

**THE RELATIONSHIP OF CHRONOBIOLOGICAL VARIABLES AND PSYCHOLOGICAL WELL-BEING IN A HEALTHY SAMPLE**

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**Objective** This study was performed to evaluate the relationship between the chronobiological characteristics, chronotype and social jetlag, with psychological wellbeing, in a disease-free and healthy habits sample. **Methods** This is a cross-sectional study. Subjects with any chronic disease, using any kind of medication, smokers or regular heavy consumers of alcohol/caffeine were unable to enter this study analysis. The participants (N = 297, 18-65 years old) answered questions on demographics, health status and habits, the Munich ChronoType Questionnaire (MCTQ) and the World Health Organization 5-item well-being index (WHO-5). The relationship between studied variables to the WHO-5 scores was assessed through comparison of means. Next, to assess possible confounding effects and colinearity of variables, a multivariate linear regression analysis was performed. **Results** Variables associated with worse well-being in the multivariate analysis were: younger age ( $\beta=0.13$ ,  $t=2,21$ ,  $P=0.028$ ), female gender ( $\beta=-0.14$ ,  $t=-2,49$ ,  $P=0.013$ ) and lesser chimarrão intake ( $\beta=0.11$ ,  $t=1,97$ ,  $P=0.05$ ). None of the chronobiological aspects studied were significantly associated with WHO-5 scores. **Conclusions** In a healthy sample, the social demands among different chronotypes and the consequent social jetlag might be equally well tolerated. Thus, an effect of chronotype or social jetlag on well-being might not be observed because illness or even prodromal symptoms are basic conditions for the expression of the damage associated with this chronobiological aspects and the loss of rhythmicity. Therefore, besides controlling for health habits, screening for initial symptoms or established diseases should be included in future studies that attempt to address this issue.