

The associations between personality traits and quality of life, satisfaction with life, and well-being over time in people with dementia and their caregivers: findings from the IDEAL programme

Do personality traits affect how people with dementia and their carers feel about their lives?

A personality trait is a lifelong characteristic that affects how a person thinks, feels, and behaves. There are five main traits, which reflect how outgoing, organized, creative, cooperative, and relaxed a person is.

We wanted to find out if having different levels of these traits affected how people with dementia and carers felt about their lives. We looked at this when they joined the IDEAL study and over the next two years.

We spoke to over 1,500 people with dementia and 1,200 carers. They told us how much each trait described them when they joined the IDEAL study. They also answered questions about their quality of life, satisfaction with life, and well-being. In addition, people with dementia completed a memory test and carers told us how stressed they were feeling. We asked for this information again one and two years later.

All five traits influenced how people with dementia felt about their lives. Those who were more outgoing, organized, creative, cooperative, and relaxed had a more positive view of their lives than those with lower levels of these traits.

Carers who were more relaxed, outgoing, and organized had a more positive view of their life than those with lower levels of these traits. How creative or cooperative they were did not affect how they felt about their lives.

People tended to feel the same way about their lives over the two years of the study. There was not much change. Where feelings did change, it was not due to differences in personality traits.

This is a summary of a [research article](#), which was published in the **BMC Geriatrics** journal in June 2023.