

30<sup>th</sup> World

## PSYCHIATRISTS AND PSYCHOLOGISTS MEET

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**A classification of mental disorders based on temperament****Mohammad Nadi Sakhvidi<sup>1</sup>, Fatemeh Hosseini<sup>1</sup> and Mohsen Naseri<sup>2</sup>**<sup>1</sup>Shahid Sadoughi University of Medical Sciences, Iran<sup>2</sup>Shahed University, Iran

**Statement of the Problem:** Theories about psychiatric disorders ranging from personality disorders to neurotic and psychotic disorders continue to be developed; indeed, a variety of, sometimes paradoxical, theories exist. This research aimed to establish a more comprehensive overall approach by combining past views and present ideas in psychiatry.

**Methodology & Theoretical Orientation:** This basic study examined ancient medical books in an attempt to reveal significant features in the theory of temperament that may help to resolve the ambiguities that exist in new psychiatric theories. Given the large volume of literature available, we used more reliable, trusted, and newer sources. The Canon of Avicenna and Kaplan and Sadock's Comprehensive Textbook of Psychiatry were the most important and frequently consulted books in this study.

**Findings:** Based on bio-psychological activity and flexibility, four groups of temperaments were identified: High active, high flexible; high active, low flexible; low active, low flexible and low active, high flexible. When temperament deteriorates personality, non-psychotic and psychotic psychiatric disorders can develop.

**Conclusion & Significance:** Temperament can provide a basis for the classification of psychiatric disorders. Temperament, personality, non-psychotic and psychotic psychiatric disorders can be placed in a spectrum based on temperament.

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