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The Relationship Between Personality Traits and Depression

Parisa Chavoshi

Western University, pchavos@uwo.ca

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Abstract: In the recent decade, depression has been a severe health concern around the world. In a lot of cases, depression is often a chronic problem that reduces the quality of life. Although the cause of depression is multifactorial, including biological, social and psychological factors, personality is among the crucial characteristics hypothesized to predict depression. Therefore, different personality traits have been associated with depressive symptoms.

Our research aims to gather and synthesize previous studies that investigated the link between personality traits and depression. In order to do this, we have to immerse ourselves in the studies that have been done before. Other than my passion for diving into the literature of personality and depression, the fact that I do not need to collect data also encouraged me to do this type of study. I think this is an excellent research design that becomes handy during a pandemic!