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CLEARANCE OF ABSTRACT

TO Deputy Director
WRAIR

FROM MAJ O'Donnell
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TRIAZOLAM AND PERSONALITY EFFECTS ON MOOD

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ABSTRACT REPRODUCTION FORM

TRIAZOLAM AND PERSONALITY EFFECTS ON MOOD

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Triazolam is a sleep inducing drug that has been proven to affect moods as well as cognitive performance. Current literature, however, does not indicate that the possibility of an interactive effect of triazolam and personality on mood has been investigated. In this study, the effect of triazolam and personality on mood was examined in a double-blind experiment. One hundred fifty-one (151) male subjects were administered the Eysenck Personality Inventory (EPI) and the bi-polar form of the Profile of Mood States (POMS). The baseline POMS and EPI were acquired immediately before a single oral dose of .125 mg of triazolam or a placebo. The POMS was re-administered five times during a five hour period.

Results indicate that the triazolam group felt significantly more confused, tired, and unsure for three to five hours after triazolam administration. As early as one hour postdrug, interactive effects of impulsivity or neuroticism on anxiety, hostility, confidence and confusion were present. The most impulsive subjects who were administered triazolam, were less confident and more confused, anxious, and hostile than the less impulsive subjects. Conversely, the placebo group became less uncertain, confused, anxious, and hostile. Those triazolam subjects scoring highest on the neuroticism scale of the EPI were slightly less depressed than their placebo counter-parts whereas the triazolam subjects with lower neuroticism scores were slightly more depressed.

This study is the first to demonstrate the effects on mood of a .125 mg dose of triazolam. It is also the first to demonstrate an interactive effect of personality and triazolam on mood. Further studies may reveal the physiologic mediation of these interactive effects.