

Temperament and Character Inventory (TCI) as Predictors of Depression among Japanese College Students

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ABSTRACT

To examine the predictive power of Cloninger's psychobiology model of personality on depression, 167 Japanese college students were studied on two occasions, with an interval of approximately three months. At Time 1 (T1), the Temperament and Character Inventory (TCI) and Self-rating Depression Scale (SDS) were distributed. At Time 2 (T2), the SDS was distributed again. The T2 SDS score was correlated with high Harm Avoidance (HA), low Reward dependence (RD), and low Self-directedness (SD) at T1. However, after controlling for the T1 SDS score, the T2 SDS score was predicted only by T1 SD. These data suggest that low SD can be predictive of depression, whereas high HA and low RD are state-dependent.