

## **P-914 - CAN MOOD INSTABILITY REPLACE NEUROSIS AS AN EXPLANATORY CONCEPT: A REPLICATION**

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**Introduction:** We recently reported (EPA 2011) that one factor of the Eysenck Neuroticism Scale (EPI-N) represents Mood Instability (MI) that was a significant predictor of suicidal thoughts.

**Aims:** To increase our understanding of MI in psychological distress we examined a national sample with longitudinal follow-up:

**Objectives:**

1. To determine whether factor analysis of the EPI-N scale yields a MI factor.
2. To determine whether the MI factor predicts psychological well-being at follow-up.

**Methods:** British Health and Lifestyle survey (1984) (N = 6,124) individuals that completed both of the following questionnaires. 3,232 individuals were followed in 1991-92.

Eysenck Personality Inventory consists of 57 items that includes the EPI-N with 24 items. The General Health Questionnaire (GHQ) is a 30-item scale used to measure psychological distress in the community.

The EPI-N was factor analyzed and the extracted factors were entered as predictors of GHQ (1991) in a linear regression model, while controlling for baseline (1984) GHQ score and important physical health and socio-demographic variables.

**Results:** We replicated the 3 factors of the EPI-N, the second factor represented MI. The other two factors represented mild symptoms of anxiety and depression. The 3 EPI-N factors (Including the MI factor), GHQ, hypertension and forced expiratory volume (1984) predicted GHQ (1991). Age, sex, marital status, occupational class, and household income were not predictors.

**Conclusions:** MI is the salient and distinct feature of neuroticism. MI may be a more clinically and empirically useful concept than “neuroticism” and is a fertile subject for clinical and basic research.