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PATIENTS PERSONALITY TRAITS AND WORKING ALLIANCE: AN ONLINE PSYCHOTHERAPY MULTICENTER STUDY OF MIGRANTS FACE-TO-FACE

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Introduction: Throughout the COVID-19 pandemic, online psychotherapy has become a widespread practice for psychotherapists and their patients. However, it remains uncertain whether all patients, regardless of their personality traits, can establish a strong Working Alliance (WA). Objective: This study aims to investigate the effects of patients Personality traits on the Working Alliance (WA) in a multicenter sample of patients migrants face-to-face undergoing online psychotherapy. Method: This study employed a naturalistic cross-sectional multicenter approach involving 65 patients who participated in online psychotherapy sessions at five teaching and research centers in Porto Alegre, Brazil. Data collection took place October 2020 to May 2021, conducted with web-based surveys. The measures used were the EPQR-A to assess Personality Traits, the PHQ-9 to assess Depressive symptoms, and the WASI-SR to assess the Working Alliance. Data were analyzed using partial least squares Structural Equation Modeling with a Multi-Group Analysis approach (PLS-MGA). Results: The analysis revealed that Psychoticism held a statistically significant negative impact, specifically on the WA-Bond factor (= -0.337, R2=.184, p=0.002). However, Psychoticism did not exhibit any statistically significant effects on the WA-Goals and WA-Tasks factors (=0.020, R2=.047, p=.0.867, and =0.061, R2=.069, p=.0.635, respectively). Extroversion and Neuroticism personality traits showed no influence on any WA factor. Conclusion: Patients with high psychoticism scores tend to experience a lower quality of interpersonal bonds during online psychotherapy, and the explanatory power of this relationship is moderate. These findings corroborate previous studies, which also indicated psychoticism as a potential negative factor in the therapeutic alliance in face-to-face psychotherapy.