

## **Do Personality in OSA patients reduce motivation to purchase CPAP machine.**

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### **Abstract**

**Objectives:** Use of continuous positive airway pressure (CPAP) has been shown to be clinically beneficial for most patients with obstructive sleep apnea syndrome (OSAS). Patient compliance remains a major limiting factor to the effectiveness of CPAP. This study sought to determine the factors that may contribute to the decision of purchasing mechanical ventilation including personality.

**Methods:** Patients with moderate-to-severe OSAS who attended diagnostic polysomnography (PSG and CPAP titration were included in this study. After personality types were determined using a questionnaire, 101 OSAS patients with Type-D personality were selected and matched at a ratio of 1:1 to OSAS patients with Non type-D personality. The factors that might affect the decision of purchasing CPAP were analyzed using a conditional logistic regression model .

**Results:** Characteristic differences were only observed in income and sleep habit with or without a partner between the patients with Type-D and non Type-D personalities. Type-D personality was not significantly associated with the motivation of purchasing a CPAP machine, and EES was the only predicting variable in this study.

**Conclusions:** CPAP adherence was associated with Type-D personality. More studies using population-based and longitudinal designs with randomly selected OSAS patients are needed to correct the potential bias of participant inclusion and to assess the long term impacts of Type-D personality on health status among OSAS patients.