Stress

Coronary Prone Behavior Pattern

Also known as Type A Behavior Pattern
Type A Behavior Pattern
Characteristics Responsible for the Emergence of the Syndrome

All Type A behavior derives from insecurity. The primary indicator for this chronic progressive disease known as Type A behavior pattern is struggle.

1. Type A is a behavior pattern rather than a personality type.
2. A deep-seated insecurity that is appeased by an uninterrupted series of minor and major victories over human adversaries
3. A reluctance to admit dependence of any sort upon other persons
4. An ever-growing desire to regulate the thoughts, feelings, desires, and actions of those persons for whom they feel responsible, in accordance with patterns derived from their own obsessive-compulsive traits
5. A tendency to substitute action whenever possible for creative thought or retrospective meditation
6. An insatiable thirst to achieve, control, and acquire more.
7. Relationships become less important than winning and succeeding at work
8. A tendency to feel and to vent anger when all aspects of their environment are not to their liking
9. An inability to retain any values which seem to be irrelevant to the vocational preoccupations
10. A peculiar addiction to participate in events that lead to excitement and risk.
11. Internal struggle becomes an end in itself

Given these characteristics, it is easy to understand why and how Type A behavior involves continuous struggle and why such a struggle might generate an excess of nor-epinephrine and adreno-corticoids. In excess, these two hormones in Type A persons may serve as the prime factors in the initiation or progression of coronary heart disease.
Type A Behavior Rating Scale

Makes a principle of not being late _____________________ Prefers to be on time

Competitive to WIN _____________________ Competitive to ENJOY

Talk fast, walk fast, Eat fast, finishes sentences _____________________ Takes things more casually is patient with others

Rushes to complete tasks, often works on more than one task at a time _____________________ Methodical and thorough prefers quality to quantity

Waiting in line causes struggle _____________________ Waiting provides relaxation

Rigid in values/actions _____________________ Casual, conveys inner peace

Perfectionist _____________________ Accepts “best effort”

Hard driving in all activities _____________________ Differentiates work from drive

Few interests outside of work _____________________ Enjoys hobbies & recreation

Focus on promotion, salary, being recognized by others _____________________ Focus on internal satisfaction

Binary, intolerant, lives by rules _____________________ Appreciates different opinions

Needs to be in control _____________________ Enjoys leadership

Righteous indignation _____________________ Slow to anger

Love must be earned _____________________ Gives love unconditionally

Distrusts the motives of others _____________________ Trusts good intentions prove

Reactive _____________________ Contemplative

Critical of self _____________________ Self nurturing & affirming

Personally insecure _____________________ Self-confident
When Did His Heart Disease Begin?
“The non-specific response of the body to any demand placed upon it.” – Selye

General Adaptation Syndrome – Mobilization of the body’s defenses (stress response)
Fight or Flight Response

Body changes that prepare you for sudden physical exertion:

THYMUS - Activates the immune system
ADRENALS - Activate the following changes:

- Heartbeat
- Blood pressure
- Sugar in the blood
- Blood clotting mechanisms
- Muscle function
- Eyesight, hearing and smell
- Digestive function
- Mucous membranes
- New blood cells released from spleen
Physical Indicators of Stress

- Dry mouth
- Perspiration
- Upset stomach, headache, backache
- Impotence/frigidity
- Chest pain
- Rash, hives
- Frequent urination
- Diarrhea/constipation
- Premenstrual tension
- Fatigue
- Cold feet/clammy hands
- Butterflies
- Racing heart
- Trembling
- Lump in throat
Psychological/Emotional Indicators of Stress

- Sadness/depression
- Helpless, hopeless, overwhelmed
- Anxiety
- Tension
- Mental block, forgetful
- Insomnia, restless
- Sighing, crying
- Feeling “out of control”
- Conflict
- Obsessive/compulsive/perfectionistic
- Feelings of unreality
- Diminished “quality of life”
Behavioral Indicators of Stress

- Irritable/temper
- Isolation, sleep as an escape
- Use of mood modifiers
- Procrastination
- Compulsive acts
- Easily startled
- Stutter

- Grind teeth, clench jaw
- Verbal attacks
- Appetite loss or “comfort” eating
- Increased smoking
- Accident proneness
- Diminished work performance
Syntoxic vs. Catatoxic

**Syntoxic:** to coalesce, to accept, to remain calm

**Catatoxic:** to react, to fight against, emotional “allergy”
Emotions are Important Factors in the Stress Response

- Grief
- Fear
- Joy
- Voo-Doo
- Helplessness-Hopelessness
It Could Happen to You
# Life Event Scale

**Holmes and Rahe**

<table>
<thead>
<tr>
<th>Event</th>
<th>Score</th>
<th>Event</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death of spouse</td>
<td>100</td>
<td>Marital reconciliation</td>
<td>45</td>
</tr>
<tr>
<td>Divorce</td>
<td>73</td>
<td>Retirement</td>
<td>45</td>
</tr>
<tr>
<td>Marital separation</td>
<td>65</td>
<td>Change in health of</td>
<td>44</td>
</tr>
<tr>
<td>Jail term</td>
<td>63</td>
<td>family member</td>
<td></td>
</tr>
<tr>
<td>Death of close</td>
<td>63</td>
<td>Pregnancy</td>
<td>40</td>
</tr>
<tr>
<td>family member</td>
<td></td>
<td>Sex difficulties</td>
<td>39</td>
</tr>
<tr>
<td>Personal injury or</td>
<td>53</td>
<td>Gain of new family</td>
<td>39</td>
</tr>
<tr>
<td>illness</td>
<td></td>
<td>member</td>
<td></td>
</tr>
<tr>
<td>Marriage</td>
<td>50</td>
<td>Business readjustment</td>
<td>39</td>
</tr>
<tr>
<td>Fired at work</td>
<td>47</td>
<td>Change in financial state</td>
<td>38</td>
</tr>
</tbody>
</table>
The Effects of Stress

Physical or mental stresses may cause physical illness, mental or emotional problems, or accidental injury in susceptible individuals. Here are the parts of the body most affected by stress.

**Hair:** High stress levels may cause excessive hair loss and some forms of baldness.

**Muscles:** Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

**Digestive tract:** Stress can cause or aggravate diseases of the digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis and irritable bowel.

**Skin:** Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

**Brain:** Stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety and depression.

**Mouth:** Mouth ulcers and excessive dryness are often symptoms of stress.

**Heart:** Cardiovascular disease and hypertension are linked to accumulated stress.

**Lungs:** High levels of mental or emotional stress adversely affect individuals with asthmatic conditions.

**Reproductive Organs:** Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women, and impotence and premature ejaculation in men.
Alpha Male Male/Female

Alpha Male Syndrome by Kate Ludeman and Eddie Erlandson, Harvard Business School Press

Why Zebras Don’t Get Ulcers Robert Sapolsky
Stanford University Press
Meyer Friedman, M.D.
Type A
Coronary Prone Behavior Pattern is...

A chronic progressive disease initiated by insecurity and manifested by time urgency and hostility
Type A
Coronary Prone Behavior Pattern

How was coronary prone behavior pattern conceived
How was the term Type A conceived
Triad of research projects
  1. Can we predict heart attack
  2. Can we prevent a second heart attack
  3. Can we prevent diabetes/first heart attack

Can we modify Type A Behavior?
Type A Behavior Pattern
Characteristics Responsible for the Emergence of the Syndrome

All Type A Behavior derives from insecurity. The primary indicator for this chronic progressive disease known as Type A Behavior pattern is struggle.
The Fight or Flight Response Is
Coronary Prone Behavior Pattern

Insecurity

A life long pursuit

Time Urgency

“Hurry Sickness”

Hostility

Free Floating

Activate the following changes:

↑ Heartbeat
↑ Blood pressure
↑ Sugar in the blood
↑ Blood clotting mechanisms
Type A Characteristics

Hyper-Aggressiveness & Free Floating Hostility

A. Psychomotor Signs
- Hostile face
- Tic like grimace
- Hostile, jarring laugh
- Fist clenching
- Irritating, grating speech
- Use of obscenities
- Tic at eyes

B. Biographical Symptoms
- Makes competition win-at-all-cost
- Dominate
- Easily aroused
- Fixed-angrily defended positions
### Type A Behavior Rating Scale

<table>
<thead>
<tr>
<th>Trait</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Makes a <em>principle</em> of not being late</td>
<td></td>
</tr>
<tr>
<td>Competitive…the joy of competing is in the winning</td>
<td></td>
</tr>
<tr>
<td>Talk Fast, walk fast, eat fast, finishes sentences of others</td>
<td></td>
</tr>
<tr>
<td>Rushes to complete tasks, often works on more than one task at a time</td>
<td></td>
</tr>
<tr>
<td>Waiting in line causes struggle</td>
<td></td>
</tr>
<tr>
<td>Emphatic and rigid in beliefs and speech</td>
<td></td>
</tr>
<tr>
<td>Perfectionist</td>
<td></td>
</tr>
<tr>
<td>Hard driving in all activities</td>
<td></td>
</tr>
<tr>
<td>Prefers to be on time</td>
<td></td>
</tr>
<tr>
<td>Competitive…the joy of competing is in the game</td>
<td></td>
</tr>
<tr>
<td>Takes things more casually…is patient with others</td>
<td></td>
</tr>
<tr>
<td>Is methodical and thorough…prefers quality to quantity</td>
<td></td>
</tr>
<tr>
<td>Waiting provides opportunity to relax and refresh</td>
<td></td>
</tr>
<tr>
<td>Casual and easy going…conveys inner peace</td>
<td></td>
</tr>
<tr>
<td>Accepts “best effort”</td>
<td></td>
</tr>
<tr>
<td>Works at necessary pace</td>
<td></td>
</tr>
</tbody>
</table>
### Type A Behavior Rating Scale (cont.)

<table>
<thead>
<tr>
<th>Trait</th>
<th>Type A Behavior</th>
<th>Non-Type A Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Few interests outside of work</td>
<td></td>
<td>Many hobbies and pursuits</td>
</tr>
<tr>
<td>Focus on promotion, salary, recognition of others</td>
<td></td>
<td>Focus on internal satisfaction</td>
</tr>
<tr>
<td>Over-definiteness, and binary acceptance of people and events</td>
<td></td>
<td>Appreciates differing points thinking determine of view and shades of gray</td>
</tr>
<tr>
<td>Wants to be in control of situations</td>
<td></td>
<td>Enjoys leadership, creates opportunity for others to succeed</td>
</tr>
<tr>
<td>Justifies anger on the basis of righteous indignation</td>
<td></td>
<td>Slow to anger even when he/she is “right”</td>
</tr>
<tr>
<td>Gives love on the basis of someone having earned it</td>
<td></td>
<td>Gives love unconditionally</td>
</tr>
<tr>
<td>Others and institutions must prove their motives</td>
<td></td>
<td>Trust the motives and good intentions of others</td>
</tr>
<tr>
<td>Reactive to situations</td>
<td></td>
<td>Contemplates response</td>
</tr>
<tr>
<td>Self-talk is critical and judgmental</td>
<td></td>
<td>Self-talk is nurturing and non-judgmental</td>
</tr>
</tbody>
</table>
Type A Signs and Symptoms

**Physical**

- Periorbital browning*
- Eye bulge tic*
- Eye brow tic
- Rapid eye blinking
- Tense/hostile face*
- Lip retraction tic
- Sucking in air during speech
- Head nodding in speech

- Clicking sound during speech
- Hurried speech*
- Prolepsis*
- Expiratory sighs
- Body restless
- Knee/finger jiggling
- Explosive hostile speech
Type A Signs and Symptoms

Biographical

- Hurries activities
- Impatient
- Spouse says “slow down”
- Recalls irritation, becomes irritated
- Uses obscenities and harsh tone
- Ultra-competitiveness
- “Polyphasic” in activities
- Punctual fetish
- Distrusts motives of others and altruism
Type A Signs and Symptoms

Biographical

• Keeps list of things to do
• Perfectionism
• Efficiency driven
• Wants to be in control
• Hard driving
• Overly critical
• Binary thinking
The Type B Behavior Pattern

1. **Flexible.** Flexible in handling the unexpected with some equanimity. Takes a long-range enough perspective on the present to avoid being overwhelmed by what is happening at the moment.

2. **Reasonable.** Matches effort to the task. (The amount of effort is based upon how hard the task is and how important it is. Everything doesn’t get his or her “all-out effort.”)

3. **Fulfilled.** Associates a sense of enjoyment and fulfillment with work (with both the achievement of goals and the process by which the goals are achieved).
The Type B Behavior Pattern

What does it look like?

1. **Posture**: relaxed, not “on your mark, get set…”
2. **Gestures**: easy, not jerky, forced or fast natural, not tense, few to moderate, not distractingly excessive
3. **Movement**: gentle and easy, not forced or abrupt limbs at rest, no repetitive “nervous” movements

ø overall impression of being at ease, not struggling
The Type B Behavior Pattern

What does it sound like?

1. **Voice**: easy to listen to, not sharp, excessively emphatic, disrhythmic, or rapid
2. **Speech**: other-directed, not egocentric nor pleonastic
3. **Manner**: patient, doesn’t interrupt, talk-over or speech-hurry
The Type B Behavior Pattern

What is it like to live with or work with a Type B?

1. **Pleasant.** Mood is pretty dependable, not subject to frequent bouts of guilt, remorse, anxiety or depression.

2. **Interested.** Interested in others, not too self-preoccupied.

3. **Accepting.** An accepting attitude about trivial mistakes and others’ different ways of doing things. A problem solving attitude towards big mistakes.
The Inter-relationships of Type A Components and Pathophysiological Processes

Insecurity and/or inadequate self-esteem

- Sense of time urgency
- Hyperaggressiveness and free-floating hostility

- Deterioration of personality
- Emotional exhaustion

- Drive toward self-destruction
- Clinical coronary heart disease

Pathophysiological processes
TYPE A is a difficult behavior to extinguish

Heart Patients declare…

The five year curriculum saw a slight return in years 6-10

Insecurity is deep seated (Carlisle)

Sometimes Type A seems to work/seems effective

Backsliding produces adrenaline- the physiologic return to a familiar place

Why is is worth the effort? “It all goes back in the box”
Drills Toward Type B Behavior Pattern

Seek a long line

Speak more slowly and in a pleasant voice

When appropriate say, “Maybe I’m wrong about that”

Verbalize affection

Linger at the dinner table

Listen to others without interrupting or hurrying their speech
Drills Toward Type B Behavior Pattern

- Listen to music: simply enjoy the music
- Practice relaxation activities
- Recall pleasant memories
- Identify a Type B person and observe
- Leave your watch at home for a day
- Practice smiling