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### **Study on personalities related to the psychophysiological changes in the introduction of autogenic training**

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We examined the relationship between psychophysiological changes caused by autogenic training (AT) and individual personalities. Only the first and second standard exercises of AT were used in this study for 24 healthy university students who did not have AT experience. Peripheral skin temperature and heart rate were recorded through exercises, and the scores of state anxiety, emotional states, and the feeling of psychological relaxation were compared before and after training. The five factor personality, suggestibility, sensitivity to the anxiety, and trait anxiety were measured for each individual prior to the experiment. As a result, the physiological effects of those exercises were negatively correlated with the extraversion and the intellect, and positively correlated with the agreeableness. On the other hand, the psychological effects were associated with the higher suggestibility, and all of other measured personalities. There appear to have shown few relationships between physiological and psychological changes. It was suggested that psychological changes during the introduction of AT did not completely correspond to the physiological changes, and there might be some gaps in the feeling how much is the actual effects.

### **Biography**

Madoka Takahara has completed her PhD at the age of 27 years from Hiroshima University. She has worked as a postdoctoral fellow in National Institute of Mental Health and Kanagawa Dental College for 4 years and presently works for Fukushima University as an associated professor. Most of her papers were published in the area of physiological psychology and sleep science.

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