



PSY-255 Personality Research Paper Outline

Topic: Type A and Type B personality types

Thesis Statement: Type A and type B personalities affect how individuals approach and cope with difficult situations, how they view success, and their health status.

1st Main Point: That Serves to Prove Your Thesis: how healthy they are

- (Farber, E. W., Burge-Callaway, 1998).
 - One major health issue for Type A's is coronary heart disease (CHD). One major trait that increases the risk of heart disease is hostility. Hostile people eat and smoke more and exercise less than other personality types. They're likelier to be overweight in middle age and have higher cholesterol and blood pressure. Research has shown that hostile people are also more likely to develop irregular heart rhythms, and to die before reaching their 50s. Most of these problems can be traced back to elevated levels of the stress hormone cortisol, as well as increased inflammation in the walls of the coronary arteries, which leads to a greater risk of heart attack.
- (Farber, E. W., Burge-Callaway, 1998).
 - Another trait that can negatively affect the health of type A personalities is impulsiveness. Type A's are defined by competitiveness, a drive to succeed, and a sense of urgency, they are prone to take risks and ask without thinking, neither of which is likely to improve health. If people are type B's, they roll with the punches. They're relaxed, take life a day at a time, and handle stress without cracking. That translates to a higher quality of life and lower likelihood of heart disease – less anxiety strengthens the immune system.

2nd Main Point: That Serves to Prove Your Thesis: approach and cope with difficult situations

- (Hagihara, Tarumi, Miller, Morimoto, 1997).
 - Type A personalities have a high degree of competitiveness pervading every aspect of life. The tendency to seek and accept challenges and a

Personality Research Paper

Michael Brown



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