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Nightmare frequency and the Big Five personality traits: A three-level meta-analysis

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Background

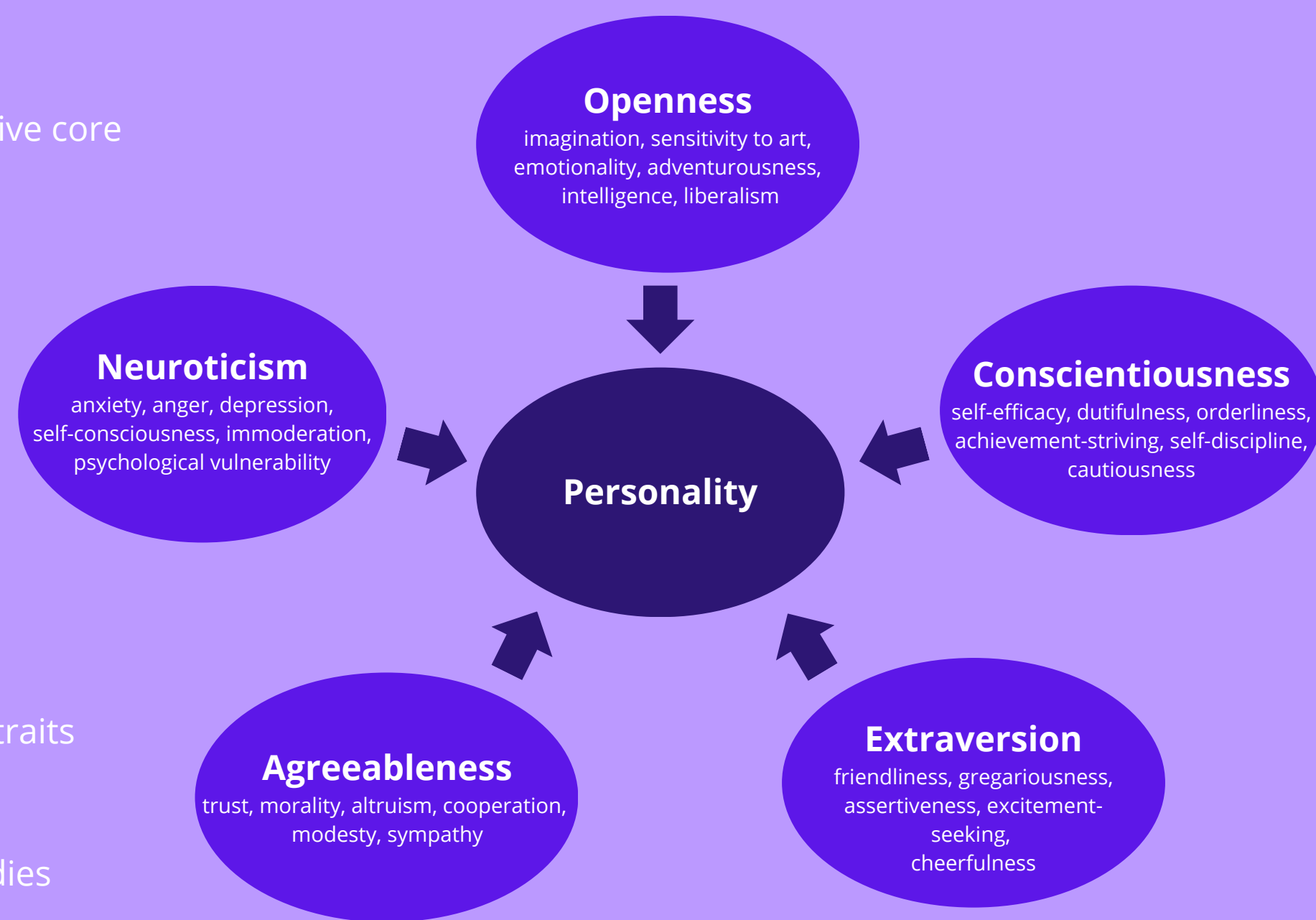
- Frequent nightmares cause distress and are risk factors for PTSD, self-harm and suicide
- Personality is a risk factor for frequent nightmares
- Big Five personality model: personality consists of five core traits

Research question

- Which Big Five personality traits are associated with nightmare frequency?

Method

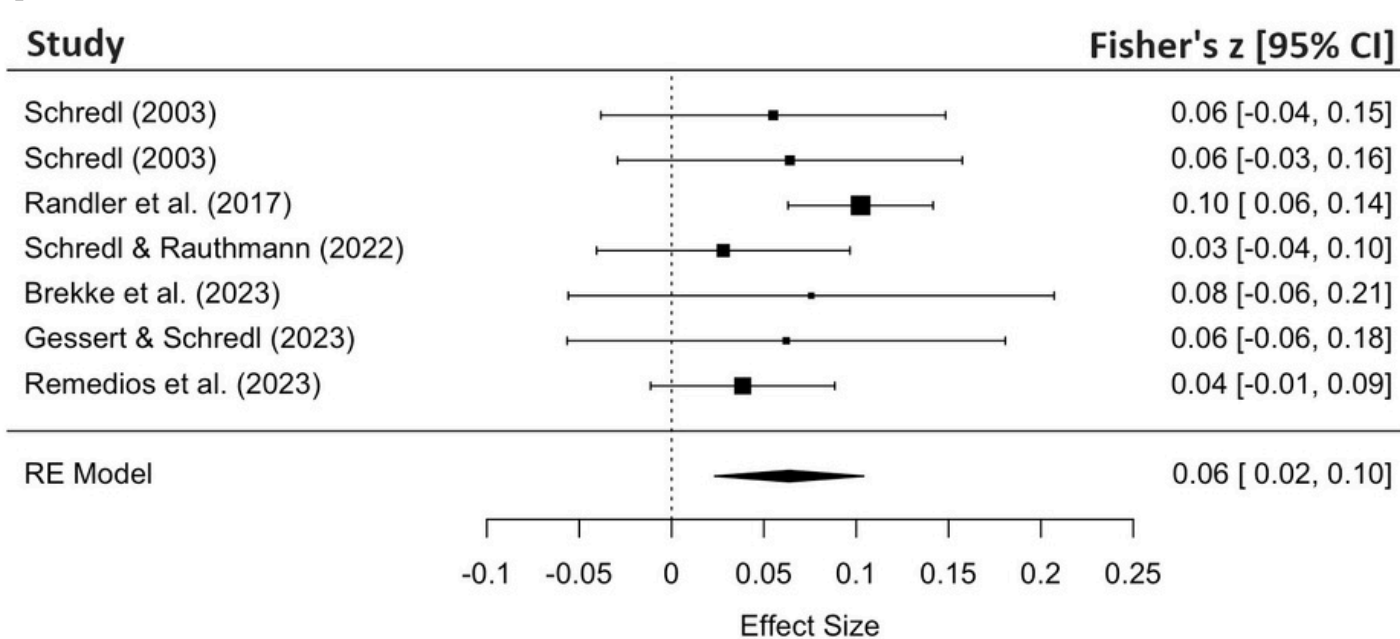
- Four databases
- Inclusion criteria:
 - validated questionnaire for Big Five personality traits
 - adult population
- Ten studies were included, all low risk of bias
- Only for openness and neuroticism at least five studies
- Three-level meta-analyses



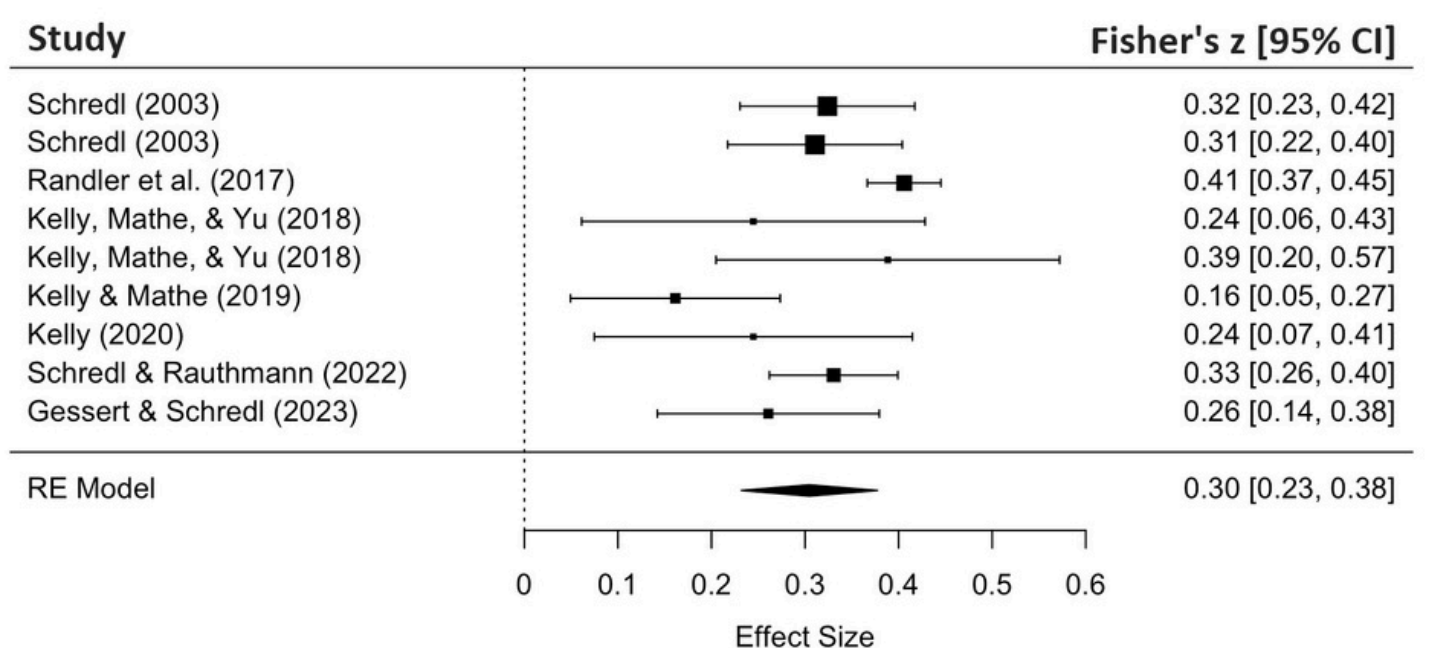
Results

- Openness: $z = 0.06$ (95% CI: [0.02 - 0.10], $p < .01$), pooled $r = .06$, $Q = 5.69$ ($p = .46$)
- Neuroticism: $z = 0.30$ (95% CI: [0.23 - 0.38], $p < .001$), pooled $r = .30$, $Q = 25.02$ ($p = .002$)

Openness



Neuroticism



Conclusions

- Nightmare frequency and openness: negligible to small positive association
- Nightmare frequency and neuroticism: small to moderate positive association
- Neuroticism seems a greater predisposing factor for nightmare frequency than openness

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