

**Type A personality in patients with dizziness****Dear Editor:**

We read with interest the study by Savastano et al<sup>1</sup> examining personality traits and psychological illnesses in patients with Ménière's disease. Recently, we conducted a similar study examining the type A behavior pattern of patients referred to the neurotology clinic with a major complaint of dizziness, vertigo, or disequilibrium.

Type A is a complex of personality traits, the most significant of which is the constant sense of time-urgency, which may manifest as impatience and irritability. The prevalence of type A personality among patients with dizziness who visit the neurotology clinic may result from the fact that type A patients, being more time-urgent and keen to get back to routine, are more likely to seek help with their symptoms.

We used a self-administered, validated questionnaire adapted from the Bortner Self-Rating Scale<sup>2</sup> to measure type A personality for our study. The four categories of personality were: strongly type A, moderately type A, moderately type B, and strongly type B. Fifty-four patients (38 female, 16 male) were included in the study. Preliminary results showed that most patients were of moderately (61%) or strongly (20%) type A personalities, with only 19% being of moderately type B and none of strongly type B personalities.

A further study is currently in progress to determine whether having type A personality might predict patients' response to balance retraining exercises.

**References**

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**Response**

The letter from Thong et al confirms the importance of our psychological approach to patients with otologic disturbances. Our collaboration with psychologists allows us to develop new and interesting methods of study that can identify differentiated personality profiles. In our clinical practice, we perform a screening that allows us to choose the most suitable therapeutic approach for each patient.

In particular, in previous years we focused our attention on tinnitus sufferers.<sup>1,2</sup> Recently, in the article to which Thong et al refer, we pointed out some interesting somatic and psychological features that are in agreement with findings reported by Byrne and Rosenman,<sup>3</sup> who found a relationship between behavioral characteristics and type A characteristics.

**References**

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