

Poster presentation

## **Type A behavior pattern, stress and coronary heart disease: observational study**

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### **Background**

Many studies have provided clear and convincing evidence that psychosocial factors contribute to the causation of coronary heart disease (CHD). Studies indicate that there is positive relationship between stress, type A personality and coronary heart disease. In the present study the relationship between personality factors, depression, anxiety, stress and coronary heart disease was evaluated. The aim of this study was to validate personality traits and psychosocial risk factors associated with coronary heart disease.

### **Materials and methods**

All subjects were divided into two groups: the group of patients with CHD (40 participants / 20 males and 20 females), and the control group of 40 (20 males and 20 females) healthy participants. All Participants undergone through general health questionnaire, personal views survey scale, life event, social supports, emotional support and psychosocial work.

### **Results**

Coronary heart patients and the normal group were significantly different in personality type. Patients with coronary heart disease had higher score on type A behavior. Regarding anxiety, depression and stress there were significant differences between patients and the normal group. Patients with coronary heart disease experienced more stress, anxiety and depression than the normal group, but the normal group's were emotionally strong and there temperament was high.

### **Conclusions**

The study of the relationship between stress, type 2 behavior pattern showed that there is positive significant relationship between type 2 behavior and coronary heart disease.