

STUDYING PERSONALITY TYPE A AND D IN PATIENTS WITH CORONARY ARTERY DISEASE

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Different studies have been performed about the relation of type A personality and coronary artery disease(CAD). Type A personality had some characteristics like rashness, competitiveness and aggressiveness. Recently, "type D" personality (distress personality) is considered as a CAD risk factor. Type D personality comes with all of the type A characteristics plus anxiety, depression and hostility.

In this study, 116 patients who were referred to rehabilitation unit of Isfahan Cardiovascular Research Center, were selected. Coronary artery disease of all the patients was confirmed by angiography. The selected people were studied for type A personality by a questionnaire. Also other psychiatric characteristics such as depression, anxiety, and hostility were studied by SCL90 questionnaire. The results were analyzed with EPI and SPSS statistical software.

93 men and 23 women were studied. The mean and standard deviation of age in the patients was 53.98 ± 10.40 . Type A personality in these patients was seen in 22.5%. Also the prevalence of depression, anxiety and hostility were 31.6%, 24% and 33.3%, respectively. With adding these characteristics to type A, the percentage of the people with type D personality reached 4.16%.

It is therefore advised to pay more attention to type D personality as a CAD risk factor and as a more valuable criterion for rehabilitation than type A personality.