Summary
SUMMARY

The present study was undertaken to study the role of psychosocial factors in Coronary Heart Disease and Hypertension. The study compared Coronary Heart Disease patients, Hypertensive patients and Healthy Controls on various Personality Dimensions, Anger Expression Styles, Stress Measures, Psychological Wellbeing and Mental Health, Social Support, Negative Affect and Ways of Coping.

The various personality measures studied include the Eysenck Personality Questionnaire – Revised (EPQ-R) Eysenck et al. (1985), the Personality-Stress Questionnaire (PSQ), Eysenck et al. (1990), the Jenkins Activity Survey (JAS), Jenkins et al. (1979), the State-Trait Anxiety Inventory (STAI), Spielberger, (1970); and the Health Locus of Control (HLOC) Scale, Wallston et al. (1976). The various Anger Dimensions studied include the Multidimensional Anger Inventory (MAI), Siegel (1986) and the Self Analysis Questionnaire (SAQ), Spielberger, (1983). The different Stress Measures studied include the Presumptive Stressful Life Events Scale (PSLE), Singh et al. (1983), the Daily Hassles and Uplifts Scale, Delongis et al. (1981), the General Health Questionnaire (GHQ), Marshall and Cooper (1978) and the Stress Symptoms Rating Scale, Heilbrun and Pepe (1985). The measures of Wellbeing and Mental health studied include the PGI Wellbeing Scale, Verma and Verma (1989) the Optimism Scale, Carver and Scheier (1985) and the Self
Esteem Scale, Cheek and Buss (1981). Social Support was measured using the Social Support Scale, Sarason et al. (1983). The measures of Negative Affect include Beck Depression Inventory (BDI), Beck et al. (1961); the Revised UCLA Loneliness Scale, Russell et al. (1980); the Hopelessness Scale (HS), Beck et al. (1974), the Irritability Scale, Buss and Durkee (1957) and the Manifest Hostility Scale (MHS), Kool (1980). Ways of Coping Questionnaire (WOC), Folkman and Lazarus (1985) was used to assess ways of coping.

The groups formulated for the purpose of the present study were as follows:

**Group I** — comprised of 80 Healthy Individuals to serve as control group

**Group II** — included 80 Essential hypertensive patients

**Group III** — comprised of 80 Coronary Heart Disease patients

**Group IV** — was labeled disease group i.e. (combination of groups II and III).

Means, Standard Deviations, t-ratios and Analysis of variance were computed to analyze the raw data.

The **significant findings** may be summed up as follows:

**t-ratios**

A comparison of the mean scores (Table 1) of Group I and Group
Ill shows that significant differences emerged on the following dimensions—Optimism, Irritability, Extraversion, Psychoticism, Neuroticism, lie (Social desirability), Type II, Type IV, Type A, Speed and Impatience, Depression, Anger (Out), Anger (Expression), Externality, Internality, Stressful life Events, Hassles, Uplifts, General Health, PGI Wellbeing, Wellbeing II, Social Support (Numerical), Social Support (Total) and Stress Symptoms. However, there were no significant differences among the two groups on dimensions of Self Esteem, Hopelessness, Type I, Type III, Type IV, Type VI, Job Involvement, Hard Driving and Competitiveness, Loneliness, Hostility, Anger (In), Trait Anxiety, State Anxiety, Anger General, Social Support (Satisfaction), Confronting Coping, Distancing, Self Controlling, Seeking Social Support, Accepting Responsibility, Escape Avoidance, Planful Problem Solving and Positive Reappraisal.

A comparison of the mean scores (Table 1) of group I and group II revealed that significant differences emerged on the following dimensions—Extraversion, Neuroticism, Type III, Type IV, Type V, Speed and Impatience, Depression, Hostility, Anger (In), Anger (Out), Anger (Expression), Externality, Stressful life Events, Hassles, Uplifts, General Health, PGI Wellbeing, Wellbeing II, Social Support (Total) Planful Problem Solving, and Stress Symptoms. However, there were no significant differences among the two groups on Optimism, Irritability, Self Esteem, Psychoticism, lie (Social desirability), Hopelessness, Type I, Type II, Type VI, Type A, Job
involvement, Hard Driving and Competitiveness, Loneliness, State Anxiety, Trait Anxiety, Internality, Anger General, Social Support (Satisfaction), Social Support (Numerical), Confronting Coping, Distancing, Self Controlling, Seeking Social Support, Accepting Responsibility, Escape Avoidance and Positive Reappraisal.

A comparison of the mean scores (Table I) of group II and group III shows that significant differences emerged on the following dimensions – Neuroticism, Type II, Type III, Type IV, Type A, Speed and Impatience, Social Support (Total) and Stress Symptoms. However, there were no significant differences among the compared groups on Optimism, Irritability, Self Esteem, Extraversion, Psychoticism, Lie (Social desirability), Hopelessness, Type I, Type V, Type VI, Job involvement, Hard Driving and Competitiveness, Depression, Loneliness, Hostility, Anger (In), Anger (Out), Anger (Expression), Trait Anxiety, State Anxiety, Externality, Internality, Stressful Life Events, Hassles, Uplifts, General Health, Anger General, PGI Well Being, Well Being II, Social Support (Satisfaction), Social Support (Numerical), Confronting Coping, Distancing, Self Controlling, Seeking Social Support, Accepting Responsibility, Escape Avoidance, Planful Problem Solving and Positive Reappraisal.

A comparison of the mean scores (Table I) of group I and group IV showed that significant differences emerged between the two groups on the dimensions of Extraversion, Psychoticism, Neuroticism, Lie (Social
Desirability), Type III, Type IV, Type V, Type A, Speed and Impatience, Depression, Anger (Out), Anger (Expression), Externality, Internality, Stressful Life Events, Hassles, Uplifts, General Health, Anger General, PGI Well Being, Well Being II, Social Support (Numerical), Social Support (Total), Planful Problem Solving, and Stress Symptoms. However, there were no significant differences among the compared groups on Optimism, Irritability, Self Esteem, Hopelessness, Type I, Type II, Type VI, Job Involvement, Hard Driving and Competitiveness, loneliness, Hostility, Anger (In), Trait Anxiety, State Anxiety, Social Support (Satisfaction), Confronting Coping, Distancing, Self Controlling, Seeking Social Support, Accepting Responsibility, Escape Avoidance and Positive Reappraisal.

**Analysis of Variance**

Significant differences were found between group I (Healthy Controls), group II (EHT) and group III (CHD) on the following dimensions - Extraversion, Psychoticism, Neuroticism, Lie Scale, Type II, Type III, Type IV, Type V, Type A, Speed and Impatience, Depression, Anger Out, Anger Expression, Externality, Daily Hassles, Uplifts, General Health Questionnaire, PGI Wellbeing, Wellbeing II, Social Support (Satisfaction), Social Support (Total), Planful Problem Solving and Stress Symptoms.

No significant differences existed between group I (Healthy Controls), group II (EHT) and group III (CHD) on the following dimensions –
Optimism, Irritability, Self Esteem, Hopelessness, Type I, Type VI, Job Involvement, Hard Driving and Competitiveness, Loneliness, Hostility, Anger (In), State Anxiety, Trait Anxiety, Internality, Stressful Life Events, Anger General, Social Support (Numerical), Confronting Coping, Distancing, Self Controlling, Seeking Social Support, Accepting Responsibility, Escape Avoidance and Positive Reappraisal.

The above results clearly suggest that Personality, Stress, Anger, Anger Expression Styles, Negative affect, Social Support and Psychological Wellbeing were found to be significant predictors of health and disease status.