

TEMPERAMENT & PERSONALITY (T&P) QUESTIONNAIRE INFORMATION

Part 1: Introduction to the Temperament and Personality Questionnaire

The Temperament and Personality (T&P) Questionnaire identifies a number of personality styles that have been held to predispose to depression (and in particular non-melancholic depression) and that correspond with four of the five factors identified in the well known Five Factor Model (FFM) of normative personality. Subjects are required to rate each item on the questionnaire according to how they generally feel or behave; not necessarily as they are when depressed. Clinical evidence suggests that all but the most profoundly depressed are able to complete this 109-item questionnaire within 20 minutes.

The T & P Questionnaire is available for use free of charge. It can be completed in a pen-and-paper format and scored using the guide provided in this document. Alternatively, the T & P Questionnaire can be completed online on the Black Dog Institute website (www.blackdoginstitute.org.au), in which case personality scale scores will be automatically computed and reported along with descriptions of the scales.

Scales of the T & P Questionnaire:

In developing items for the questionnaire, we included personality constructs from literature reviews and/or seemingly over-represented constructs observed in depressed patients in clinical practice. The final version of the T&P questionnaire comprises 10 subscales – 8 of which assess temperament and personality (89 items) and two of which refer to personality function (Cooperativeness: 10 items; Effectiveness: 10 items). The scales assessed by the measure are:

Personality dimensions

Anxious Worrying
Personal Reserve
Perfectionism
Irritability
Social Avoidance
Interpersonal Sensitivity
Self-criticism
Self-focused

Personality functioning dimensions

Cooperativeness
Effectiveness

Part 2: Scoring the Temperament and Personality Questionnaire

Each item on the questionnaire is rated on a 4-point scale where:

Very true = 3 (0 for reverse scored items indicated by 'R')

Moderately true = 2 (1 for reverse scored items)

Slightly true = 1 (2 for reverse scored items)

Not true at all = 0 (3 for reverse scored items)

Table 2, on the following page, describes the questionnaire items which correspond to each personality scale at each tier. Note that some of the items are reverse scored (indicated by 'R'). Item numbers for the two personality function scales are provided in Table 1.

The following is the guide for scoring the T&P questionnaire.

Step 1: Reverse score the following items – 1, 2, 12, 21, 25, 27, 36, 39, 49, 50, 71, 77, 82, 92 and 103
 Step 2: Compute scale scores by summing the items for each dimension – see Table 1.
 Step 3: Compute scale scores for Cooperativeness and Effectiveness – see Table 2.

Table 1. Items numbers on the T & P Questionnaire for all personality dimensions.

Anxious Worrying	41, 53, 62, 65, 69, 75, 79, 106
Personal Reserve	8, 9, 18, 24, 30, 45, 60, 94
Perfectionism	4, 16, 29, 46, 47, 64, 66, 68
Irritability	7, 13, 17, 35, 55, 61, 105, 107
Social Avoidance	2R, 39R, 49R, 50R, 57, 71R, 85
Interpersonal Sensitivity	22, 42, 56, 63, 70, 78, 96
Self-criticism	32, 34, 52, 58, 72, 77R, 82R, 103R
Self-focused	19, 33, 43, 48, 67, 76, 80

Table 2. Item numbers on the T & P Questionnaire for the two personality functioning scales.

Cooperativeness	3, 5, 12R, 21R, 26, 59, 89, 97, 100, 108
Effectiveness	23, 25R, 27R, 36R, 38, 51R, 88, 92R, 95, 109

Part 3: Interpreting the Temperament and Personality Questionnaire

'Cut-off' scores

The 'cut-off' scores reported in the descriptions below are based on scores in a Community Sample of 529 people attending a general practitioner in Sydney. 'High' scores are one standard deviation above the mean in this sample, and 'low' scores are one standard deviation below the mean in this sample.

Association with depression

Where relevant, the potential association between each of the personality dimensions and depression is also described. This is based on:

- i) Average scores amongst people experiencing depression (Depressed Sample) compared to those in a general Community Sample.
- ii) Our clinical experience at the Black Dog Institute Depression Clinic.

However, it is important to note that the influence of personality on depression is usually due to an interaction between life events and personality, not personality alone, and that there are other factors involved. Therefore, a high score on any of the scales below does NOT mean that depression is inevitable. Rather, it can be useful to identify the role of personality in an individual's episode of depression because such characteristics (e.g. worrying, social avoidance) can be addressed with the help of a mental health professional, in order to treat the depression most effectively.

Personality dimensions

1. Anxious Worrying

High scores on this scale (18 and over, out of a maximum of 27) indicate a greater tendency to become stressed, worried and anxious. Examples of items from this scale include 'I tend to stress easily' and 'I'm inclined to worry over quite minor things'.

Scores on this scale are higher (on average) amongst people who are currently depressed compared to those from a general community sample. In our clinical experience, excessive worrying, if unaddressed, may increase the risk of developing depression. When under stress, people high on the anxious worrying scale may have catastrophic thoughts (i.e. think that the worst will happen) or feel overwhelmed.

2. Personal Reserve

High scores (17 and over, out of a maximum of 27) are associated with a tendency to keep one's inner feelings to oneself. People high on the personal reserve scale tend to be reluctant to let friends and acquaintances get to know them too well. Examples of items from this scale include 'I prefer not to get too close to people' and 'Opening up to people makes me feel uneasy'.

Scores on this scale are higher (on average) amongst people who are currently depressed compared to those from a general community sample. In our clinical experience, high levels of personal reserve may increase the risk of developing depression following events that challenge concerns about closeness (e.g. difficulties in relationships). People high on the personal reserve scale may find it more difficult than others to ask for help when experiencing depression.

3. Perfectionism

High scores (31 and over, out of a maximum of 33) are associated with a tendency to be very responsible, to have high standards for oneself and to be highly committed to tasks and duties. Items in this scale include 'I always like to do my best' and 'I put high standards on myself and most things I take on'.

Scores on this scale do not differ (on average) between those who are currently depressed and a general community sample. However, while perfectionism can be a helpful characteristic, when extremely high it

can actually interfere with daily life. In our clinical experience, certain events can trigger depression in people with very high perfectionism. These stressful events tend to involve not being able to live up to very high standards that one has set for oneself (e.g. not doing as well at work as desired) or the feeling that one's pride has been hurt. People high on perfectionism may be reluctant to seek professional help for depression.

4. Irritability

High scores (21 and over, out of a maximum of 33) are associated with a tendency to be quick-tempered and to externalise stress by becoming snappy and irritated by little things. Items in this scale include 'I tend to get angry and lose my cool when stressed'.

Scores on this scale are somewhat higher (on average) amongst people who are currently depressed, compared to a general community sample. In our clinical experience, people high on irritability may have an increased risk to brief episodes of depression. Often people high on irritability may only be cranky or grumpy when stressed, and later feel remorseful about this.

5. Social Avoidance

High scores on this scale (17 and over, out of a maximum of 27) are associated with a tendency to be introverted and to keep to oneself, while those low on this dimension tend to be very sociable. Examples of items in this scale include 'I tend to be quiet when I'm with people' and 'I'm very reserved at parties and other social situations'.

Scores on this scale are somewhat higher (on average) amongst people who are currently depressed, compared to a general community sample. Our clinical experience suggests that very high social avoidance, if unaddressed by treatment, may increase the risk to depression. People who are reserved and highly socially avoidant are more likely to feel that others have judged them in a negative way, and therefore may be more likely to feel distressed following social situations.

6. Interpersonal Sensitivity

High scores (14 and over, out of a maximum of 24) are associated with a tendency to worry about rejection or abandonment. Items in this scale include 'I fear that my important relationships will end somehow' and 'I think a lot about being deserted by loved ones'.

Scores on this scale are higher (on average) amongst people who are currently depressed, compared to a general community sample. Our clinical experience suggests that feeling rejected in an important relationship is a common trigger for depression amongst people with high interpersonal sensitivity.

7. Self-criticism

High scores (10 and over, out of a maximum of 12) are associated with a tendency to be very tough on oneself. Examples of items in this scale include 'I have always been very self-critical' and 'I'm always letting myself down'.

Scores on this scale are higher (on average) amongst people who are currently depressed, compared to a general community sample. In our experience, an ongoing style of self-blame and self-criticism can increase the risk of developing depression. However, it is important to note that most people become more self-critical when they are depressed. Thus for people who are currently depressed, a high score on this scale does not necessarily indicate an ongoing style of self-criticism.

8. Self-focus

High scores (9 and over, out of a maximum of 24) are associated with a tendency to prioritise one's own needs over the needs of others. Items in this scale include 'I get out of lots of problems by blaming other people' and 'I will often take advantage of other's limitations'.

Scores on this scale do not differ (on average) between those who are currently depressed and a general community sample. However, in our clinical experience, people high on the 'self-focus' dimension can be more likely to develop depression when their needs are not met. However, these depressive episodes tend to be relatively brief, often because the individual externalizes their frustration.

Personality functioning dimensions

1. Cooperativeness

Average to high scores (20 and over, out of a maximum of 30) are associated with a tendency to be generally helpful, compassionate, and empathic and to get along well with others. Examples of items in this scale include 'Friends see me as cooperative and agreeable' and 'I tend to be very understanding of other people's feelings and problems'.

Scores on this scale do not differ (on average) between those who are currently depressed and a general community sample.

2. Effectiveness

Average to high scores on this scale (18 and over, out of a maximum of 30) indicate an ability to cope well with different situations and to be confident in problem solving. Items in this scale include 'I'm really resourceful in tackling problems' and 'I feel confident in my ability to size up and deal with any situation'.

Scores in this scale are lower (on average) amongst those who are currently depressed, compared to a general community sample.

Part 4: Publications using the T & P Questionnaire

Parker, G. & Manicavasagar, M. (2005). *Modelling and managing the depressive disorders: A clinical guide*. New York, NY: Cambridge University Press.

Parker, G., Manicavasagar, M., Crawford, J., Tully, L., & Gladstone, G. (2006). Assessing personality traits associated with depression: the utility of a tiered model. *Psychological Medicine* 36, 1131-1139.

Parker, G., & Crawford, J. (2007). A spectrum model for depressive conditions: Extrapolation of the atypical depression prototype. *Journal of Affective Disorders* 103, 155-163.

Parker, G., & Crawford, J. (2007a). Chocolate craving when depressed: a personality marker. *British Journal of Psychiatry* 191, 351-352.

Parker, G., & Crawford, J. (2009). Personality and self-reported treatment effectiveness in depression. *Australian & New Zealand Journal of Psychiatry* 43, 518-525.

Rubino, A., Zanasi, M., Robone, C., & Siracusano, A. (2009). Personality differences between depressed melancholic and non-melancholic inpatients. *Australian & New Zealand Journal of Psychiatry*, 43, 145-148.

Parker, G., Fletcher, K., Barrett, M., Synnott, H., Breakspear, M., Rees, A. M., et al. (2010). Inching toward Bethlehem: Mapping melancholia. *Journal of Affective Disorders*, 123, 291-298.

*Online version of the Temperament and Personality Questionnaire available on the Black Dog website. The score is calculated automatically.

<http://www.blackdoginstitute.org.au/surveys/Temperament/index.html>



Temperament and Personality Questionnaire

Instructions: For each of the following statements, please tick the option that best describes the way you usually or generally feel or behave (over the years and not just recently).

		Not true at all	Slightly true	Moderately true	Very true
1.	I have <i>more</i> good qualities than bad ones	()	()	()	()
2.	I am usually the “energiser” at parties	()	()	()	()
3.	Friends see me as cooperative and agreeable	()	()	()	()
4.	I always like to do my best	()	()	()	()
5.	I am generally described as a nice person	()	()	()	()
6.	I am tense and nervy	()	()	()	()
7.	I am very snappy when I’m stressed	()	()	()	()
8.	I am very <i>uneasy</i> about opening up to other people	()	()	()	()
9.	I avoid people getting personally too close to me	()	()	()	()
10.	I am easily upset by things	()	()	()	()
11.	I can be quite impatient with other people	()	()	()	()
12.	I can be somewhat difficult in dealing with others	()	()	()	()
13.	I can become quite grumpy and grouchy	()	()	()	()
14.	I can get easily rattled by things	()	()	()	()

		Not true at all	Slightly true	Moderately true	Very true
15.	I can get exasperated and irritable with other people	()	()	()	()
16.	I commit myself fully to things I take on	()	()	()	()
17.	At times, I can get very cross with other people	()	()	()	()
18.	I don't like disclosing my true feelings to others	()	()	()	()
19.	I don't tend to put myself out a lot for other people	()	()	()	()
20.	I <i>don't</i> tend to seek advice from others	()	()	()	()
21.	Even when I have to, I am unable to get along with family or people at work	()	()	()	()
22.	I fear that my important relationships will end somehow	()	()	()	()
23.	I feel confident in my ability to size up and deal with any situation	()	()	()	()
24.	I don't like people getting too close to me	()	()	()	()
25.	I feel I have little control over where my life is headed	()	()	()	()
26.	I am generally ready and willing to lend an ear	()	()	()	()
27.	I feel like I'm going around in circles in life	()	()	()	()
28.	I feel more comfortable letting family or friends make the "big decisions"	()	()	()	()
29.	I like to work to my full potential	()	()	()	()
30.	I feel uneasy when people try to get close to me	()	()	()	()

Please turn over >>>

		Not true at all	Slightly true	Moderately true	Very true
31.	I find it easier to be myself when I am on my own	()	()	()	()
32.	I find it hard to measure up to my own standards	()	()	()	()
33.	I get out of lots of problems by blaming other people	()	()	()	()
34.	I have always been very self-critical	()	()	()	()
35.	I have an excitable and quick temper	()	()	()	()
36.	I know I cope poorly with things	()	()	()	()
37.	I know I'm doing a good job when someone praises me	()	()	()	()
38.	I learn from the mistakes I make	()	()	()	()
39.	I like lots of social stimulation	()	()	()	()
40.	I like to push myself to the limit	()	()	()	()
41.	I feel most secure when other people take control	()	()	()	()
42.	I never seem to <i>get</i> as much love from people as I <i>give</i>	()	()	()	()
43.	I often find myself being quite critical of others	()	()	()	()
44.	I prefer my own company over the company of others	()	()	()	()
45.	I prefer not to get too close to people	()	()	()	()

Please turn over >>>

		Not true at all	Slightly true	Moderately true	Very true
46.	I push myself to be the best at most things I do	()	()	()	()
47.	I put high standards on myself and most things I take on	()	()	()	()
48.	I quite enjoy manipulating people	()	()	()	()
49.	I really enjoy mixing with different people	()	()	()	()
50.	I really like parties and other social gatherings	()	()	()	()
51.	I seem to fail more often than I succeed in life	()	()	()	()
52.	I should be so much better than I actually am	()	()	()	()
53.	I spend too much time worrying about what people think of me	()	()	()	()
54.	I prefer to keep my feelings to myself	()	()	()	()
55.	I tend to be hot tempered	()	()	()	()
56.	I think I'm likely to end up being rejected in relationships	()	()	()	()
57.	I tend to be quiet when I'm with people	()	()	()	()
58.	I tend to be quite tough on myself	()	()	()	()
59.	I tend to be very understanding of other people's feelings and problem	()	()	()	()
60.	I tend to draw away from people when they get too close	()	()	()	()

Please turn over >>>

		Not true at all	Slightly true	Moderately true	Very true
61.	I tend to get angry and lose my cool when stressed	()	()	()	()
62.	I tend to stew over things	()	()	()	()
63.	I think a lot about being deserted by loved ones	()	()	()	()
64.	I try to do everything as well as possible	()	()	()	()
65.	I try to guess what others are thinking and feeling about me	()	()	()	()
66.	I try to succeed at most things	()	()	()	()
67.	I will often take advantage of other's limitations	()	()	()	()
68.	I work hard at most things	()	()	()	()
69.	I tend to stress easily	()	()	()	()
70.	I worry about how strong my important relationships really are	()	()	()	()
71.	I'm a very sociable person	()	()	()	()
72.	I'm always letting myself down	()	()	()	()
73.	I'm always watching what I say to people	()	()	()	()
74.	I'm extremely self-disciplined	()	()	()	()
75.	I'm generally a worrier about things	()	()	()	()
76.	I'm generally <i>not</i> very considerate and tolerant of other people's wishes	()	()	()	()

		Not true at all	Slightly true	Moderately true	Very true
77.	I'm fairly happy with who I am most of the time	()	()	()	()
78.	When it comes to "give and take" the important people in my life always "take more" and "give less"	()	()	()	()
79.	I'm inclined to worry over quite minor things	()	()	()	()
80.	I'm not very sympathetic to, empathic to, or understanding of other people when they're in difficulty	()	()	()	()
81.	I'm perfectionistic about most things	()	()	()	()
82.	I'm pretty satisfied with my achievements in life	()	()	()	()
83.	I tend to worry that the worst will happen	()	()	()	()
84.	I'm very "tuned-in" and sensitive to other people's feelings	()	()	()	()
85.	I'm very reserved at parties and other social situations	()	()	()	()
86.	If I have a gripe with someone, I worry about how to discuss it with them	()	()	()	()
87.	If someone irritates me, I will snap back	()	()	()	()
88.	I'm really resourceful in tackling problems	()	()	()	()
89.	In general, I will listen to and understand the other person's point of view	()	()	()	()
90.	It feels good to me to please people	()	()	()	()

Please turn over >>>

		Not true at all	Slightly true	Moderately true	Very true
91.	It's <i>not</i> my responsibility to make other people feel better	()	()	()	()
92.	My personality often causes me to lose out	()	()	()	()
93.	On meeting new people, I tend to hold back	()	()	()	()
94.	Opening up to people makes me feel uneasy	()	()	()	()
95.	Others see me as a reliable person	()	()	()	()
96.	When I get into a close relationship, I start to worry about being rejected or abandoned	()	()	()	()
97.	People at work see me as cooperative and agreeable	()	()	()	()
98.	People say that I'm too hard on myself	()	()	()	()
99.	I'm someone who usually gets it right the first time	()	()	()	()
100.	People see me as good hearted	()	()	()	()
101.	People tell me I'm "too sensitive"	()	()	()	()
102.	Sometimes I feel like an "emotional sponge", soaking up everyone's feelings	()	()	()	()
103.	There are lots of times when I give myself a "pat on the back"	()	()	()	()
104.	Thinking about being alone distresses me	()	()	()	()
105.	Under pressure I tend to get snappy	()	()	()	()
106.	Sometimes I take things too personally	()	()	()	()

Please turn over >>>

	Not true at all	Slightly true	Moderately true	Very true
107. Under pressure, I can get cranky with others and myself	()	()	()	()
108. People who know me well would describe me as a caring person	()	()	()	()
109. When things go wrong I am generally able to bounce back	()	()	()	()

Thank you for completing this questionnaire.