



Research report

Polish validation of the TEMPS-A: The profile of affective temperaments in a college student population

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ABSTRACT

Background and aims: The TEMPS-A scale is a self-evaluation measure to assess five affective temperaments: depressive, cyclothymic, hyperthymic, irritable and anxious. The scale has already been validated in over 10 languages. In this paper, the first report on the validation of the Polish version of TEMPS-A is presented.

Methods: The TEMPS-A questionnaire version that includes 110 questions has been adapted following the translation-back translation methodology from English to Polish, checked by the originators of the five scales (H.S.A., K.K.A.). In the next step, the Polish version of TEMPS-A was administered to 521 Polish undergraduate students. Internal consistency of temperamental scales was measured with Cronbach-alpha coefficients. Correlation among the temperaments was examined using Pearson's bivariate correlation. Differences between sexes were tested with ANOVA.

Results: The Cronbach-alpha and the Kuder-Richardson 20 reliability coefficients for the depressive, cyclothymic, hyperthymic, irritable and anxious temperaments were between 0.69 and 0.83. The percentage of subjects whose Z-scores were above 2 SD, was the highest among depressive (4%) and anxious (3.5%) temperaments, followed by the cyclothymic (2.9%), hyperthymic (1%), and irritable (0.6%). The strongest positive correlations between the temperamental scales were found between depressive and anxious, as well as between cyclothymic and irritable ones (correlation coefficients 0.63 and 0.57, respectively). Male subjects attained significantly higher scores for hyperthymic temperament, compared to females, while females scored significantly higher than males on cyclothymic and anxious temperaments.

Limitations: Our healthy young subjects are not representative of the Polish population. As external validation has been achieved in other language versions, it was not repeated in the present Polish version.

Conclusions: The Polish version of TEMPS-A has a good internal consistency. The findings generally cohere with those from previously validated versions in other languages.

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1. Introduction

TEMPS-A (Temperament Evaluation of Memphis, Pisa, Paris and San Diego Autoquestionnaire) is the 110-item self-related assessment for five dimensions of temperament: depressive,

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Table 1

Reliability analysis results based on the Cronbach-alpha and the Kuder–Richardson 20 (KR20) reliability coefficients.

Temperament	Cronbach-alpha	KR20
Depressive	0.70	0.69
Cyclothymic	0.77	0.77
Hyperthymic	0.75	0.75
Irritable	0.76	0.78
Anxious	0.83	0.83

Table 2

The correlations between the scales of TEMPS-A.

	Cyclothymic	Hyperthymic	Irritable	Anxious
Depressive	0.41**	−0.49**	0.32**	0.63**
Cyclothymic	1	−0.17**	0.57**	0.52**
Hyperthymic		1	−0.13*	−0.40**
Irritable			1	0.52**

Correlation significant * $p < 0.05$; ** $p < 0.01$.

cyclothymic, hyperthymic, irritable and anxious (Akiskal, 1992; Akiskal and Akiskal, 1992; Akiskal and Mallya, 1987). The full version of TEMPS-A was developed from an 84 items scale covering the more traditional affective temperaments, followed by the addition of 26 items covering anxious traits. The full-scale measure has already been validated in over 10 other languages. Validation studies in different populations have shown good internal consistency of the scales and indicated that the TEMPS-A may be a useful tool for quantifying the type of temperament in both healthy subjects and psychiatric patients, and also for comparison between populations (Placidi et al., 1998; Akiskal and Akiskal, 2005; Akiskal et al., 2005a,b; Karam et al., 2005; Vazquez and Akiskal, 2005; Rózsa et al., 2008; Pompili et al., 2008; Vazquez et al., 2007). The evidence of concurrent validity of TEMPS-A against questionnaires of personality and also scales measuring depression and neuroticism has been also provided (Rózsa et al., 2008).

In the Argentina study TEMPS-A was used for the examination of the prevalence of affective temperaments in healthy relatives of bipolar patients and in healthy subjects without a family history of mood disorders. This study demonstrated higher scores on all scales of TEMPS-A – except for hyperthymia – in relatives of bipolar patients, as compared to healthy controls. The most robust differences were observed on the cyclothymic and anxious temperaments (Vazquez et al., 2008).

The aim of our study was to evaluate internal consistency and validate the TEMPS-A scale in the Polish Caucasian population.

Table 3

The results of TEMPS-A in the Polish population.

	Total		Males		Females		p^a
	Mean $\pm$ SD	Median (25–75%)	Mean $\pm$ SD	Median (25–75%)	Mean $\pm$ SD	Median (25–75%)	
Depressive	0.32 $\pm$ 0.15	0.29 (0.19 $\div$ 0.43)	0.30 $\pm$ 0.15	0.29 (0.19 $\div$ 0.38)	0.33 $\pm$ 0.16	0.29 (0.19 $\div$ 0.43)	0.056
Cyclothymic	0.36 $\pm$ 0.21	0.33 (0.19 $\div$ 0.52)	0.29 $\pm$ 0.19	0.29 (0.14 $\div$ 0.43)	0.38 $\pm$ 0.21	0.33 (0.24 $\div$ 0.52)	<0.001
Hyperthymic	0.50 $\pm$ 0.19	0.52 (0.381 $\div$ 0.62)	0.55 $\pm$ 0.17	0.57 (0.429 $\div$ 0.67)	0.49 $\pm$ 0.19	0.48 (0.33 $\div$ 0.62)	<0.001
Irritable	0.28 $\pm$ 0.40	0.19 (0.095 $\div$ 0.38)	0.31 $\pm$ 0.19	0.29 (0.19 $\div$ 0.43)	0.23 $\pm$ 0.17	0.19 (0.1 $\div$ 0.33)	<0.001
Anxious	0.30 $\pm$ 0.21	0.27 (0.154 $\div$ 0.42)	0.19 $\pm$ 0.17	0.15 (0.08 $\div$ 0.27)	0.33 $\pm$ 0.21	0.31 (0.19 $\div$ 0.46)	<0.001

Mean value $\pm$ SD.

^a Difference between males and females, Mann–Whitney test.

2. Methods

2.1. Subjects

521 healthy subjects, undergraduate students, regular and extramurals, without a family history of mood disorder were included to the study. The group consisted of 127 males and 394 females, aged 18–47 (mean 23.6) years. All subjects after explanation of the purpose and procedure of the study gave an informed consent.

2.2. Methods

The evaluation of mental health was performed with the structuralized interview MINI plus, Polish version (Sheehan et al., 1998), which was applied by clinical psychologists. Only subjects having no mental disorder were included in the study.

The TEMPS-A questionnaire 110 questions version has been adapted following the translation–back translation methodology from English to Polish (Appendix A). The evaluation of five temperament domains: depressive, cyclothymic, hyperthymic, irritable and anxious was performed. The scoring for each scale was calculated using the mathematical rule: sum of scoring of the variables belonged to such category/number of variables (nv): $(v_1 + v_2 + \dots + v_k)/nv$.

The following items belonged to such categories:

1. depressive temperament, items 1–21 (21 traits)
2. cyclothymic temperament, items 22–42 (21 traits)
3. hyperthymic temperament, items 43–63 (21 traits)
4. irritable temperament, items 64–84 (21 traits)
5. anxious temperament, items 85–110 (26 traits)

2.3. Statistical analysis

Statistical analysis of the results was performed using STATISTICA 8 (StatSoft Inc. Tulsa, OK, USA). Normality of distribution of analyzed variables was verified with the Shapiro–Wilk test, whereas homogeneity of variance was evaluated using the Levene test. Because the parameters have not followed the normal distribution, in further analysis the Mann–Whitney test was applied. Pearson's χ^2 test was used to compare the number of observations and proportions. Internal consistency of temperamental scales was measured with Cronbach-alpha coefficients and also with the Kuder–Richardson 20 (KR20) reliability coefficient which is more accurate for dichotomous items (coded as 0/1).

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