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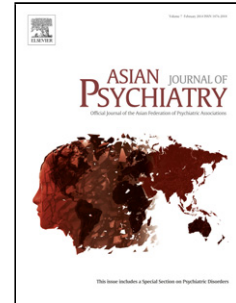
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RUNNING HEAD: THE BIG FIVE, ALEXITHYMIA, AND MENTAL HEALTH

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Title:

**The Big Five Personality Dimensions and Mental Health: The Mediating Role of  
Alexithymia**

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**Highlights**

- Alexithymia is negatively associated with Extraversion and emotional stability
- Alexithymia is positively associated with depression, anxiety, social dysfunction, and somatization
- Alexithymia mediates the relationship between personality dimensions and mental health

**Abstract**

The role of personality constructs on mental health has attracted research attention in the last few decades. The Big Five personality traits have been introduced as parsimonious dimensions of non-pathological traits. The five-factor model of personality includes neuroticism, agreeableness, conscientiousness, extraversion, and openness to experience. The present study aimed to

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