

PREVALENCE OF PERSONALITY TYPE D IN GREECE

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Introduction: The type D personality (negative affectivity and social inhibition) has been associated with increased risk for adverse cardiovascular outcomes. The prevalence however of type D personality appears to vary significantly among different societies and cultures.

Objectives: The objective of the present study was to verify the prevalence of type D personality in Greece.

Aims: To identify the prevalence of social inhibition, negative affectivity and personality type D, as measured by the DS-14 scale, in Greek patients.

Methods: A randomly selected sample of 100 patients with acute myocardial infarction and 100 patients with hyperparathyroidism were recruited. All patients were asked to complete the Hospital Anxiety and Depression Scale, the Athens Insomnia Scale and the DS-14 scale.

Results: Social inhibition was present in 43% of patients suffering from hyperparathyroidism and in 55% of patients suffering from acute myocardial infarction. Negative affectivity was present in 51% of patients with hyperparathyroidism and in 68% of patients with myocardial infarction. As a result, type D personality was found to be present in 29% of patients with hyperparathyroidism and in 46% of patients with acute myocardial infarction.

Conclusions: Prevalence of personality type D was found higher in Greek patients when using the translated DS-14 scale and in comparison to other european studies. Interestingly, Greek patients with acute myocardial infarction had a higher type D personality prevalence than those suffering from hyperparathyroidism, confirming that the construct of type D, however variable, might play a role in the development of cardiovascular events.