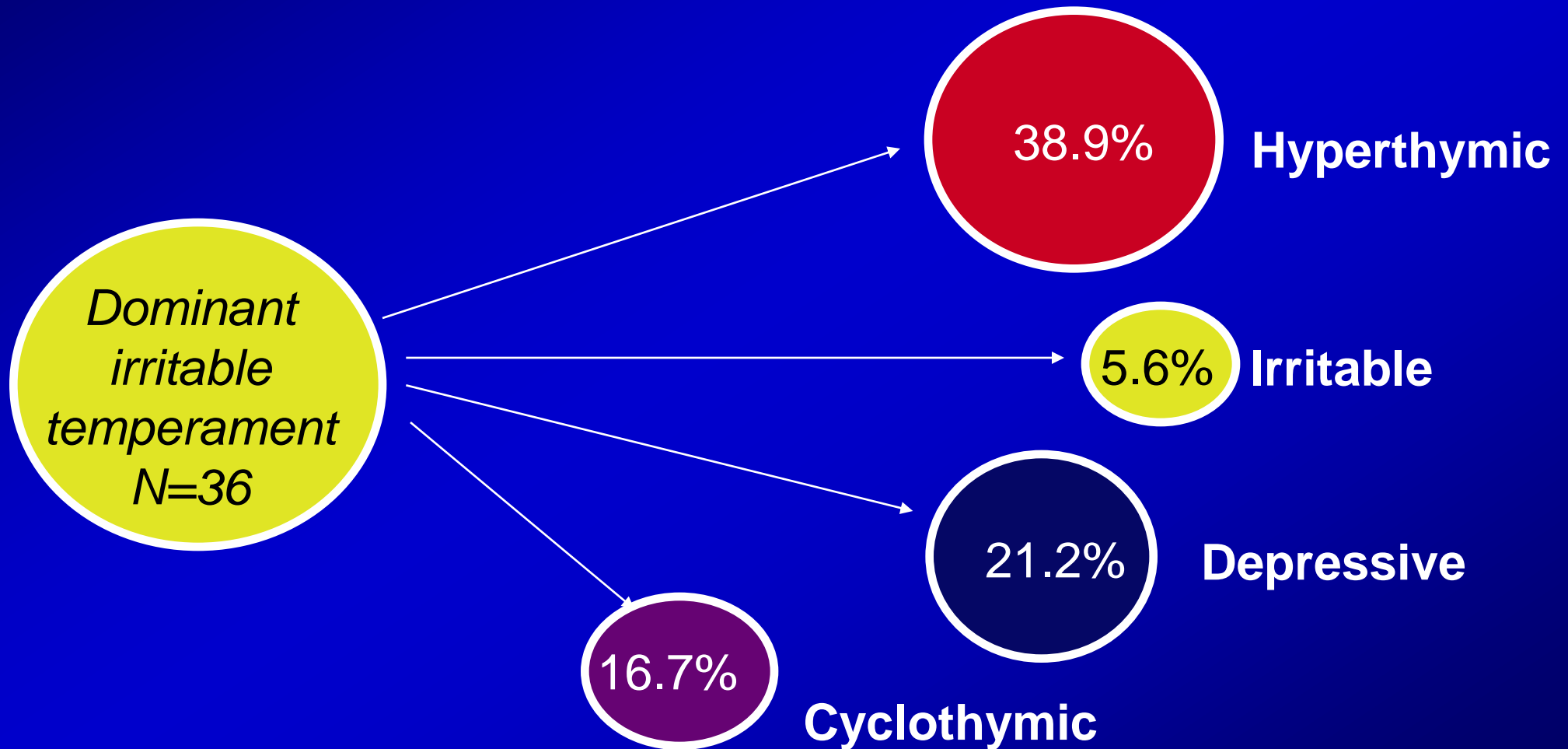


# ***IRRITABLE TEMPERAMENT***

## ***STABILITY AND CHANGES OVER 2 YEARS***

### ***IN HIGH SCHOOL STUDENTS (N=206)***

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***Placidi, Maremmani, Signoretta, Liguori, Akiskal (1998)***



# Predictors of stable dominant affective temperaments from psychometric and biological variables

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DEPRESSIVE

HYPERTHYMIC

CYCLOTHYMIC

Baseline raw scale  
score

Weighted cut-off  
at baseline

Young

Males

Males



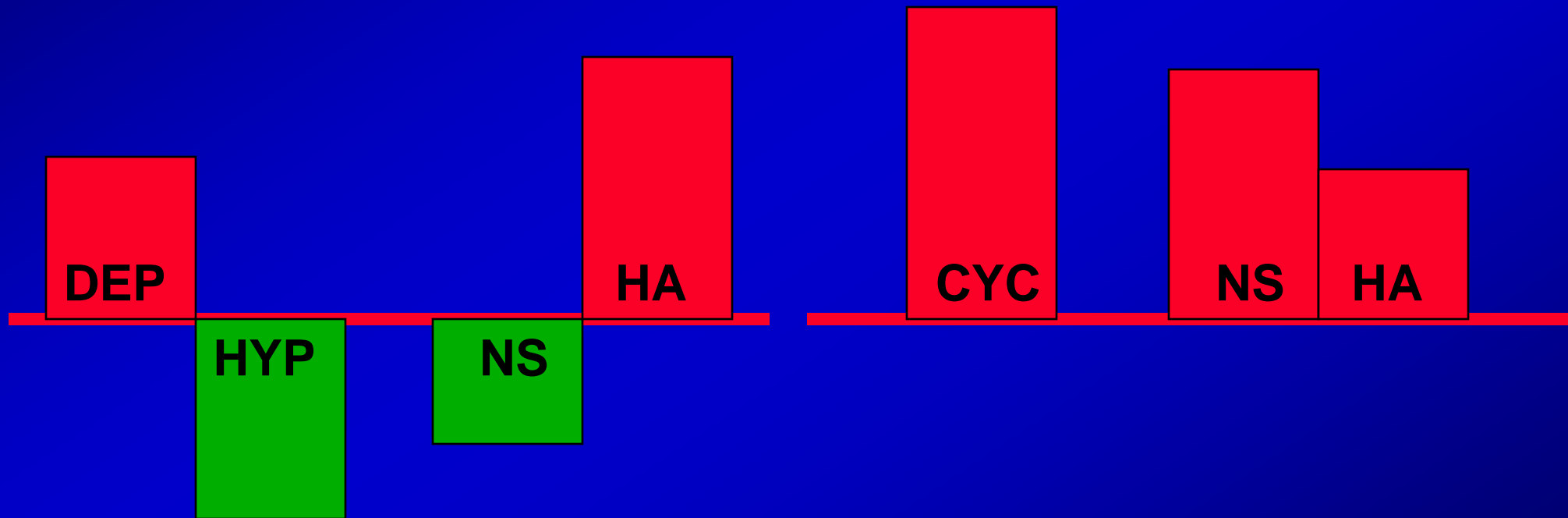
# Temperamental personality dimensions in dominant affective temperament groups

	DEP	HYP	CYC	IRR
NS	15	18	17	17
HA	18	13	17	14
RD	12	13	13	12
P	5	5	5	5

*Maremmani, Akiskal, Signoretta, Liguori, Perugi, Cloninger (2005)*

# Canonical correlations between TEMPS-I and TPQ dimensions

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*Maremmani, Akiskal, Signoretta, Liguori, Perugi, Cloninger (2005)*



















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***” Goodness of fit results when the properties of the environment and its expectations and demands are in accord with the organism’s own capacities, motivations, and style of behaving. When this consonance between organism and environment is present, optimal development in a progressive direction is possible. Conversely, poorness of fit involves discrepancies and dissonances between environmental opportunities and demands and the capacities and characteristic of the organism, so that distorted development and maladaptive functioning occur ”.***

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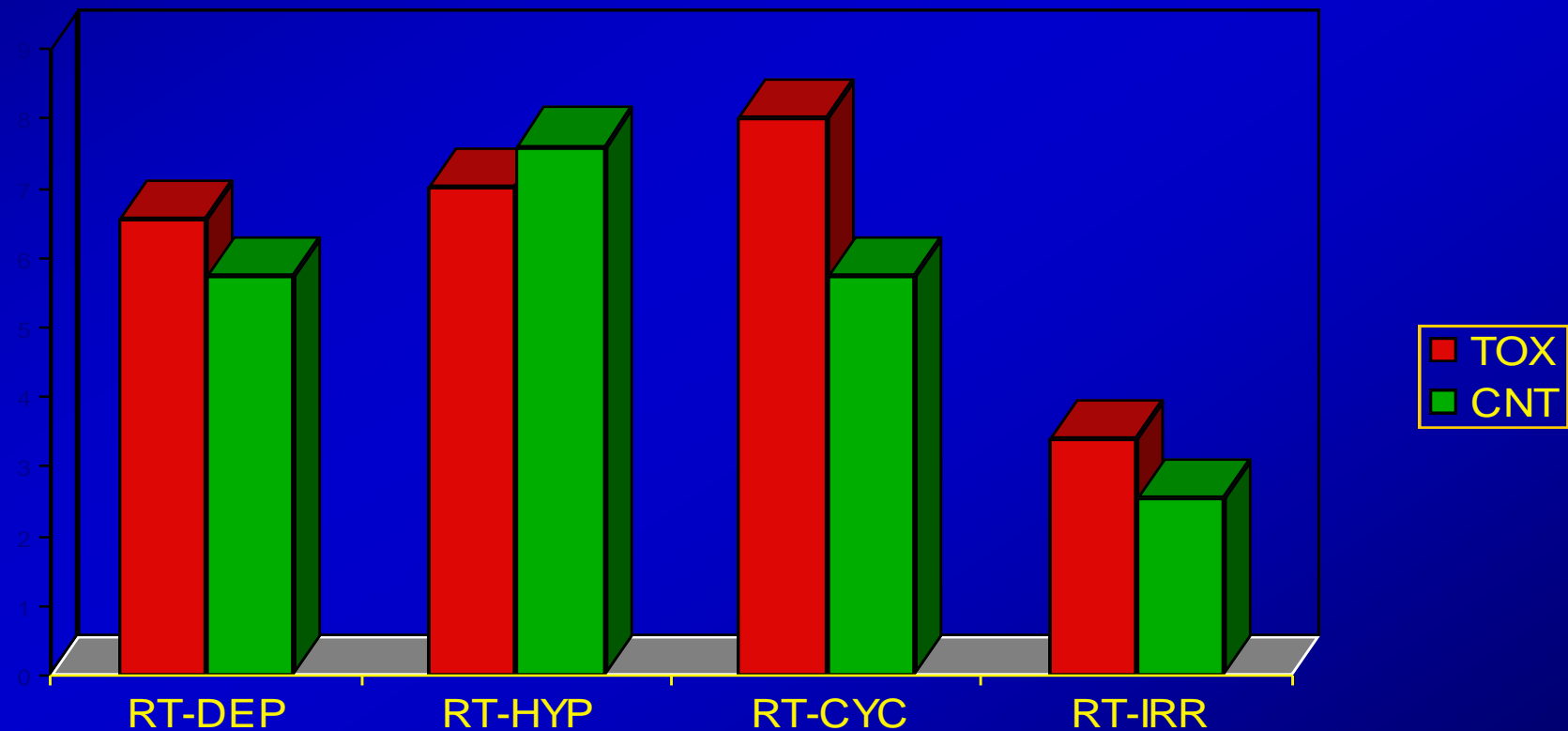
**Thomas and Chess, 1977**

*Child clinicians following the Chess and Thomas (1986) “goodness of fit” model should explore the feasibility of helping bipolar families foster environments for their children with affective temperaments in which the children’s personal assets and talents are maximized and bipolar vulnerability minimized.*

*(Akiskal and Akiskal, 1992)*

# Heroin Addiction and Affective Temperament

- Cyclothymic-Irritable Temperament was noted more frequently in 59 Heroin Addicts as opposed to 58 Controls

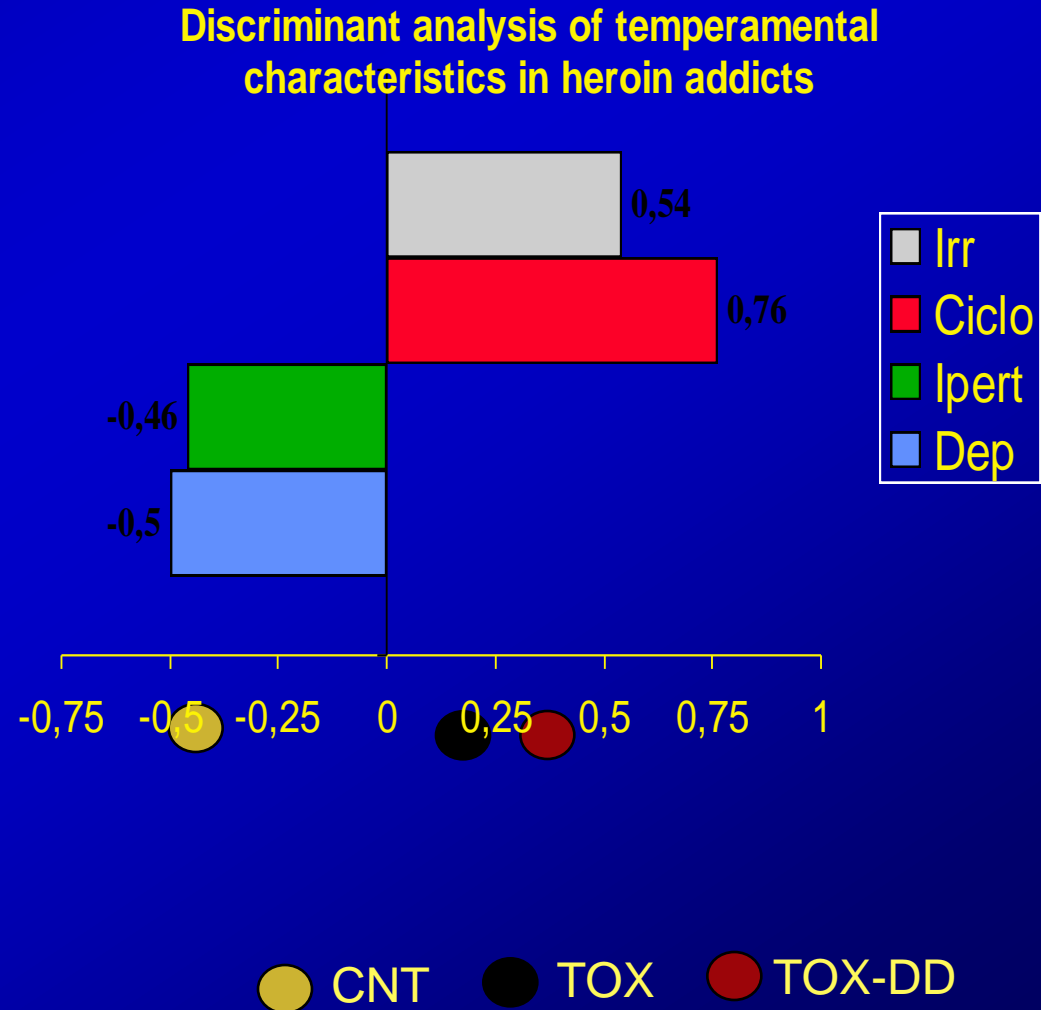


(Maremmani et al., Journal of Affective Disorders, 2009)

# Heroin Addiction and Affective Temperament

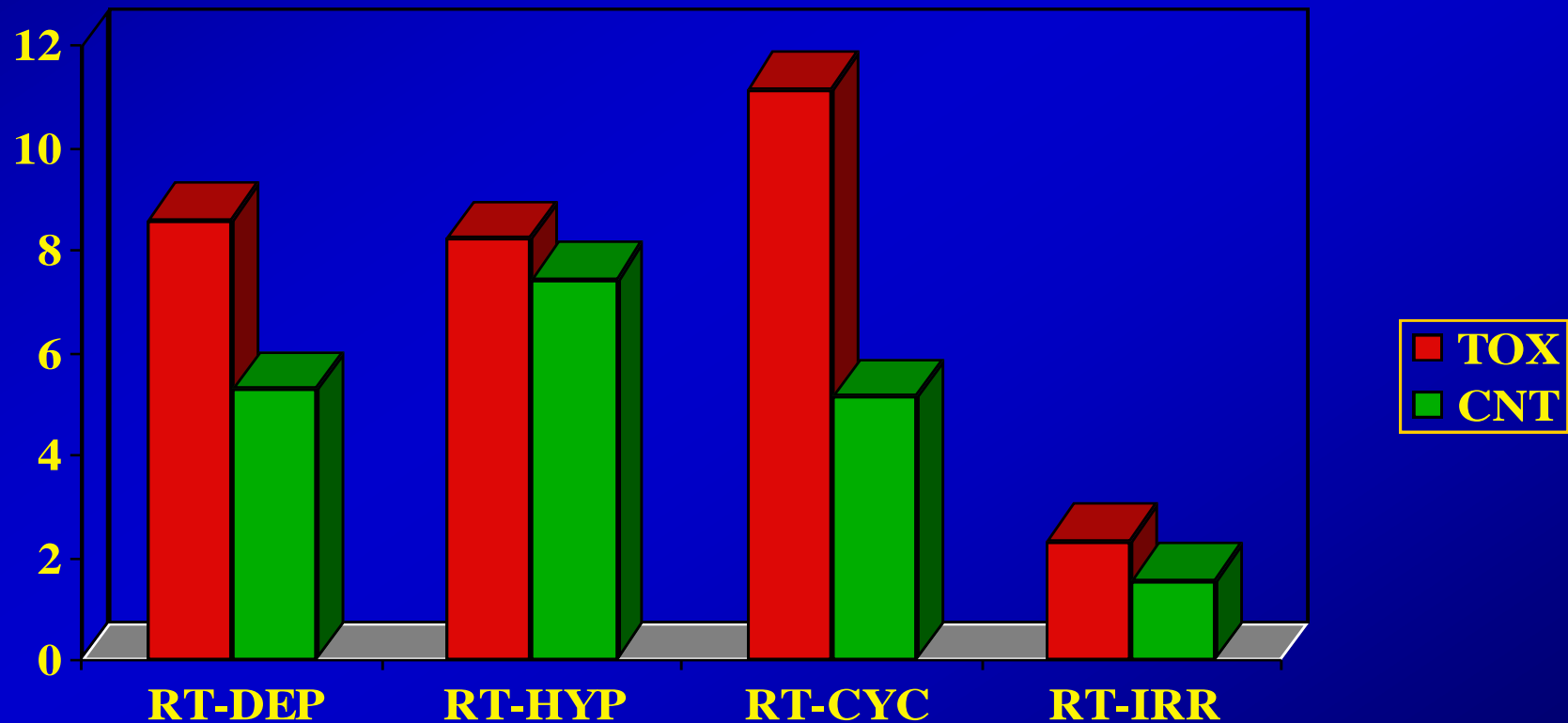
- The presence of Cyclothymic-irritable Temperament is not due to the presence of a psychiatric comorbidity

(Maremmani et al., Journal of Affective Disorders, 2009)



# Alcoholism and Affective Temperament

- Cyclothymic-Depressive Temperament was noted more frequently in 94 alcoholics as opposed to 50 Controls



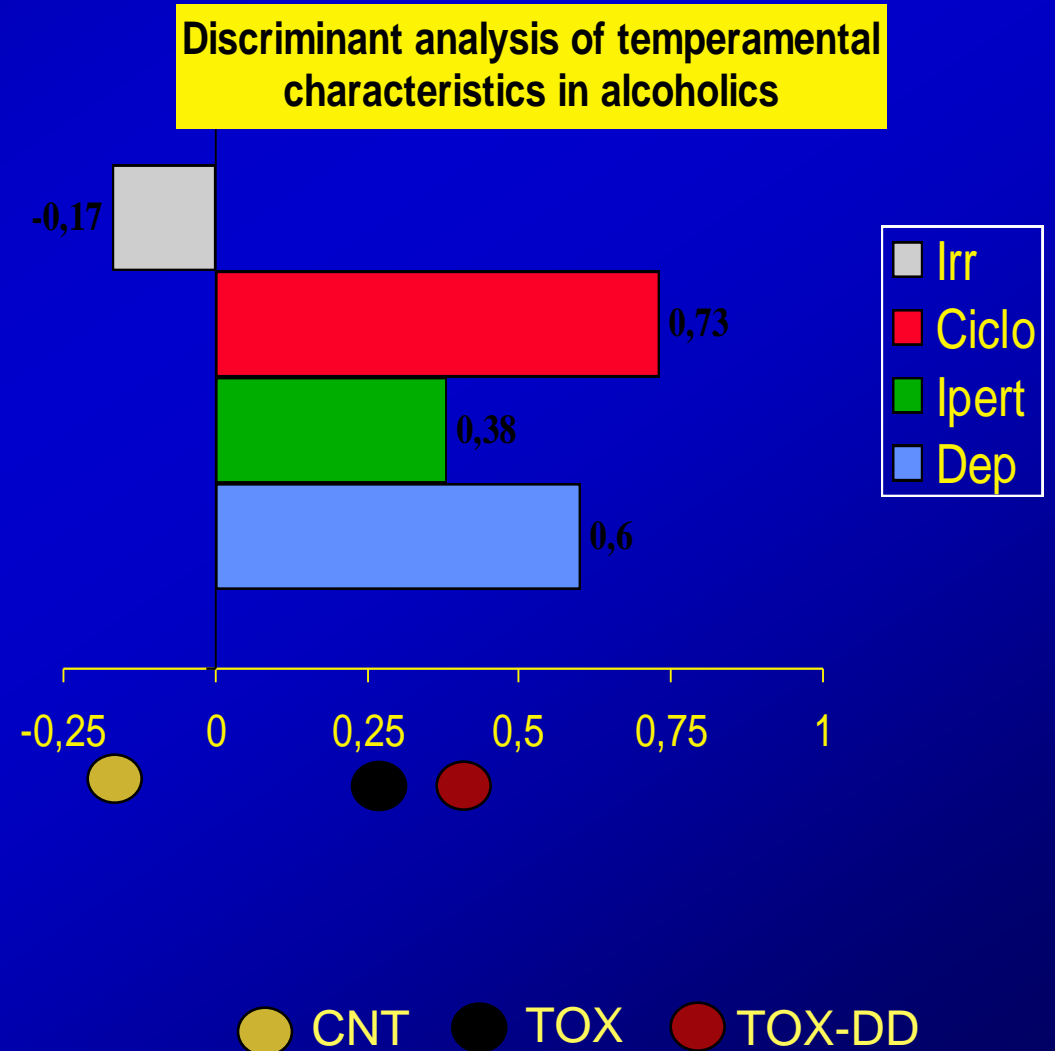
(Pacini et al., Alcohol, 2009)



# Alcoholism and Affective Temperament

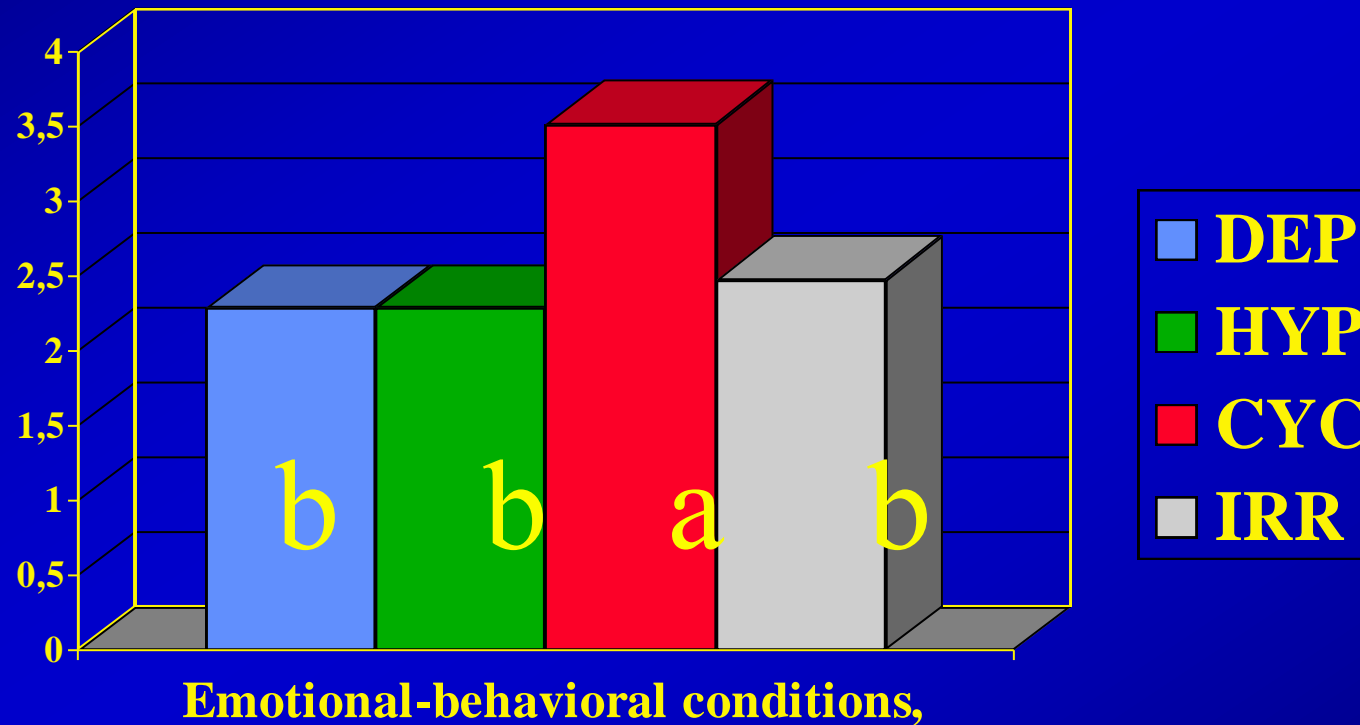
- The presence of Cyclothymic-depressive Temperament is not due to the presence of a psychiatric comorbidity

(Pacini et al., Alcohol, 2009)



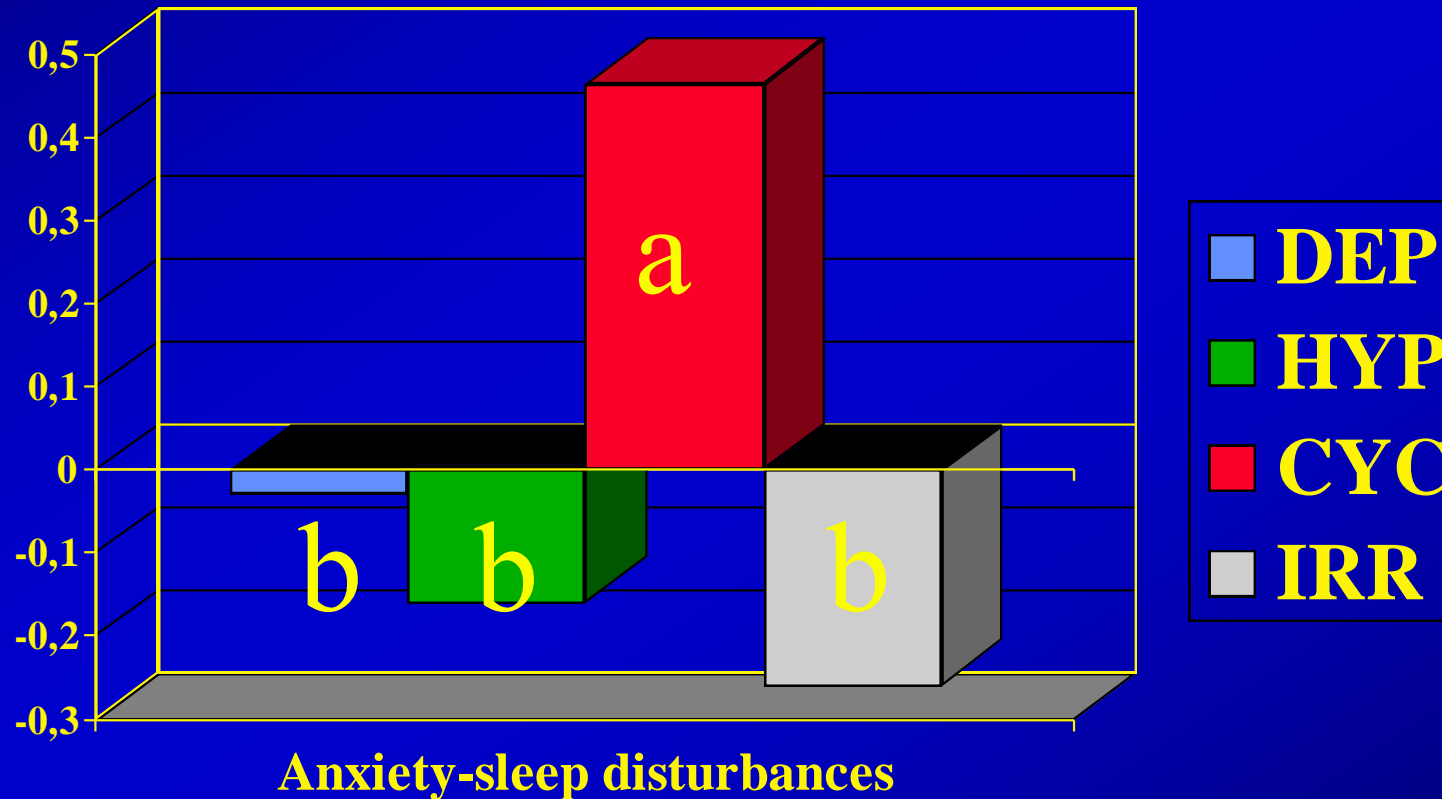


# Differences within dominant AT groups on mean scores of EBC factors



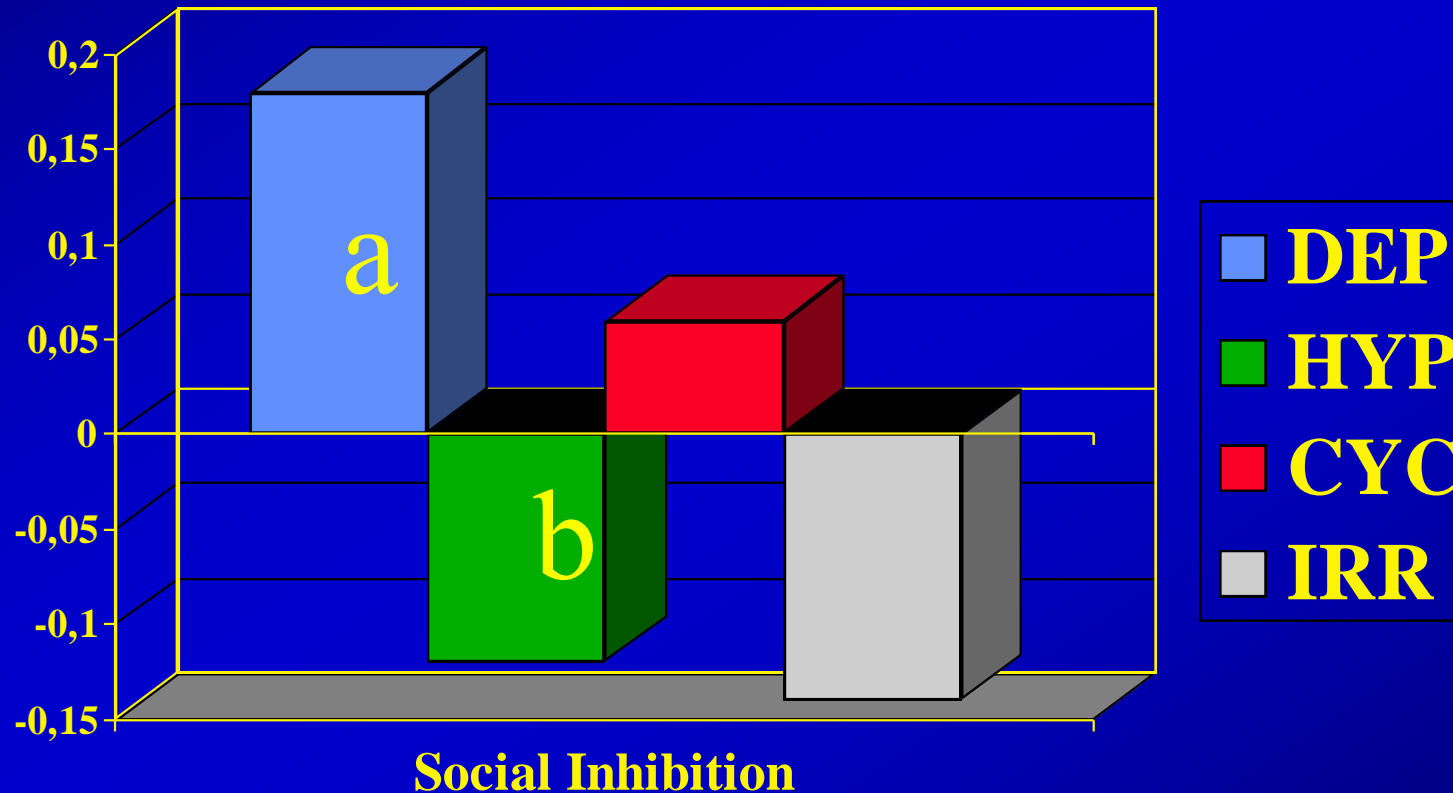
Signoretta, Maremmani, Liguori, Perugi, Hagop S. Akiskal (2005)

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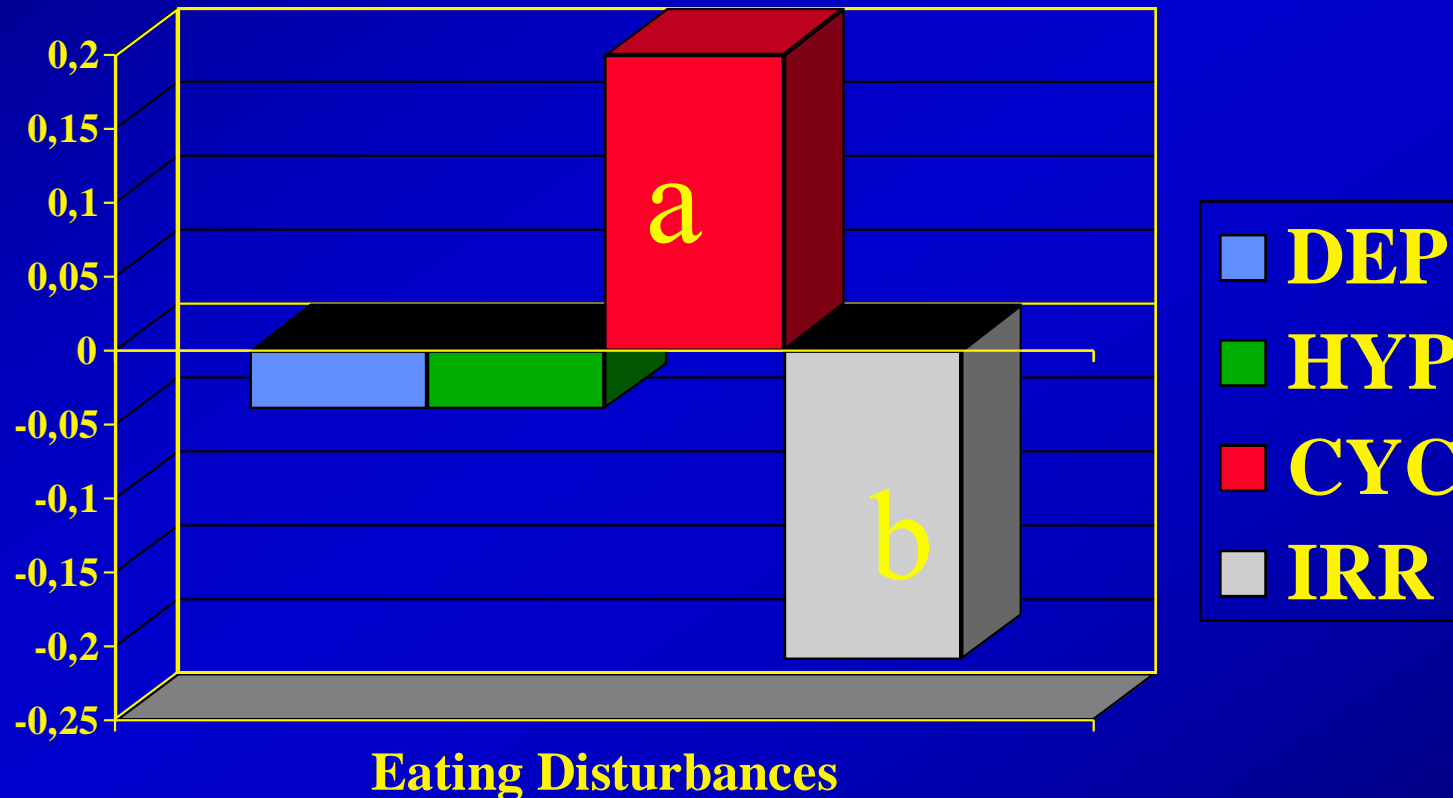
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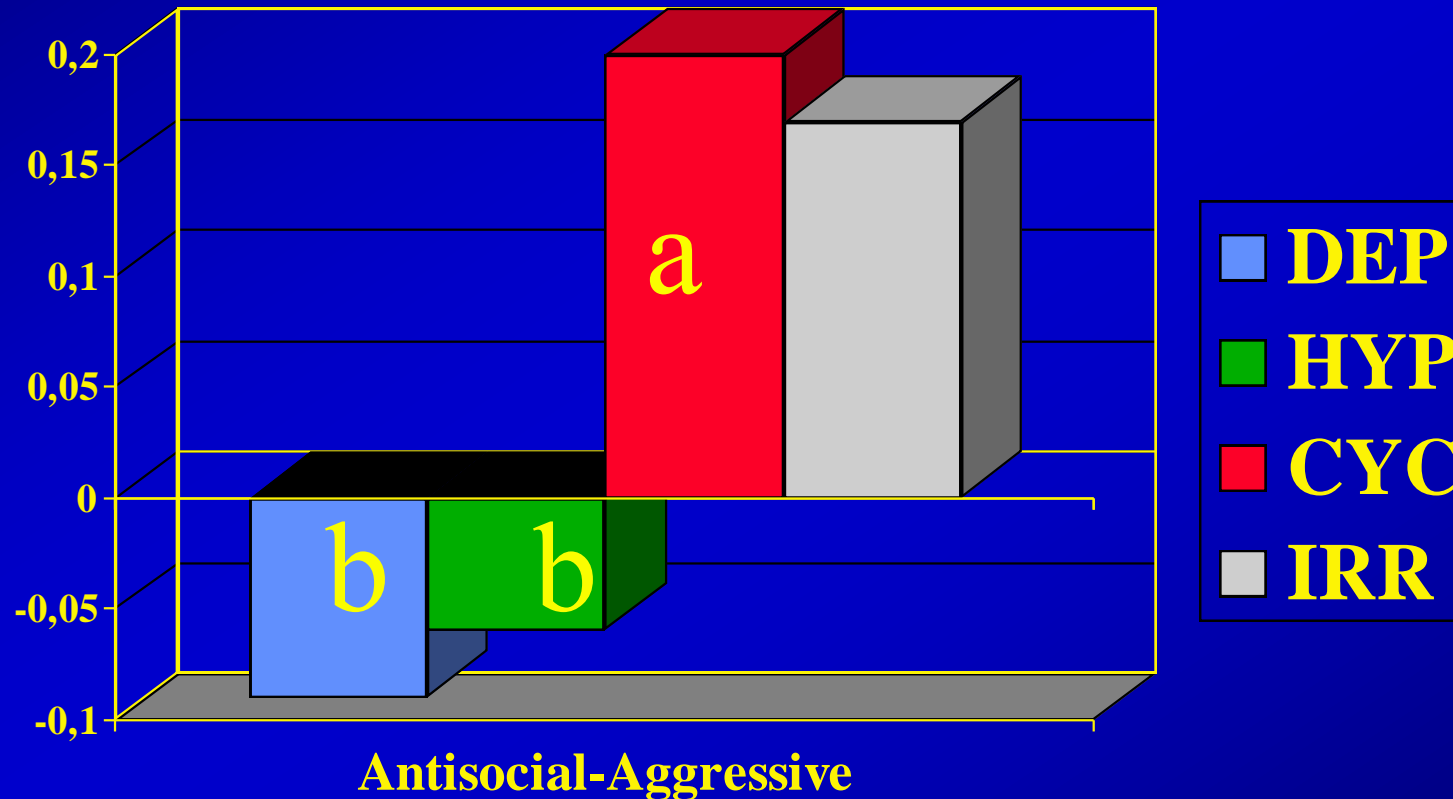
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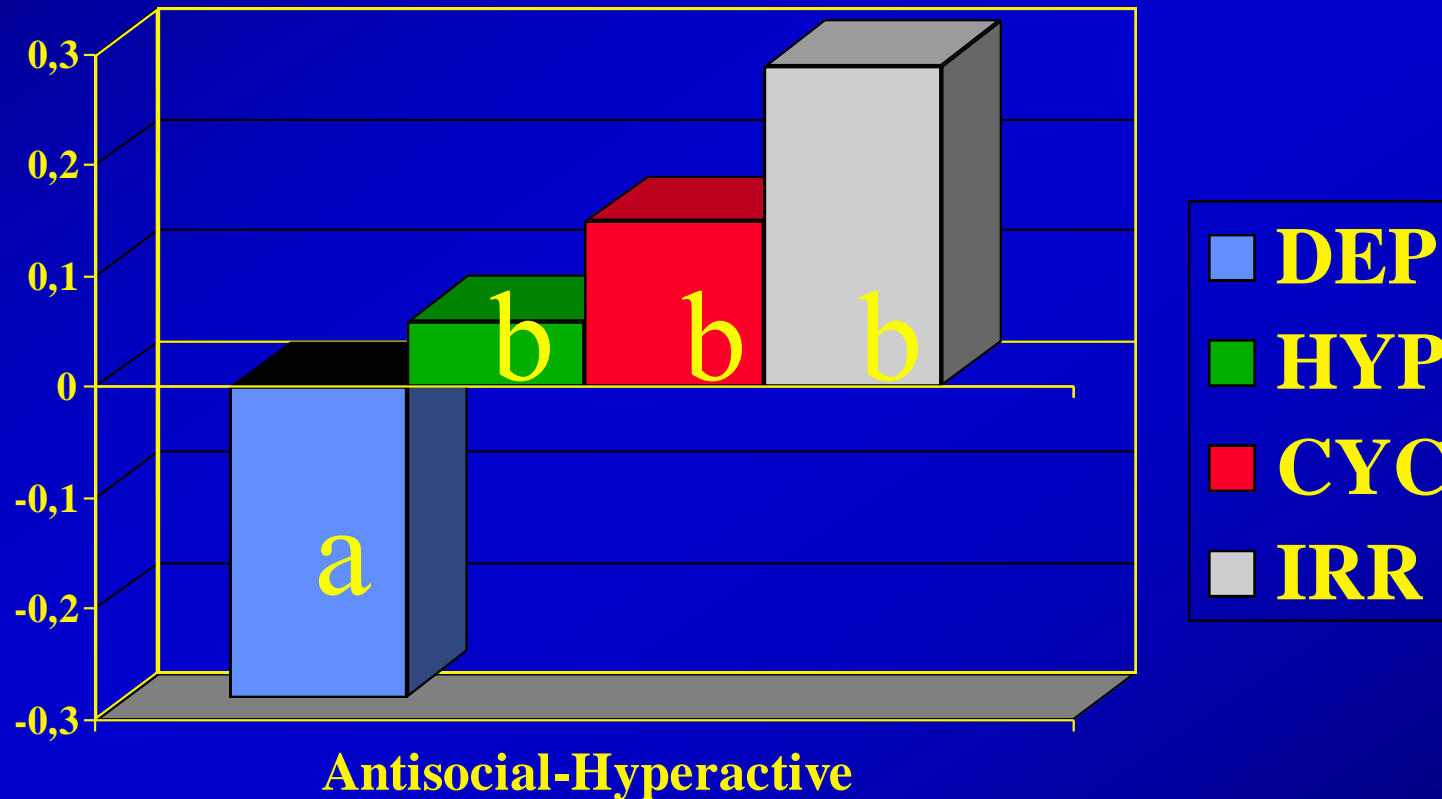
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