Type A and Type B personality:
- Cardiovascular disease (narrowing of the arteries that supply the heart causing heart attacks or increasing the risk of one)… in 2003, 29.2% of total deaths in the world are by heart attacks.
- Friedman and Rosenman (1959) – Type a personality’s are driven to achieve and meet goals, they are extremely competitive, hostile to competitors and persistent when striving for recognition, they work best with deadlines and are always highly alert mentally and physically, dislike time wasting and are easily aroused to become hostile.
  Type b personalities are very relaxed and hurried, rarely driven in the competitive manner like type a’s but they still work hard, less interested in achievement and power and are more likely to take life as it comes.
  =studied 3524 men aged 39-59 for a year on their personality type, 8 years later, type a men were twice as likely to have had cardiovascular disease. 22 years later those will high blood pressure and cholesterol had higher mortality rates.
- Haynes (1978) – also found higher incidences of cardiovascular disease in type a’s, but only in men ages 55-64 and who worked as white collars. Also, women who developed cardiovascular disease scored higher on type a tests than men did!
- Glass (1977) – identified three main components of type a… competitiveness, sense of urgency and hostility…
  Chida (2009) – meta-analysis of 45 studies and found that most important component related to cardiovascular disease is hostility (toxic component) (20% increased risk)
  😎 Cohen and Reed (1985) – assessed men over an 8 year period and found no correlation
  😎 Wannamethee (1997) – surveyed 6177 men across 19 UK towns and found no significant relationship
  😎 Miller (1991) – conducted a review to assess the inconsistent findings… claims it’s based on differences in how type a personality was assessed and measured.
= despite inconsistencies (which has been explained), type a personality does seems to be reliably associated with cardiovascular disease.

Type D personality:
- Denollet (2000) – a subgroup of patients with coronary heart disease were high in negative affectivity and social inhibition which are the main features of a type D personality (distressed personality).
  😎 Denollet (2009) – used a 14 item questionnaire, and found that ind. with heart disease and classified as type D had higher levels of emotional stress, anger and tension and experienced low self-assessed feeling of well-being. They were more likely to have further heart related problems because of this.

Conclusion:
- Different personality types have been reliably shown to impact health and illness e.g. cardiovascular disease in particular
- However, debate as to how they relate and link… correlational, causal, predispositions and in what direction…
- Most research suggests personality effects health not the other way round (support from longitudinal studies)... considered most likely.

How individual differences in emotional disorders impact health…
- There are many individual differences in the way individuals react or cope with illnesses.