Aims & Objectives
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A review of the available research publications in the field of Coronary Heart Disease and Essential Hypertension and their behavioral correlates emphatically point towards a field of concern for the betterment of human living. This provides the back drop against which this study is being developed. It is well recognized even in medical circles now that etiology of chronic diseases involves a complex interaction of constitutional, environmental and behavioral factors. Out of these chronic ailments, Cardiovascular diseases are life threatening and qualify as the number one cause of mortality. Therefore, the aim of the present study was to investigate the role of psychosocial factors in Cardiovascular Diseases viz. Coronary Heart Disease and Essential Hypertension. It was decided to study the role of Personality, Stress, Ways of Coping, Anger and Anger Expression Styles, Negative affect, Social Support and Psychological Well Being and CHD and EHT. The study has many firsts to its credit and seeks to answer many important questions haunting the researchers in the field of Behavioral medicine.

It is for the first time that so many psychosocial factors have been taken together in a single study. This may enable one to establish the role of multiple psychosocial risk factors in Cardiovascular Diseases and analyze their relative contributions. Among the etiological factors being analyzed in the
present study, both positive and negative variables have been included. The aim was to focus both on the protective and debilitating psychosocial factors. This was done so that multifaceted psychosocial interventions in terms of behavior and life style modifications may be suggested. Also the study aimed to address itself to the question of establishing cross cultural validity of Personality Stress Questionnaire (PSQ). Eysenck, Grossarth-Maticzek and associates have reported that PSQ is a powerful pre-screening device for Cancer and CVD patients. The same is being tested among Indian Cardiovascular Disease patients in the present study. The study also aimed to seek answer to the questions e.g. which is more pathogenic for CVD – (i) Daily Hassles or Life Event Stress? (ii) Which components of TABP are more disease prone? (iii) Which anger expression style is more harmful – Anger In or Anger Out?

It was expected that the results of the study would go a long way in adding information to the field of Psychoneuroimmunology.