

Psychology: Stress – Personality Types and Stress

- Type A personalities - competitive, ambitious, impatient, restless, pressured – prone to coronary heart disease but recover well.
- Type B personalities - lacking in type A personality characteristics and are generally more relaxed – not prone to coronary heart disease but do not recover well.
- Type C personalities – suppress emotions, unassertive, likeable, rarely get into arguments – eventually stressors take their toll, link between suppressed emotions and cancer, more chronic stressors affect the immune system, increasing risk.
- Type D personalities – gloomy, socially inept, prone to heart attacks – associated with depression, associated with social alienation.

Type A – prone to coronary heart disease, but recover well.

Type B – are not prone to coronary heart disease, but don't recover very well if they do suffer from it.