

## Predicting University Students' Depression and Anxiety Level by Their Personality Characteristics

**Res. Asst Neşe Aral**

Uludağ University, Department of Econometrics,  
Faculty of Economics and Administrative Sciences

**Prof. Dr. Nuran Bayram**

Uludağ University, Department of Econometrics,  
Faculty of Economics and Administrative Sciences

**Res. Asst.Mine Aydemir**

Uludağ University, Department of Econometrics,  
Faculty of Economics and Administrative Sciences

### Abstract

The current study investigated the relationships among depression, anxiety and personality factors in university students (N = 462), who completed self-report measures of depression, anxiety and personality characteristics consistent (extroversion, conscientiousness, agreeableness, neuroticism, openness and negative valence). Analyses indicated that approximately 23 % of the variance in University Students' depression level was accounted for by their levels of the personality factors. 36 % of the variance in University Students' anxiety level was accounted for by their levels of the personality factors. Extroversion emerged as the strongest predictor. Openness and neuroticism were also significant and unique predictors of depression. On the other hand, neuroticism emerged as the strongest predictor. Openness, agreeableness and extroversion were also significant and unique predictors of anxiety.

**Keywords:** Anxiety, depression, personality characteristics