

Psychological recall profiling in early childhood and the development of Fibromyalgia

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INDEX

Resumo.....	2
Abstract.....	4
Introduction.....	5
Material and Methods.....	8
Results.....	12
Discussion.....	17
Conclusions.....	22
Acknowledgements.....	23
References.....	24
Annexe 1.....	30
Annexe 2.....	31
Annexe 3.....	39

RESUMO

Objectivos: Comparar doentes do sexo feminino com Fibromialgia com as suas irmãs sem Fibromialgia relativamente aos traços de temperamento na infância, avaliados retrospectivamente pelas suas mães, e relativamente aos domínios da personalidade no presente, avaliados pelas próprias.

Material e Métodos: A amostra foi composta por vinte e uma famílias, constituídas por uma doente com Fibromialgia, uma irmã sem Fibromialgia e a mãe de ambas. A versão experimental Portuguesa da *Bateria de Avaliação do Temperamento Infantil – Forma Revista* para pais foi respondida retrospectivamente pelas mães relativamente às duas filhas. A versão portuguesa do *NEO Personality Inventory – Revised* foi respondida pelas doentes com Fibromialgia e pelas suas irmãs sem Fibromialgia.

Resultados: As doentes com Fibromialgia tiveram pontuações significativamente mais elevadas do que as suas irmãs sem Fibromialgia em Neuroticismo ($p=0,003$) e Amabilidade ($p=0,027$) no *NEO Personality Inventory – Revised*. Não encontramos diferenças estatisticamente significativas entre as doentes com Fibromialgia e as suas irmãs sem Fibromialgia relativamente aos seus traços de temperamento na infância. Também não encontramos correlações significativas entre os traços de temperamento na infância e os domínios da personalidade no presente.

Conclusões: As doentes com Fibromialgia têm pontuações mais elevadas do que as suas irmãs sem Fibromialgia em Neuroticismo e Amabilidade. Estes resultados estão em concordância com outros estudos, apoiando a hipótese de que o Neuroticismo possa constituir um factor de vulnerabilidade para o desenvolvimento de Fibromialgia. Não nos é possível excluir que a falta de relação entre os traços de temperamento na infância e a Fibromialgia e

os domínios de personalidade actuais possa ser devida às limitações do desenho retrospectivo do estudo.

Palavras-chave: Fibromialgia, personalidade, temperamento, criança, pré-escolar.

ABSTRACT

Objectives: To compare female Fibromyalgia patients and their unaffected sisters regarding their temperamental traits in childhood, evaluated retrospectively by their mothers, and regarding their personality domains in the present, as evaluated by self-report.

Material and Methods: The population was constituted by twenty-one families, composed of a Fibromyalgia patient, one unaffected sister and the mother of both. The Portuguese experimental version of the parent form of the *Temperament Assessment Battery for children – Revised* was answered retrospectively by the mothers regarding her two daughters. The Portuguese version of the *NEO Personality Inventory – Revised* was answered by the Fibromyalgia patients and their unaffected sisters.

Results: Fibromyalgia patients scored significantly higher than their unaffected sisters in Neuroticism ($p=0,003$) and Agreeableness ($p=0,027$) in the *NEO Personality Inventory – Revised*. We did not find statistically significant differences between the Fibromyalgia patients and their unaffected sisters regarding their temperamental traits in childhood. We also found no significant correlations between the temperamental traits in childhood and the personality domains in the present.

Conclusions: Fibromyalgia patients score higher than their unaffected sisters in Neuroticism and Agreeableness. This is in agreement with several other studies, thus supporting the hypothesis that Neuroticism may constitute a vulnerability factor for the development of Fibromyalgia. It is not possible to exclude that the lack of relationship between the retrospective evaluation of temperamental traits in childhood with Fibromyalgia and current personality traits may be due to the limitations of the retrospective design of the study.

Keywords: Fibromyalgia, personality, temperament, child, preschool.

INTRODUCTION

Fibromyalgia (FM) is a rheumatic disease defined by the American College of Rheumatology¹ by the presence of chronic widespread pain (CWP), lasting for at least three months, and pain in at least eleven out of eighteen predefined points on digital palpation with approximately 4kg.

FM is frequently associated with other symptoms, such as fatigue, stiffness, mood disorders and sleep disturbances¹⁻³, amongst others. The disease is associated with an important negative impact on function and quality of life, which has been considered similar or greater than that attributed to Rheumatoid Arthritis⁴.

The estimated overall prevalence of FM in adults in the United States is around 2%⁵. The prevalence of FM is higher in women (3,4%) than in men (0,5%) and increases with age⁵⁻⁶. In a recent study in Europe, the estimated overall prevalence of CWP was 4.7% and 2.9% of the population had simultaneously pain and fatigue⁷.

The pathogenesis of FM is largely unknown, but several lines of evidence suggest it is probably influenced by environmental⁸, genetic⁹⁻¹⁰, hormonal¹¹, psychological¹²⁻¹⁴ and psychiatric¹⁴⁻¹⁶ factors, amongst others.

The psychological dimensions of this disease are quite remarkable. FM patients and their first degree relatives with FM report more symptoms of psychological distress than relatives without FM¹⁷. Compared with healthy control subjects, FM patients scored high in the temperamental dimension Harm Avoidance (a personality trait assessed by means of the *Temperament and Character Inventory*), which has been associated with several psychiatric disturbances¹⁸. On the *NEO Personality Inventory – Revised* (NEO-PI-R), FM patients score high in Neuroticism, a measure of emotional instability and psychological maladjustment¹⁵.

There are contradictory findings regarding the prevalence of personality disorders in FM patients^{16,19}.

The development and maintenance of CWP and FM have been related to a variety of psychological traits, that are present prior to the development of the disease²⁰⁻²¹. It has, thus, been hypothesised that FM patients have psychological characteristics that make them more vulnerable to stress and somatisation and, ultimately, to the development of FM²².

Two prospective studies have been able to identify psychosocial aspects in childhood which predict the short and long-term development of CWP: behaviour problems, hyperactivity, emotional problems and peer problems, as well as features of social maladaptation and maladjustment²³⁻²⁴. Additionally, patients with Juvenile Primary Fibromyalgia Syndrome have been described as presenting more temperament instability, including lower task orientation and higher distractibility, and more behaviour problems than control subjects²⁵.

We formulated the hypotheses that 1) FM patients differ from their unaffected sisters regarding personality domains in adulthood as measured by the NEO-PI and 2) these differences could be anticipated by temperamental traits identifiable in childhood by their mothers.

The core aim of this project is to compare female FM patients and their unaffected sisters regarding their temperamental traits in childhood, evaluated retrospectively by their mothers. We anticipate the limitations of using recall as a research method, and, thus, we consider this study to be of an exploratory nature. We also wish to compare their personality domains at present, as evaluated by self-report, as a means to assess the validity of the childhood temperament assessment.

The purpose of this study is to provide a contribution towards the comprehension of the psychological aspects related to FM, particularly those that may constitute vulnerability factors for its development, thus offering an opportunity for primary prevention.

MATERIAL AND METHODS

1. Population

Participants were drawn from a list of 712 patients with an established diagnosis of FM from a single site (all diagnosed and followed by Prof. J.A.P. da Silva).

The following screening criteria were used for selection: female gender, age between 18 and 55 years, absence of any other chronic pain condition and residence within a radius of 100 Km from the study centre. Selected patients were contacted by phone and invited to participate if 1) they had at least one unaffected sister, 2) the mother of both was the same person, still alive and capable of participating and providing reliable information, and 3) all the family members were willing to travel to the research site and participate in the study, which involved signing an informed consent, responding to questionnaires, providing a blood sample and undergoing physical examination. Participants were reimbursed for transportation costs, but no other compensations were offered.

This study was conducted in partnership with other colleagues, as part of a project called ScanFM. Each of the investigators conducted their own study on fibromyalgia, but all data was cooperatively gathered from the same population.

The study was approved by Ethical Committee of the Faculty of Medicine of the University of Coimbra.

2. Data Collection

After receiving an explanation of the study procedures, participants signed an informed consent form. We confirmed the absence of FM criteria in the patients' sisters, as its presence was as exclusion criterion. We also investigated the presence of FM in the mothers. All participants answered a demographic questionnaire.

The FM patients and their sisters were asked to name the person who was their dominant maternal figure from two through seven years of age. In case this person wasn't the mother, the answers provided by the mother regarding her daughters' behaviour in childhood should be excluded from analysis.

3. *Mini-Mental State Examination*

The *Mini-Mental State Examination* (MMSE) is a questionnaire designed to evaluate cognitive impairment²⁶, validated to the Portuguese population²⁷.

The MMSE was answered by the mothers of the FM patients, as cognitive impairment of the mother was an exclusion criterion.

4. *Temperament Assessment Battery for Children – Revised*

The *Temperament Assessment Battery for children – Revised* (TABC-R) is a questionnaire designed to assess temperamental characteristics of children of two through seven years of age²⁸.

The TABC-R was translated to Portuguese by Seabra-Santos (2006, not published), who authorized its use in this study (Annexe 1). The Portuguese experimental version of the TABC-R has not been validated, but studies with this questionnaire have found results similar to those of the American population, with an acceptable internal consistency and psychometric characteristics for most items (Almeida, M. M., Seabra-Santos, M. J. *Bateria de Avaliação do Temperamento Infantil – Forma Revista*. *Psychologica*, in press).

The TABC-R consists of two forms: a 37 items form for parents and a 39 items form for teachers. The items are scored using a *Likert* scale with seven points, in which 1 corresponds to “hardly ever” and 7 to “almost always”.

The TABC-R was designed to assess temperamental traits, which are individual characteristics of the children: Inhibition, Negative Emotionality, Activity Level and Lack of Task Persistence. The trait Impulsivity is obtained by the sum of the last three scales and the Impulsivity Augmentation items.

The Inhibition and Impulsivity scales can be used to determine the temperamental type of the children, by matching him/her to a group of children with similar temperamental characteristics.

In this study, the Portuguese experimental version of the parent form of the TABC-R was answered retrospectively by the mothers of the FM patients. The questionnaire was adapted by presenting the subjects in the feminine gender and formulating the verbs in the past tense.

The participants were asked to remember both their daughters, the FM patient and her unaffected sister, by the time each of them was two through seven years of age, and to answer the TABC-R for both of them simultaneously in order to differentiate them, as much as possible, regarding the frequency of the behaviours enounced.

The questionnaire was presented orally by the assessor, who maintained a dialogue with the mother. In case some statement in the questionnaire wasn't understood as it was presented, it was allowed some liberty of interpretation, without the influence of the assessor, provided that the meaning of the sentence wasn't altered.

5. NEO-PI-R

The NEO-PI-R is a self-report 240 item questionnaire designed to assess personality traits of adults from 17 years of age according to the *Big Five* model ²⁹. The NEO-PI-R has been validated to the Portuguese population ³⁰.

The items, consisting of self-statements regarding behaviours and feelings, are scored using a *Likert* scale with five points, in which 1 corresponds to “strongly disagree” and 5 to “strongly agree”.

The *Big Five* personality domains assessed are Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness, which provide a global perspective on the personality. Each domain is composed by six facets or traits, which are very specific characteristics of the personality.

The Portuguese version of the NEO-PI-R was answered by the FM patients and their unaffected sisters (Annexe 2). The questionnaire was sent to the participants’ residence with written instructions to be answered individually (Annexe 3) and it was collected on the day of the interview.

6. Statistical analysis

We used the PASW Statistics 18 to perform the statistical analysis of the data.

We performed a Kolmogorov-Smirnov test in order to establish if the scores of the FM patients and their unaffected sisters in the temperamental traits and personality domains assessed had a normal distribution ($p \geq 0,05$).

We investigated if there were statistically significant differences ($p < 0,05$) between the FM patients and their unaffected sisters regarding these parameters by means of the t Student test for paired samples, when the scores had normal distribution, and the Wilcoxon test for matched pairs, when they had not.

We further investigated if there was a correlation between the temperamental traits in childhood and the personality domains in the present by means of a Pearson correlation, when the variables had a normal distribution, or a Spearman correlation, when they had not.

RESULTS

1. Population

The screening criteria described reduced the potential population to 317 individuals, which were contacted by telephone. Of these, 278 were excluded for the following reasons: 121 did not have an unaffected sister, for 27 their sister lived too far away to attend, 73 were already orphans or their mother was not capable of participating and 57 were not reachable through the telephone. Of the remaining 39 families satisfying inclusion criteria, 11 declined to participate and 6 never made themselves available to attend the research centre.

Altogether, 22 families, composed of a FM patient, one unaffected sister and the mother of both, were included in the study. One patient's sister satisfied criteria for FM at the time of the interview, so that family was excluded from the study, reducing the population to 21 families. Their demographic characteristics are presented in Table I.

Of the 21 mothers, 3 (14,3%) satisfied criteria for FM, and none of them had been previously diagnosed.

The FM patients had an average age of 32,9 years (SD=12,9; range: 15-49) when the first symptoms they attributed to FM appeared, and 39,7 years (SD=10,8; range: 17-54) when the diagnosis of FM was made.

Not all FM patients and their unaffected sisters identified the mother as their maternal figure from two through seven years of age: one patient named her father, another patient named her godfather and one patient's sister, from another family, named her father. These three families were excluded from the analysis of the TABC-R.

Table I – Demographical characterization of the population

	FM Patients	Sisters	Mothers
Age (years)			
Mean	40,9	40,1	67,6
sd	10,4	10,3	11,2
Range	18-55	19-52	45-85
Marital status			
Single	4 (19,0%)	7 (33,3%)	-
Married	17 (81,0%)	12 (57,1%)	-
Divorced	0	2 (9,5%)	-
Occupation			
Employee	14(66,7%)	14 (66,7%)	3 (14,3%)
Self employed	4 (19,0%)	1 (4,8%)	2 (9,5%)
Unemployed	2 (9,5%)	2 (9,5%)	10 (47,6%)
Student	1 (4,8%)	3 (14,3%)	0
Retired	0	0	6 (28,6%)
Unknown	0	1 (4,8%)	0
Schooling (years)			
Mean	12,6	12,0	4,1
sd	4,2	5,4	3,5
Range	5-21	4-24	0-11
School Retentions/Schooling (%)			
Mean	4%	5%	7% *
sd	7%	9%	15% *
Range	0-22%	0-33%	0-50% *

* Four mothers never attended school
sd – standard deviation

2. MMSE

Of the 21 mothers, one obtained a score in the MMSE indicating the presence of cognitive impairment (thirteen). Another mother, despite having a normal score on the MMSE (seventeen; never attended school), was unable to understand most of the questionnaires

presented on the study, including the TABC-R. The answers provided by these two participants on the TABC-R were excluded, thus leaving sixteen families to be included in the analysis of the TABC-R.

3. TABC-R

Altogether, sixteen pairs of FM patients and their unaffected sisters were compared according to the TABC-R. The results are summarized in Table II.

Table II – TABC-R scores for FM patients (A) and their unaffected sisters (B)

	Mean score (sd)	Mean difference A-B (sd)	95% Confidence Interval of the Difference		<i>p</i>
			Lower	Upper	
Inhibition A	21,81 (7,03)	-2,13 (8,77)	-6,80	2,55	0,348 [*]
Inhibition B	23,94 (9,82)				
Negative Emotionality A	25,56 (10,63)	-1,38 (14,39)	-9,04	6,29	0,708 [*]
Negative Emotionality B	26,94 (14,44)				
Lack of Task Persistence A	16,38 (5,55)	0,38 (7,40)	-3,57	4,32	0,842 [*]
Lack of Task Persistence B	16,00 (6,52)				
Impulsivity A	90,94 (20,38)	-4,25 (44,00)	-27,69	19,19	0,705 [*]
Impulsivity B	95,19 (33,10)				
Activity Level A	22,81 (7,87)	-0,25 (12,06)	-	-	0,798 ^{**}
Activity Level B	23,06 (9,68)				

^{*} t Student test for paired samples

^{**} Wilcoxon test for matched pairs

sd – standard deviation

By the analysis of the data, we concluded that there are no statistically significant differences between the FM patients and their unaffected sisters regarding their temperamental traits as recalled by their mothers and measured by the TABC-R.

4. NEO-PI-R

Twenty-one FM patients and twenty-one unaffected sisters were compared according to the NEO-PI-R. The results are summarized in Table III.

Table III – NEO-PI-R scores of FM patients (A) and their unaffected sisters (B)

	Mean score (sd)	Mean difference A-B (sd)	95% Confidence Interval of the Difference		<i>p</i>
			Lower	Upper	
Neuroticism A	119,48 (21,18)	20,81 (28,68)	7,75	33,87	0,003*
Neuroticism B	98,67 (22,11)				
Extraversion A	103,81 (21,81)	-4,29 (23,23)	-14,86	6,29	0,408*
Extraversion B	108,10 (15,53)				
Openness A	112,29 (21,28)	4,52 (21,98)	-5,48	14,53	0,357*
Openness B	107,76 (20,33)				
Agreeableness A	125,86 (15,34)	7,62 (14,65)	0,95	14,29	0,027*
Agreeableness B	118,24 (8,29)				
Conscientiousness A	123,10 (17,05)	2,24 (20,05)	-	-	0,702**
Conscientiousness B	120,86 (16,87)				

* t Student test for paired samples

** Wilcoxon test for matched pairs

sd – standard deviation

By the analysis of the data, we concluded that there are statistically significant differences between the FM patients and their unaffected sisters regarding Neuroticism and Agreeableness, both being higher in FM patients. We found no statistically significant differences between the FM patients and their unaffected sisters regarding Extraversion, Openness and Conscientiousness.

5. Correlation between TABC-R and NEO-PI-R dimensions

We investigated if there was a correlation between the recalled temperamental traits in childhood and the personality domains at present in our population.

In order to do so, we performed a Pearson correlation for the dimensions Negative Emotionality and Neuroticism. We also performed a Spearman correlation for 1) Activity Level and Extraversion and 2) Lack of Task Persistence and Conscientiousness.

We did not find significant correlations between any of these pairs.

DISCUSSION

Temperament refers to biologically based behaviour traits expressed early in life ³¹ that are considered to be the foundation of personality. The last corresponds to a set of individual characteristics that influence the person's cognitions, motivations and behaviours.

The personality domains in adulthood are influenced by both heredity, which accounts for 41 to 61% of the variance in twins, and nonshared environmental effects ³²⁻³³.

Personality is relatively stable across life, although some variation in all its domains occurs with aging ³⁴⁻³⁵. Furthermore, both temperamental and personality traits vary with gender and culture, amongst other factors ^{28, 32, 36-37}.

There is evidence of a continuity of temperamental characteristics through childhood and a linkage between temperament in childhood and personality in adolescence and adulthood ^{28, 38-39}.

Specifically, one prospective study provided evidence of a relationship between temperament, as measured by the TABC, in early and middle childhood and personality, as measured by the *NEO Five-Factor Inventory* (the short version of the NEO-PI-R) in adolescence and early adulthood. Overall, temperament in early/middle childhood accounted for 32% of the variance in personality in adolescence/early adulthood at the facet level and 34% at the domain level ³⁸.

There is general consensus that the temperamental trait Negative Emotionality is a precursor of the personality domain Neuroticism; similar relations are accepted for Activity Level/Extraversion and Lack of Task Persistence/Conscientiousness. There is no consensus regarding the temperamental precursors for Openness and Agreeableness ³⁸.

The purpose of this study is to provide a contribution towards the comprehension of the psychological aspects related to FM. By using sisters as control subjects, we intended to

reduce the confounding influence of age, gender and culture, as well as genetic and shared environmental influences upon the results.

In our study, FM patients score significantly higher than their unaffected sisters in Neuroticism ($p=0,003$) and Agreeableness ($p=0,027$).

Neuroticism represents individual differences in the tendency to experience distress²⁹. FM patients and their first degree relatives with FM report more psychological distress than relatives without FM¹⁷. Additionally, both FM and Neuroticism are associated with negative affections^{15, 22, 40}, inappropriate coping responses^{12, 22, 40} and a proneness to the development of several psychiatric disorders^{14-16, 22, 29, 41}. These commonalities, amongst others²², support the concept that a relationship exists between Neuroticism and FM.

This relationship might have practical implications, since Neuroticism is negatively associated with pain self-efficacy beliefs and pain control appraisals⁴². Furthermore, Neuroticism includes a propensity to experience anxiety²⁹, and current anxiety symptoms, as measured by the *Beck Anxiety Inventory*, correlate positively with functional impairment in FM patients¹⁵. Thus, the patients' psychological evaluation might provide useful information regarding their functional prognosis and the probability of success of psychological intervention measures¹².

On the other hand, Agreeableness represents a tendency of the individual to be compliant, cooperative, friendly and trusting. Agreeable people value relationships and social harmony. In extreme cases, those individuals may become dependent on others and fawning⁴⁰.

It may seem antagonistic that individuals who are prone to experience negative affections, such as anger, embarrassment and depression, are simultaneously trusting, compassionate and willing to compromise their interests with others. One possible interpretation for this is that Agreeableness refers to personality characteristics that influence the way individuals are

judged by others⁴⁰. Thus, individuals might tend to respond to items like “I sympathize with others’ feelings” according to what they consider desirable.

Another possible explanation is that FM patients use compensating strategies to deal with their vulnerabilities and difficulties, such as being helpful for others and keeping an intense activity level²⁰. This could explain why they are easily invaded by the concerns and worries of others or, in other words, “worry about everything and everyone”. This is also in agreement with the finding that most of the variance in Agreeableness is due to nonshared environmental influences, rather than heredity³².

It is also possible that both domains, Neuroticism and Agreeableness, are actually strong in FM patients, and this emotional dissonance contributes to their internal conflict. We are not aware of any previous study suggesting a relationship between Agreeableness and FM.

It would be extremely interesting if such predisposing factors to FM could be anticipated in childhood, in time to consider preventive measures. Clinical observations by one of the supervisors suggested that this would be the case. However, we found no differences between the FM patients and their unaffected sisters regarding their temperamental traits in childhood as recalled by their mothers following the TABC-R questionnaire.

This can be interpreted as indicating that there are no actual differences in childhood temperament to be associated with later development of FM. However, such a conclusion has to be tempered by the limitations of the study, with special emphasis on its limited size and its base on recall and memory. Although we excluded from analysis one mother with detectable cognitive impairment and also those who did not represent the dominant maternal figure to both her daughters, it is forceful to recognise that memory cannot guarantee a valid account of events happened an average of 33 years earlier.

This concern is supported by the fact that we did not find significant correlations between the temperamental traits in childhood, as measured retrospectively by the TABC-R, and the

personality domains at present, as measured by the NEO-PI-R. This is in disagreement with a prospective study, which provided evidence of a relationship between temperament in childhood and personality in adulthood as measured by these questionnaires³⁸. Thus, these results probably reflect the limitations of our methodology, specifically the retrospective assessment of temperamental traits in childhood. We had clearly anticipated these limitations and considered this study to be of an exploratory nature.

The first limitation of this study is the small size of the population. For the sake of validity and intellectual honesty, we decided to adopt quite strict exclusion criteria, even if it diminished our statistical power. This is especially the case with the exclusions related to the identification of the maternal figure, whose justification is arguable.

The specific limitations of the use of the TABC-R in this study are: 1) the TABC-R has not been validated to the Portuguese population, thus conditioning the interpretation of the results regardless the conditions of its application, and 2) the TABC-R was answered retrospectively by the mothers of the FM patients based on their daughters' childhood, while the battery was originally designed to be answered regarding the behaviour of young children in the last three months.

Thus, the behaviours evaluated in the questionnaire occurred decades ago, reason why it was professedly difficult to some of the mothers to evoke those situations and to differentiate their daughters regarding the frequency of the behaviours enounced, especially when their behaviour patterns weren't extremely different. It is, therefore, possible that our negative observations are a valid reflex of the true temperament of these people at early age, but we cannot exclude recall bias due to the time elapsed and age of the mothers, despite a normal MMSE.

In order to obtain definitive clarification on this subject, a prospective study would be needed on a population constituted by triplets, with two preschooler female siblings and the

mother of both, in order to formally evaluate the influence of temperamental characteristics on the development of FM. Such study would also provide a unique opportunity for the investigation of other possible vulnerability factors for the development of FM, thus offering an opportunity for primary prevention of this condition.

Additionally, the FM patients were recruited from a tertiary-care centre, and the population may not be representative of the FM patients in the community, thus limiting the generalization of the conclusions.

CONCLUSIONS

Our retrospective study was unable to demonstrate statistically significant differences between FM patients and their unaffected sisters regarding their temperamental traits in childhood, as evaluated retrospectively by their mothers using the TABC-R questionnaire. We also did not find significant correlations between the temperamental traits in childhood and the personality domains in the present. The limitations of our study do not allow a firm conclusion that there are no psychological predictors of FM in early childhood, since they may not be susceptible to detection using this exploratory retrospective evaluation.

Personality evaluation using the NEO-PI-R found that FM patients score higher than their unaffected sisters in Neuroticism and Agreeableness. This is in agreement with several other studies, thus supporting the hypothesis that Neuroticism may constitute a vulnerability factor for the development of FM. Our findings are strengthened by the use of paired samples of patients and their unaffected sisters, which diminishes the influence of demographical and social background confounders.

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ANNEXE 1

Eu, Patrícia Frias Rodrigues, aluna do Mestrado Integrado em Medicina da Faculdade de Medicina da Universidade de Coimbra, com o nº de aluna 20051407, declaro por este meio que tomei posse da BATERIA DE AVALIAÇÃO DO TEMPERAMENTO INFANTIL - FORMA REVISTA (Martin & Bridger, 1998) com tradução de Seabra-Santos, M. J. (2006) com a finalidade de utilizar esta bateria no trabalho final de 6º ano médico com vista à obtenção de grau de Mestre.

Conforme os termos acordados com a autora da tradução, que se encontra a realizar trabalhos de investigação sobre este instrumento, declaro por este meio que me comprometo a não publicar esta bateria bem como a não colocar uma cópia em anexo no trabalho final. Esta será fornecida directamente ao júri da prova em suporte informático ou papel.

Coimbra, 16 de Novembro de 2010

ANNEXE 2



Faculdade de Medicina da Universidade de Coimbra

INSTRUÇÕES DE PREENCHIMENTO	Este questionário é confidencial e para uso estritamente científico. Este questionário vai ser submetido a leitura óptica. Por favor use tinta preta ou azul evitando tocar nos cantos das caixas.	Preencha <input type="checkbox"/> assim <input checked="" type="checkbox"/> assim não <input type="checkbox"/> <input checked="" type="checkbox"/>
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Iniciais: _____

Data de nascimento: ____ / ____ / ____

CODIFICAÇÃO DAS RESPOSTAS

DF-Discordo Fortemente

D-Discordo

N-Neutro

C-Concordo

CF-Concordo Fortemente

ITEM	DF	D	N	C	CF
Não sou uma pessoa preocupada	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto mesmo da maioria das pessoas que encontro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho uma imaginação muito activa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tendo a ser descrente ou a duvidar das boas intenções dos outros	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou conhecido(a) pela minha prudência e bom senso	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes, aborrece-me a maneira como as pessoas me tratam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não gosto de multidões, por isso as evito	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não dou grande importância às coisas da arte e da beleza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou matreiro(a) nem espertalhão (espertalhona)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antes quero deixar as coisas em aberto que planejar tudo, com antecedência	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente me sinto só ou abatido(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou dominador(a), cheio(a) de força e combativo(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sem emoções fortes, a vida não teria interesse para mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Algumas pessoas pensam que sou invejoso(a) e egoísta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tento realizar conscienciosamente todas as minhas obrigações	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ao lidar com as outras pessoas, tenho sempre receio de ser mal sucedido(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No trabalho e nos tempos livres, gosto de fazer as coisas com calma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou bastante agarrado(a) às minhas próprias maneiras de proceder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro colaborar com as outras pessoas do que competir com elas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou distraído(a) e pouco determinado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente me deixo levar pelos meus impulsos (caprichos)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto muitas vezes uma necessidade louca de me divertir	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes dá-me prazer brincar com teorias e ideias abstractas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



9173

ITEM	DF	D	N	C	CF
Não me custa nada gabar-me das minhas capacidades e dos meus sucessos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou bastante capaz de organizar o meu tempo de maneira a fazer as coisas dentro do prazo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto-me muitas vezes desamparado(a), desejando que alguém resolva os meus problemas por mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Para dizer verdade, nunca pulei de alegria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acredito que deixar os alunos ouvir pessoas com ideias discutíveis só os pode confundir e desorientar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Os governantes deviam preocupar-se mais com os aspectos humanos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ao longo dos anos fiz algumas coisas bem estúpidas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assusto-me facilmente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não me dá muito prazer estar à conversa com as pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tento sempre organizar os meus pensamentos em termos realistas, não dando asas à imaginação	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acredito que a maioria das pessoas são, no fundo, bem intencionadas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não encaro os deveres cívicos, tais como votar, muito seriamente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não me zango facilmente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de ter muita gente à minha volta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes deixo-me absorver totalmente pela música que ouço	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Se for necessário, não hesito em manipular as pessoas para conseguir aquilo que quero	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mantenho as minhas coisas limpas e em ordem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, sinto-me completamente inútil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes não consigo afirmar-me tanto como devia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente sinto emoções fortes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tento ser delicado com todas as pessoas que encontro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, não sou tão seguro(a) ou digno(a) de confiança como deveria ser	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poucas vezes, sinto-me inseguro(a) quando estou com outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando faço alguma coisa faço-a com todo o entusiasmo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que é interessante aprender e cultivar novos hobbies (passatempos)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sei ser sarcástico(a) e cínico(a), quando necessário	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho objectivos claros e faço por atingi-los de uma forma ordenada	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Custa-me resistir aos meus desejos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não gostaria de passar férias no Algarve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acho as discussões filosóficas aborrecidas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro não falar de mim próprio(a) e das minhas realizações	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perco muito tempo antes de me concentrar no trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto que sou capaz de resolver a maioria dos meus problemas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Já experimentei, algumas vezes, sensações de grande alegria ou de êxtase (arrebatamento)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Acredito que as leis e as políticas sociais deviam mudar, de forma a reflectir as necessidades de um mundo em mudança	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou inflexível e duro(a) nas minhas atitudes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso maduramente nas coisas, antes de tomar uma decisão	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente me sinto amedrontado(a) ou ansioso(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou conhecido(a) como uma pessoa amigável e simpática	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho uma grande capacidade de fantasiar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que a maior parte das pessoas abusa de nós, se as deixarmos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mantenho-me informado(a) e, geralmente tomo decisões inteligentes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou conhecido(a) como uma pessoa de mau génio e irritável	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normalmente prefiro fazer as coisas sozinho(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aborrece-me ver bailado ou dança moderna	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mesmo que quisesse, não conseguiria enganar ninguém	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou uma pessoa muito metódica (ordenada)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente estou triste ou deprimido(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Já fui muitas vezes líder de grupos a que pertenci	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
É importante para mim a maneira como eu vejo as coisas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Algumas pessoas consideram-me frio(a) e calculista	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pago as minhas dívidas a tempo e horas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Já houve alturas em que fiquei tão envergonhado(a), que desejava meter-me num buraco	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trabalho devagar, mas persistentemente (de forma contínua)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando encontro uma maneira correcta de fazer qualquer coisa não mudo mais	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hesito em expressar a minha raiva, mesmo quando justificada	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando inicio um programa de modificação pessoal, deixo de o cumprir após alguns dias	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não me é difícil resistir a tentações	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Já fiz algumas coisas só pelo gozo ou gana de as fazer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de resolver problemas e <i>puzzles</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou melhor do que a maioria das pessoas e tenho consciência disso	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa aplicada, conseguindo sempre realizar o meu trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando estou numa grande tensão sinto-me às vezes como se me estivessem a fazer em pedaços	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou um(a) grande optimista	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acredito que devemos ter em conta a autoridade religiosa quando se trata de tomar decisões respeitantes à moral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nunca fazemos demasiado pelos pobres e pelos velhos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes actuo primeiro e penso depois	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes sinto-me tenso(a) e enervado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Muitas pessoas veem-me como uma pessoa um pouco fria e distante	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não gosto de perder tempo a sonhar acordado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que a maioria das pessoas com quem lido são honestas e dignas de confiança	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou frequentemente confrontado(a) com situações para as quais não estou totalmente preparado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou considerado(a) uma pessoa melindrosa ou irritável	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto mesmo necessidade de estar com outras pessoas, quando estou sozinho(a) durante muito tempo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fico admirado(a) com os modelos que encontro na arte e na natureza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ser completamente honesto(a) é uma via inadequada para fazer negócios	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de ter as coisas no seu lugar, pois assim sei onde as encontrar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Já senti, algumas vezes, uma sensação profunda de culpabilidade ou de ter pecado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normalmente, nas reuniões, deixo os outros falar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente presto atenção àquilo que sinto no momento	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Geralmente procuro ser atencioso(a) e delicado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nos jogos de paciência, às vezes, faço batota	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não fico muito atrapalhado(a) quando as pessoas se riem e fazem pouco de mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes sinto-me a rebentar de energia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequentemente experimento comidas novas e desconhecidas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando não gosto das pessoas, faço-lho saber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trabalho muito para conseguir o que quero	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando me apresentam o meu prato preferido tenho tendência a comer demasiado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Procuo evitar filmes demasiado chocantes ou assustadores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes perco o interesse quando as pessoas começam a falar sobre assuntos demasiado teóricos e abstractos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tento ser humilde	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho dificuldades em me decidir a fazer o que devo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Em casos de perigo conservo a cabeça fria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes sinto-me a rebentar com tanta felicidade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que as ideias diferentes das nossas, sobre o que é bem ou o que é mal, das pessoas de outras sociedades, devem ter valor para elas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não gosto de pedintes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antes de agir, penso nas consequências	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente me preocupo com o futuro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto muito de falar com as outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dá-me gozo concentrar-me numa fantasia e explorar todas as suas possibilidades, deixando-a crescer e desenvolver-se	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fico desconfiado(a) sempre que alguém me faz qualquer coisa agradável	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Tenho orgulho do meu bom senso	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fico frequentemente aborrecido(a) com as pessoas com quem tenho de lidar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro trabalhos que eu possa fazer sózinho(a), sem ser incomodado(a) por outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A poesia pouco ou nada me diz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Detestaria ser considerado(a) um(a) hipócrita(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parece que nunca consigo ser organizado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho a tendencia a culpabilizar-me, se alguma coisa corre mal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes as outras pessoas pedem-me para as ajudar a tomar decisões	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As minhas emoções e sentimentos são muitas e variadas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou muito conhecido(a) pela minha generosidade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando assumo um compromisso podem sempre contar que eu o cumpra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto-me, muitas vezes, inferior às outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou tão rápido(a) e vivo(a) como outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro passar o tempo em ambientes que me são familiares	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando sou insultado(a), tento apenas perdoar e esquecer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não sou ambicioso(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente cedo aos meus impulsos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de estar onde está a acção	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de resolver <i>puzzles</i> difíceis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho uma opinião muito favorável acerca de mim próprio(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando começo um projecto, quase sempre o termino	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto quase sempre dificuldade em tomar decisões	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não me considero uma pessoa alegre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Julgo que é mais importante ser fiel aos próprios ideais e princípios do que ter abertura de espírito	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As necessidades humanas devem ter sempre prioridade sobre considerações económicas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou frequentemente levado(a) pelo impulso do momento	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preocupo-me, muitas vezes, ao pensar que as coisas podem correr mal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
É fácil para mim sorrir e conviver com pessoas desconhecidas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando vejo que estou a ser levado(a) pela imaginação, procuro concentrar-me ocupando-me com qualquer trabalho ou actividade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A minha primeira reacção é confiar nas pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não me parece que tenha sido bem sucedido(a), seja no que for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
É preciso muito para me arrelhiarem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro passar férias numa praia concorrida do que numa cabana isolada nos bosques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Certas formas de música têm um encanto infinito para mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Por vezes levo as pessoas a fazerem o que eu desejo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa um tanto rigorosa: aprecio a ordem, em todas as coisas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho uma fraca opinião acerca de mim próprio(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro tratar da minha vida a ser chefe das outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poucas vezes me dou conta da influência que diferentes ambientes produzem nas pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A maioria das pessoas que conheço, gosta de mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Observo, rigorosamente, os princípios éticos que defendo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinto-me à vontade na presença do meu patrão ou outras autoridades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normalmente, dou a impressão de estar sempre com pressa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Por vezes mudo coisas em minha casa, só para experimentar a diferença	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Se alguém começa uma briga, estou sempre pronto(a) para lhe dar luta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Esforço-me por conseguir tudo aquilo que eu puder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, como até me sentir mal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adoro as emoções da montanha russa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto pouco de me pronunciar sobre a natureza do universo e da condição humana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Julgo que não sou melhor do que os outros, seja qual for a sua condição	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando um projecto se torna demasiado difícil, sinto-me inclinado(a) a começar um novo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consego controlar-me bastante bem, em situações de crise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa alegre e bem disposta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Considero-me uma pessoa aberta e tolerante, no que respeita ao modo de vida das outras pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que todos os seres humanos são dignos de respeito	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raramente tomo decisões precipitadas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho menos receios que a maioria das pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prendem-me aos meus amigos fortes laços afectivos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Em criança, raramente achava piada aos jogos de faz-de-conta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tendo a pensar o melhor acerca das pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa muito competente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Houve alturas em que experimentei ressentimento e amargura	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Os encontros sociais são, geralmente, aborrecidos para mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, ao ler a poesia e ao olhar para uma obra de arte, sinto um arrepio ou uma onda de emoção	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Por vezes, meto medo ou lisonjeio as pessoas para as levar a fazer o que quero que elas façam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não tenho a obsessão da limpeza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, as coisas parecem-me bastante negras e desesperadas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nas conversas tendo a falar mais do que os outros	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Acho fácil sentir empatia - quer dizer, sentir o que os outros sentem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Considero-me uma pessoa caridosa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tento fazer as tarefas com todo o cuidado, para não ter necessidade de as fazer outra vez	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Se disser ou fizer algum mal a alguém, custa-me imenso conseguir encarar essa pessoa outra vez	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A minha vida decorre, a um ritmo rápido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quando estou em férias, prefiro voltar a um local genuíno e já conhecido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou cabeçudo(a) e teimoso(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Esforço-me por ser excelente em tudo o que faço	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, faço as coisas de modo tão impulsivo que, mais tarde, me arrependo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Atraem-me as cores alegres e os estilos exuberantes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho muita curiosidade intelectual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefiro elogiar os outros a ser elogiado(a)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Existem tantas pequenas coisas a fazer que, por vezes, simplesmente as ignoro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mesmo quando tudo parece correr mal, eu ainda consigo tomar boas decisões	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
É raro utilizar palavras como fantástico ou sensacional, para descrever as minhas experiências	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Algo corre mal, se aos 25 anos as pessoas não sabem em que é que acreditam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho simpatia por pessoas com menos sorte do que eu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planeio, de antemão e com cuidado, as minhas viagens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Às vezes, veêm-me à cabeça pensamentos aterradores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interesso-me, pessoalmente, pelas pessoas com quem trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teria muita dificuldade em deixar a minha imaginação vaguear, sem controlo nem orientação	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho bastante fé na natureza humana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou eficiente e eficaz no meu trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mesmo os pequenos contratemplos podem ser frustrantes para mim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gosto de festas com muita gente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Agrada-me mais ler poesia, que dá ênfase aos sentimentos e às imagens, do que uma história com princípio, meio e fim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orgulho-me da minha perspicácia em lidar com as pessoas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gasto muito tempo à procura de coisas que coloquei fora do lugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muitas vezes, quando as coisas não me correm bem, perco a coragem e tenho vontade de desistir	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Não considero fácil controlar as situações	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coisas estranhas, como certos sabores ou o nome de locais distantes, podem evocar em mim fortes emoções	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ITEM	DF	D	N	C	CF
Quando posso, deixo o que estou a fazer para ajudar os outros	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Só se estivesse mesmo doente é que eu faltava a um dia de trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fico embaraçado(a), quando as pessoas que eu conheço fazem asneiras	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa muito activa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sigo sempre o mesmo caminho, quando vou a qualquer sítio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequentemente, arranjo discussões com a minha família e colegas de trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho o vício do trabalho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consigo sempre manter os meus sentimentos sob controlo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nos acontecimentos desportivos, gosto de fazer parte da multidão	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho uma grande variedade de interesses intelectuais	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou uma pessoa superior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tenho muita auto-disciplina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sou bastante estável, do ponto de vista emocional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rio facilmente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso que a nova moralidade, que consiste em tudo permitir, não é moralidade nenhuma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gostaria mais que me considerassem "compreensivo(a)" (inclinado(a) a perdoar) do que "justo(a)" (inclinado(a) ao rigor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Penso duas vezes, antes de responder a uma pergunta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ANNEXE 3

Cara colaboradora

Nós somos um grupo de estudantes do 6.º ano de Medicina, orientados pelo professor doutor José António Pereira da Silva, que pretende estudar a Fibromialgia, compreendê-la melhor e encontrar formas de ajudar as pessoas que têm essa doença.

Há indícios de que a fibromialgia possa ter a ver com a maneira de ser das pessoas, com acontecimentos da sua vida e admite-se que esses aspectos já estivessem presentes na infância.

Junto enviamos um inquérito sobre situações do seu dia-a-dia e personalidade. Este é um inquérito usado em muitos estudos pelo mundo inteiro e respondido por muitas pessoas e pretende estudar a personalidade. Não há respostas certas ou erradas.

Este inquérito é estritamente confidencial e para uso científico. Pedimos-lhe que responda sozinha e que traga o inquérito respondido quando vier ter connosco. Se tiver alguma dúvida, ajudá-la-emos nesse dia.

Transmitimos-lhe, desde já, o nosso agradecimento.