Sample Annotated References


Status: access to full article

Researchers studied a group of chronic insomniacs and a control group to assess the validity of possible personality patterns expected to characterize those who have insomnia--one being that insomniacs are mildly hypochondriac, depressed, and anxious and constantly worry. Subjects were scored on various scales, including Eysenck’s Neuroticism scale, and researchers hypothesized that insomniacs’ scores would be elevated in neuroticism. The data showed that insomniacs scored significantly higher on the Eysenck’s Neuroticism than control subjects, and were in concordance with the suggested personality pattern of anxiety, self-doubt, excessive worry, etc. While the insomniac subject pool (13 males and 5 females) was small, the study has validity in that a comparison group was included in the design. Also, the trend seen here was also seen in my third reference listed below. In our own study, we are interested in finding an association between neuroticism and insomnia; therefore, this study supports our hypothesis that those students who report sleep problems will score high in neuroticism on the Big 5 Personality Test.


Status: access to full article

This article is a review exploring the question of whether neuroticism is a good predictor of psychopathology. It recounts studies on the relationship between one’s neuroticism score and one’s physical and mental health and expresses the need for future studies to sort for other factors, such as genetic susceptibility, age, and environmental factors. This article also defines neuroticism and states what behaviors are characteristic of this personality trait. It also explains how neuroticism can be measured, including the Eysenck’s neuroticism scale used in the reference listed above. This article serves to give us a better understanding of what neuroticism is and what kinds of associations we might be able to draw.

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As in the first reference, this study focused on the development of insomnia as related to certain personality features. The abstract mentions that there were methodological issues; however, there was a common trend showing that more signs of neuroticism were seen in insomniacs. This study, especially given the methodological problems, supports the need for more research investigating the proposed correlation between insomnia and neuroticism.