

World Cardiology & Cardiologist Meeting

September 11-12, 2018 | Stockholm, Sweden

Abnormal cardiovascular reactivity to stressors

Background: Research has shown that individuals with Type D personality are more likely to exhibit abnormal cardiovascular reactivity to stressors when compared to other personality types. The present study investigated individuals with Type D personality and their cardiovascular reactivity to stressors.

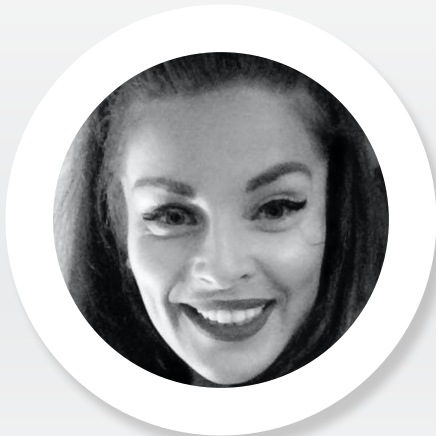
Methods: The sample consisted of 97 participants, aged between 18 and 53. Type D personality was assessed using the DS14. A moderate level of stress was induced using the stress task. This involved a speech component and a maths component. Cardiovascular reactivity was measured using a Finapre Finometer Pro.

Results: Although no significant effect on cardiovascular reactivity was found between Type D and non-Type D personality, when split by gender it was found that Type D males showed a significantly reduced heart rate (HR) when exposed to the stressor, whereas Type D females showed a significantly increased HR when exposed to the same stressor. This effect was stronger in males. **Conclusion:** It would appear that the specific cardiovascular mechanisms through which Type D and non-Type D individuals are affected, differ by gender. Further research with a larger sample would be required to improve generalizability.

Biography

She is working as an Assistant professor in University of Cardiac Research Institute, Ireland. She has published 20 articles.

maria.v.dillon1@gmail.com



Maria Dillon

University of Cardiac Research Institute,
Ireland

Notes: