

TYPE D PERSONALITY AMONG SUBJECTS WITH HYPERTENSION

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Introductions and Aims:

Type D personality has been associated in the past with increased cardiovascular mortality among subjects with established coronary heart disease. Hypertension is a risk factor for coronary heart disease and chronic kidney disease. In this study, we assessed potential associations between type D personality and hypertension and we examined the hypothesis that patients with hypertension and deteriorating renal function would have a higher prevalence of type D personality

Methods:

Patients with hypertension attending an outpatient clinic in the University Hospital of Ioannina were included in the study. A previously historical control group without hypertension from the same hospital was used. Type D personality was assessed with the DS-14 scale. Multivariate regression techniques were used to investigate the association between personality and hypertension adjusting for a number of medical and psychiatric confounders

Results :

The hypertension group consisted of 176 patients (61% male, mean age 55 years old, range 21-86) while the control group consisted of 134 patients (48% male, mean age 49, range 22-82). The prevalence of type D personality was significantly higher in the hypertensive group (**Figure 1**) as compared to the control group (41% versus 14%, respectively, $p < 0.001$). In multivariate logistic regression analysis the presence of Type D personality was significantly associated with hypertension independently of other clinical factors, sociodemographic factors and depressive symptoms (odds ratio 4.96, 95% Confidence Interval: 2.68-9.17). In the hypertensive subjects, a lower CKD-EPI was not more likely to meet criteria for type D personality compared to those with a higher CKD-EPI (odds ratio 1.17, 95% CI 0.56-2.44) (**Figure 2**)

Figure 1 .

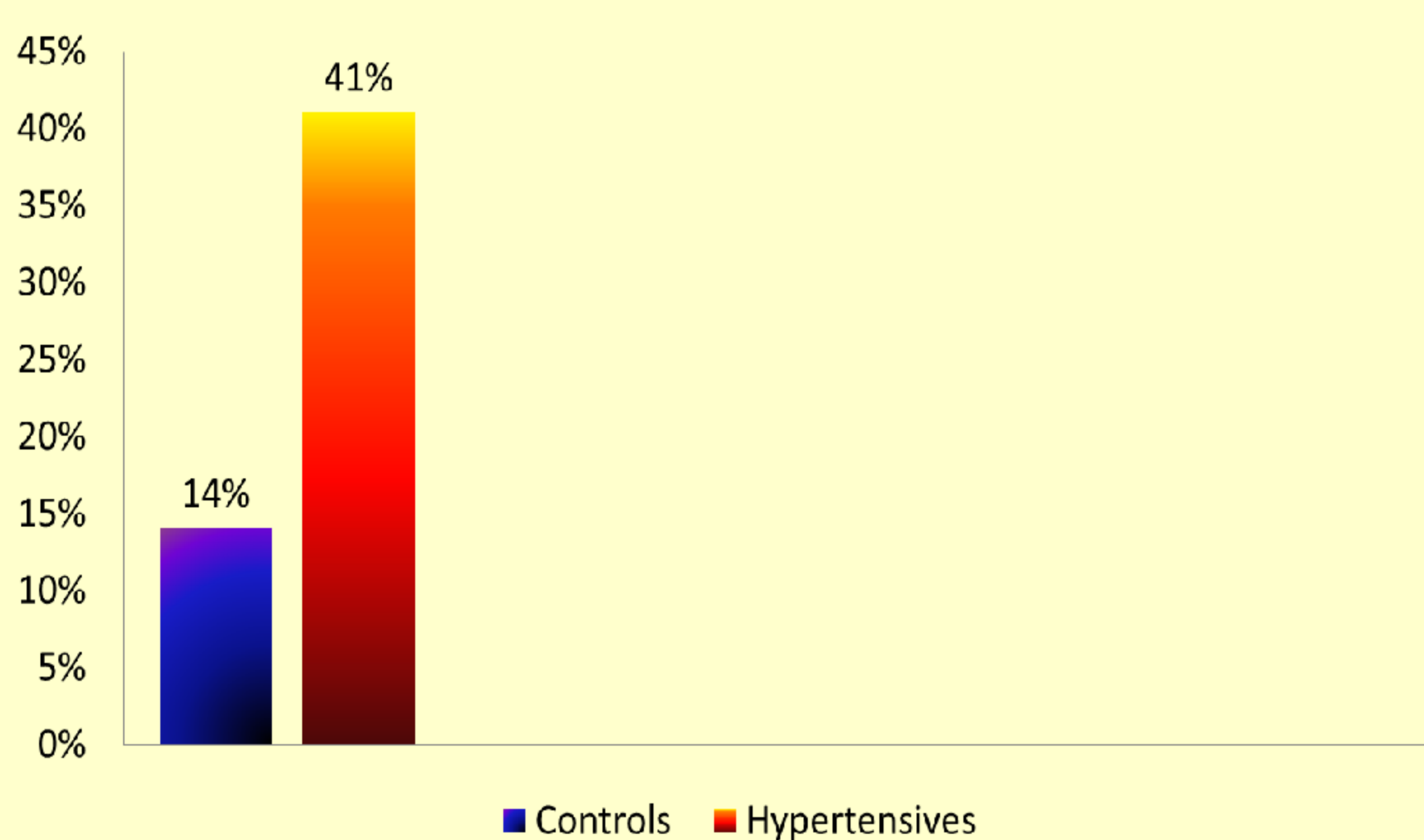
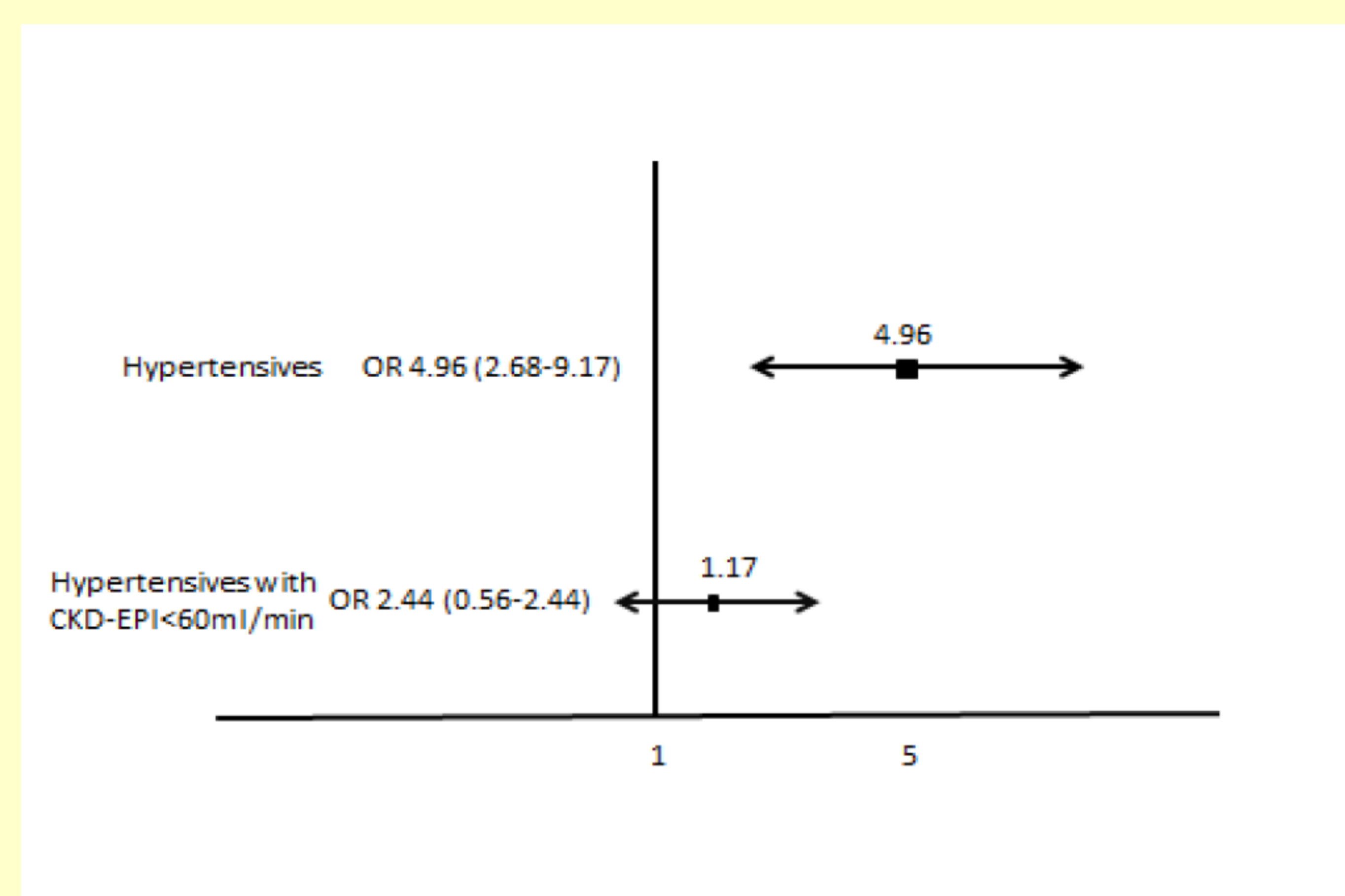


Figure 2.



Conclusions:

Personality traits should be taken into account for the diagnostic aspects and treatment strategies in hypertension

