Conclusions
CONCLUSIONS, IMPLICATIONS AND DIRECTIONS
FOR FUTURE RESEARCH

The results of the present investigation have clearly highlighted the role of psychosocial factors in the Cardiovascular Diseases (CVD). Considering that Cardiovascular Diseases are the most common cause of death today, the findings assume special meaning. Findings are as follows:

1. Eysenckian Personality dimensions of Extraversion, Psychoticism, Neuroticism and Lie Scale were clearly related to CVD.
2. Type II dimension of PSQ was related to CHD and EHT as expected. The other dimensions of PSQ did not show any consistent relationships.
3. Type A and Speed and Impatience dimensions of TABP played significant role in CVD.
4. Externality, Depression, Optimism also played a significant role in CVD.
5. All the Stress and Strain measures, except the Stressful Life Events, too played significant role in CVD.
6. Anger Out and Anger Expressed were also found to be related to CVD.
7. Social support emerged as an important determiner of CVD.
8. Psychological Well Being measures too made a significant contribution in CVD.
The study has special significance because it has clearly shown the role of Affect in CVD. Nowhere else most of the psychosocial factors alleged to play a role in CVD have been pooled together in a single study. In a way, it has lent cross-cultural validation to multiple psychosocial risk factors playing a role in CVD.

These results lend positive support to the notion of an all-pervasive influence of "Behaviour Pathogens" in chronic CVD. The findings lend empirical support to the concept of Psychoneuro Immunology and Psychosocial Model of Health. Results also provide psychologically plausible explanations on how psychological states influence health, disease and immunity. Clear-cut implications for Disease Prevention are there. If CVD is associated with modifiable risk factors, then as per the results of the present study lowering / modifying pathogenic factors like Psychoticism, Type A SI, Type II (PSQ), behaviour, Externality, Anger Expression styles, Stress and Strain especially Daily Hassles – and on the positive side Bolstering Optimism, Hope, Psychological Well Being, Social Support may go a long way in prevention of CVD. The findings after further replication, may be used to create Health awareness and education programmes for younger age groups so as to prevent / avoid these diseases.

A regimen of Psychosocial interventions in terms of behaviour and life style modifications, stress management, the art of Positive thinking, developing social networks and social skills can be the best approach in remaining healthy and disease prevention.
In addition, the study had addressed itself to a few more questions. (1) Which is more pathogenic – Daily Hassles (chronic stress) or Life Event Stress? (2) Which Anger Expression style is more harmful; Anger – in or Anger-out? (3) Which components of TABP are more disease prone? (4) Is Grossarth – Maticek and Eysenck’s contention of role of Type II (PSQ) in CVD valid in the Indian Context?

It was found that chronic stress and not SLE, Anger – Out more than Anger – In and only Type A and SI components of TABP played a role in CVD. The results also provide evidence of cross – cultural validity to Grossarth Maticek - Eysenck’s revolutionary claims of Type II (PSQ) being related to CHD.

These results point towards many new directions to be followed. Besides replicating the above study there is a need to extend this probe to female CVD patients as well as younger CVD patients. It would also be very interesting to probe the role of these psychosocial factors in other Life Style Stress related illnesses like Diabetes, Asthma, Pain, Cancer… etc. to check whether these psychosocial factors play differential role in various chronic diseases. This future direction assumes more meaning because even in the present study, differential role of factors in terms of intensity of effect in Essential Hypertension and CHD came to light. This would need further probing and confirmation. The fact that Anxiety as expected did not play a major role in CVD, deserves another hard look.
Towards the end it may be stated that psychosocial factors play an obvious role in health and disease. Behavioural Science Knowledge and techniques can contribute immensely to the understanding of Physical Health and Illness by complimenting biomedical knowledge and its application.