

# Circulatory System Disorders (Heart and Blood Pressure) and its Relationship to the Anxious Personality among Workers at the Faculty of Education and Arts at the University of Tabuk

**Dr. Habab Abdalhyi Mohd Osman**

Department of Education and Psychology; Tabuk University; Saudi

**E-mail: [habab\\_osman@yahoo.com](mailto:habab_osman@yahoo.com)**

## **ABSTRACT**

*This research aims to identify the disorders of (circulatory system, heart and blood pressure) and its relationship with relational anxious personality when teaching and female administrators at the Faculty of Education and Arts at the University of Tabuk, Saudi Arabia, faculty members, and The researcher used descriptive method a relational, and prepared a measure of disorder psychosomatic has reached Reliability coefficient (94.8) and validity (90.0) and measure personality disorders Reliability (85.5) and validity (92.5) and application tests on a sample study (97) teaching of the female and administrative work at Faculty of Education and Arts, University of Tabuk has been selected simple random way, And search returned the following results: there is positive relation between the circulatory system disorders (The heart, blood pressure) and anxious personality among female workers at the Faculty of Education and Arts at the University of Tabuk, Saudi Arabia , the researcher has concluded several recommendations*

## **Key words-**

Circulatory system disorders- anxious personality-saudi

## **1. INTRODUCTION**

More threats to health in this age of emotions, has many T disorders organic emotional sources such as angina, and disorders of the blood pressure of non genetic origin. It occupies the first rank in

the lists of diseases that lead to life, and the most reluctant to hospitals, believes the researcher that the personality of the individual and his way of thinking all these things are linked disorders psychosomatic Who among us today does not feel upset and boredom, loss of the ability to self-accepted and others, permanent and feeling angry, picked up the pace of emotion, and Hypersensitivity, wrong understanding, grief, and disturbed mood, loss of motivation, and the ability to think, All of these threats to mental health and membership of the individual.

## **2. The theoretical framework :**

### **2-1 Definition of psychosomatic disorders:**

Know psychosomatic disorders as disorders characterized by symptoms of physical group, which caused emotional factors, including device organically at least one under the autonomic nervous system control and these symptoms unintended and artificial, and beyond the control of the person, it is also frequent and multiple medical importance, and cause weakness in life social, functional, and in the important aspects of life (Hasson, 2004, Wise,2008) .

Despite the multiplicity of definitions of psychosomatic disorders, but they agree on the important dimensions of common notably the existence of the mutual influence between the self and the body and the lack

of separation between them, and the presence of emotional disturbance.

**2-2 Psychosomatic disorders classification:** Zarrad (2007) counted **Psychosomatic** disorders contained in the fifteen newly reference in the field of Psychosomatic disorders, medicine in French, English and Arabic and classify them according to the body's organs and organic researcher this category in the current study have adopted grabbed a follows: **Circulatory system disorders have been the symptoms of heart disorder and blood pressure** and psychiatrists defined as cardiovascular responses that appear in the form of blood disorders or heart and that psychological factors which play an important role group (Jolly et 0.2013).

**2-3 Foundations of neurological and psychosomatic disorders:** The brain giving mental, emotional and physical commands, when reception sexy voluptuous from the external environment, the synapses send the signal to the mind and the translated and gives the commands of various body organs to respond takes the body put emotion as fear preparing Parties to escape quickly, and said, "My heart stopped from the fear," terminal (limb) system is the one which controls the emotion and the body, and operate through the emotional brain, which examines all moment by moment is to compare what happened in the past, it was what is happening now has been associated with causing pain or anger, amygdala alarms and declare an emergency to move behavior in less than a second, is this behavior is moving faster than it takes the mind thinker to recognize what is happening (hear individual news of the death of a loved one fainted immediately or some shocked sugar and sometimes paralysis), may explain this how to control anger and sometimes pushes the individual to commit acts wishes he did not do it, it has an impact on the

behavior and physical health of the individual may be the neural basis of psychosomatic disorders (Osman 2009).

The study in **Smith and others (2014) revealed the influence of hormones and glands during the menstrual cycle women can lead them to commit suicide. And play grounds emotional and cognitive Role in the events of the circulatory system disorders**, a study has shown (Anzi ,2004, and Sabban, 2003) that the emotional pressures are ranked first in terms of the severity of the psychological pressures that Saudi women married working suffer as Head Exposing them to not injury psychosomatic disorders. And affects **the extent of awareness of the individual's physical and emotional health** It includes awareness of attention to the amount of emotion, and clarity And its impact And the extent of self accept him, and the extent of an individual to try to improve the negative or the positive temperament tuning, and self-awareness is not accidental but attention is happening to him install or misrepresentation cases with strong emotion converted to a psychosomatic, so individual complaints symptoms of the stomach or headache or a desire to express the pain and eating all these symptoms for emotion is not aware (Osman, 2009). The emotional processes that affect the emergence of psychosomatic disorders **ability to control emotions**( Madeleine et al ,2014) **As the health of the body affected by emotional participation . and public mood** (Evans & Edgerton, 1991) .

#### **2-4 Definition of Personality disorders:**

Albort defines personality as the organization dynamic within the individual psychological physical system that determine an individual's unique with its environment adaptation, as defined by "Cattell" as expressing the individual's behavior in different situations, while knows

her Eiyznk it is so hard and durable organization to some extent, the temperament of the individual temperament, his mind and his body structure, which determines the individual agrees to its environment (Libran, 2006 ). He knew Nathan and Brent (Hudson& Roberts , 2014) Personal as a set of learned behaviors and inherited, They include mental and emotional behavior and social. So his personal concept of tariffs on many different physical and mental aspects and the emotional and social person can be described as a short or intelligent, social or religious These are some of the personality traits (Elisabetta; et al, 2012), In this Can know the personal as a comprehensive system of physical, mental, emotional, social and spiritual systems that interact with each other and Tnek Q on the individual's behavior and distinguish it from others.

Avoids the person who is characterized by those functional tasks that require continuity with others (Hassoun,2004, Okasha, 1999). Since the emergence of the concept of psychosomatic disorders, the researchers Ali worked with the concept of unrest on all Arab and international levels, and this underlines the importance of the concept have been associated with numerous variables were theorizing it in various ways, and the following are the some of the studies that have benefited including a researcher in the current study and related Bmngaradtha: **Smith study and others (2014)** aims to identify the role of the menstrual cycle as a variable biological continuously affect the personal frustrated and do not feel that when females belonging configuration. The sample of 19 females had considered suicide and was Dorthen monthly normal of university students were studied organic their situation and hormones to have feelings of depression and sense of belonging and frustration for a month with a series of questionnaires, the study revealed that there is a relationship between low progesterone

and positive thinking and reduce the gravity of things and a sense of frustration and lack of belonging, as I found some suicidal thoughts and feelings of frustration and lack of belonging for luteal phase, and appeared less than prolactin levels with every increase in feelings of frustration and belonging, the study revealed that the difference when female hormone associated operations suicidal thinking and feeling frustrated and not belonging.

The researcher has benefited from the study. Madeleine study and others (2014) aimed to identify the relationship between the profile of the type "d" and depressive and anxious and heart disorders of emotional origin, and represented the sample in a group of heart patients at the hospital were installed measuring devices for the heart condition and follow-up were monitored grades During the daylight hours and night and during sleep, the study revealed that I have a heart condition subjects high rate of increase during the day and at night does not go down notes during sleep. **study for Ramirez; Martin and Zarazaca(2004 )** trying to identify the relationship between personal neuroticism and extraversion, age, sex, severity of pain and the study sample consisted of 96 patients who suffer from chronic hospital pain, and use the scale Eisenk for personal Among the most prominent results of the study that personal diastolic less perception of pain perception, and that women do not use effective strategies to get rid of of pain, but they are less perception of pain Sabban study (2003), this study aims to identify the relationship between social support and stress disorders psychosomatic type in a sample of Saudi women married workers in the cities of Mecca and Jeddah, the study sample (400) woman, the most important results that Emotional stress is the most impact on women, it is also associated with psychosomatic disorders. **Johan study (1997)** is trying to detect the relationship

between personal count, timely and depression Yeh, and anxiety of disorders coronary heart, the study revealed that the emotional distress me play a key role in the development of arterial disorders coronary and is associated with physiological mechanisms for patients though psychological treatments of emotional stress can reduced mortality among patients, and negative emotions may accelerate coronary artery disorders, and the study suggests that the emotional stress risk for coronary heart disease and chronic feature is a factor, was characterized members of the Personal D Besa and Pat in the areas of feelings and self-expression, and they have high levels of symptoms of depression and poor levels of social support, and more likely to die of other characters. . **Timothy and Paula study (1992 )** Aimed to identify the relationship between the personal and physical health, and use the measure five factors of personality as the best model study showed that personal style affects the health and introvert more prone to complaints and diseases . **Evans and Edgerton study (1991)** aims to identify the role of mood and emotions daily on the appearance of disorders device respiratory, included hundreds of volunteers from different countries has been the use of multiple items forms reveal the emotional situation and mood and their association with the events of daily life and the emergence of cases of cold spells have, the study revealed a correlation mood, anger and self-confidence and the volatility in the marital relationship, social support, causing disorders respiratory tract.

Despite the different sab studies Ge in its objectives and orientations, but they agreed on the existence of a relationship between the circulatory system disorders (heart and blood pressure) and the emotions, and despite the fact that the concept of psychosomatic disorders much more than previous studies had only few are taking

their relationship to personality. While T. studies related to the disappearance of direct personal anxious, but I found the personal depressive and anxious and others. Thus, the researcher in determining the variables of the study and formulation of objectives, relevance and benefited her problem.

### 3. The problem of the study:

There are rare literatures that dealt with psychosomatic disorders and personal relationship in Arabic studies, while foreign literatures amounted to hundreds, as the studies did not address the relationship of emotion directly with psychosomatic disorders especially, the impact of emotion on female, they are more likely emotional variables that affect thinking and body. To look for biological factors, neurological and social (Smith,2014). And Jean b else I've used most of the studies List Cornell for psychosomatic disorders and measure five factors and sixteen of the character, tries the current study the application of modern standard means of preparing Alp urge him take into account the cultural sensitivity to the research community for (Holland et, al, 2014 ,Hopwood & Donnellan,2010). Add to that the research community has not favored the current psychological studies generally in University of Tabuk emerging in its infancy and is the only university in the city which serves as the first opportunity for women to study and work, and according to each of the above study identified a problem in the **following questions:**

Is there a relationship between the circulatory system disorders heart and blood pressure) and anxious personality among female workers at the Faculty of Education and Arts at the University of Tabuk, Saudi Arabia?

### 4. The limits of the study:

4-1.Topic that addresses the researcher to study it: disorders (heart and circulatory



system, blood pressure) and dealt with anxious personality .

4-2. Geographical limit: Tabuk- University , faculty of Education and the Arts.

4-3. Human limit: female faculty, Faculty of Education and Arts members.

4-5. Time limit: October 2013- January 2014 m

## **5. Methodology and procedures of the study:**

**5-1. Methodology of the study:** The researcher used descriptive method a relational , to achieve the objectives of this study.

**5-2. The study population:** represent the teaching of female faculty members at the University of Tabuk and include university literary colleges (College of Education and College of Arts, Business Administration, Community College) and scientific faculties (Faculty of Science Faculty of the College of Economy - College of Medicine, College of Pharmacy).

**5-3. The study sample:** the use of simple random method for the selection of the sample from the community who have been confined, employed an scrapbook paper was selected to the College of Education and the Arts, and represents the college's largest university faculties and includes sections (special education, education, psychology and Islamic studies, Arabic and English), and covered sample all faculty staff at the Faculty of Education and Arts and members of the female section number (121) and after data collection and processing was responsive Ag sample (96) of the female unexamined.

**5-4 Tools of the study: psychosomatic disorders measure: the number of steps and stages of the scale :**

The tool used in the current study is a measure of unrest psychosomatic numbers researcher, and on the basis of many studies and experiments that have been in the field of psychosomatic disorders, and reflects the scale of the form of Origin physical disorders and origin of psychological and emotional.

**5-4-1. Identify the dimensions of metrics and formulate phrases:** in light of select the previous measurement model, and the method of measurement, the researcher prepared the current scale and drafted the vocabulary of taking advantage of the following actions: **First of all:** Analysis and study of the psychological heritage of psychosomatic disorders (Johan ,1997, Timothy and Paula, 1992, Evans and Edgerton,1991) and benefited from the World Health Organization classification of the tenth edition (Okasha, 1999). Quick Reference to the Diagnostic and Statistical Manual IV rate of mental disorders American Psychiatric Association DSM-IV (Hasson, 2004). **Second:** Study many of the standards that have been developed and designed to measure the psychosomatic disorders (Diop, 2012, Derby, 2005). **Third,** the researcher conducted a range of primary polls ( Focus Group ) The homogeneous and benefited from direct meetings with subjects such groups, to improve the content of scale and proportion and the environment And Saudi Arabia. **IV** formulation of phrases to be relevant by subjects, and give rise to respond to them, and therefore, the researcher "62" paragraph represents the primary image to scale psychosomatic disorders, formulated **and** used self-report method which questions and phrases normative answered by Screened himself by writing on the basis of Know of feelings and emotions and his past behavior and present.

### **Validity and reliability:**

To verify the scale validity in terms of what put him and suitable paragraphs with content that put him was presented to ten arbitrators group in the field of jurisdiction, and describes the results of the arbitration bezel paragraphs scale validity as agree arbitrators by 99% on the validity of paragraphs conducted researcher amendments agreed by the arbitrators.

After it has been applied standard on exploratory sample in order to identify the standard features of the scale psychosomatic disorders, the researcher using the coefficient alpha Cronbach to calculate the stability of the scale as a whole and sub-scales or deportation and the expense of honesty coefficient to measure the disorders psychosomatic, and has achieved very good reliability coefficient amount (94.8) Besides the usual lab honesty index, which reached ( 90.0 ) The transactions amounted to stability after cardiac disorders (91.0), while the honesty index (92.2), while the total reliability coefficients for after blood pressure (96.7) and honesty index (92.2), and Garret will depend researcher on this scale in order to verify the hypothesis of the study.

### **5-4-2 Measure of Personality Disorders: stages and steps for setting up the scale :**

The tool used in the current study is the personality disorders of numbers researcher measure, known as the measured property personal disorders in this study was designed to suit the local environment, and on the basis of many studies and experiments of modern which has in the area of personal (Hudson& Roberts 2014, Ramestid and Faram,2013, Osman, 2002) decided researcher numbers this measure to achieve the objectives of the study. define and measure dimensions: the measured property researcher study adopted definitions of the disorder and personality

disorder. They were divided scale to measure the dimensions of each type of troubled characters contained in the World Health Organization classification of the tenth edition ( ICD10 (F) DSM-IV ) And includes all after a set of features corresponding to more behavioral manifestations of these cases, frequent or pronounced troubled figures measured by the scale prepared this study was to: personal anxious (Okasha ,1999, Hassoun, 2004). **formulate phrases** meanings related to cultural sensitivity of the scale, **Measurement Method:** Used self-report method and personal standards that have adopted this standard method (multi-faceted 1943 Minnesota, List Cattell sixteen 1949 factors, List Mawdsley of personality 1955, the list of California in 1957, List Costa and McRae). It is standard studies that are still verifying the basic standards of personal (Herman Pfistar,2013, Ramestid and Varmarm,2013, Hopwood and Donnelan,2010, Libran, 2006) and all of these studies differed on statistical treatments and the number of items and the type of measured traits agreed method of measurement The definition adopted by the researcher measured concepts such as personal anxious that all of these studies have agreed on the characteristics with different denominations.

### **Reliability and Validity: Believe content :**

To check the validity of the measure and the appropriate paragraphs with the content of what put him was presented to ten arbitrators group in the field of jurisdiction, and describes the results of the arbitration bezel paragraphs scale validity as agree arbitrators by 99% on the validity of paragraphs conducted researcher amendments agreed by the arbitrators . after it has been applied standard on exploratory sample in order to identify the standard features to measure personality disorders, the researcher using the Alpha Cronbach's coefficient to calculate the stability of the

scale as a whole and sub-scales or deportation and the expense of honesty personal scale plants, and has achieved a high level indicators dimensions in honesty ( 85.5 ) And persistence ( 92.5 ) And that after the anxious personality , and at the level of the scale has reached honesty indicators (95.1) and persistence (98.9).

**6. Results of the study:**

**6-1: there are relational between blood pressure and personal anxious disorders function relationship.** To validate the hypothesis researcher used the Pearson correlation coefficient, the following table shows the results:

Table 3 shows the relationship between blood pressure and personal anxious disorders.

Personal	Alsikosomata turmoil	Blood pressure disorder	The type of relationship
Anxious personality	Pearson correlation	0.293 **	Positive relationship
	The level of significance	0.004	Function relationship
	The sample size	96	

Reveals Table (3) the existence of a function is a positive relationship between blood pressure and personal anxious disorders.

To validate the hypothesis researcher used the Pearson correlation coefficient, the following table shows the results: Table (4) shows the relationship between the heart and personal anxious disorders.

**6-2 The second assumption: There is a relational between the heart and personal anxious disorders function relationship.**

Personal	Alsikosomata turmoil	Heart disorder	The type of relationship
Anxious personality	Pearson correlation	0.253 *	Positive relationship
	The level of significance	0.013	Function relationship
	The sample size	96	

Notes from Table (4) the existence of a positive relationship between the function of heart disorders and anxious personality .

characters in the unbalance emotional points (Joel et, 2013) indicates that the heart responds to emotion more than any other member, and that all motives are relevant to the heart and circulatory system, and reveals (Elisabetta; et al, 2012 ) That emotional problems, stress and constant exhaustion leads an immediate rise in blood pressure occurs defect in all the circulatory system, and this explains the researcher that disorders of the circulatory system is more unrest psychosomatic associated with emotional conflict that affects the heart and agree this result with the reported (Levenson, 2006 ) That injured circulatory system appear to have trends concern and lack of emotional balance. As the researcher

**7. Discussion of Results:**

There relational positive function of disorders related to the circulatory system (heart and blood pressure) and personal anxious. This result is consistent with previous studies in the field of psychosomatic disorders including **Madeleine et al. (2014)** have all agreed on the existence of a relationship between the various psychosomatic and personal turmoil troubled included depressive personalities and anxious and hysterical obsessive and almost schizophrenic and agree that the

explains this result through the revelations of the study (Laurent, 2002) Cross Observations clinical appearance of physical symptoms of psychological origin with characters more than others, including the emotional, where are those personal high degree and sustained emotion that extends to the physical aspects begins with the person in this case exaggerating physical symptoms and dramatize felt to the extent that exacerbates health problems and that acute fear exaggerated and illogical on health, revealed a study ( Ramirez ; Martin & Zarazaca,2004) that women do not use strategies effective to get rid of the pain, and I think that women use pain and disease, especially in our communities to get psychological and social gains, To win the affection her husband or sons or colleagues and therefore when exposed to any emotional pressures have Getaway physical supply and private female faculty members. We have a broad study of Annie Hogh; et al (2012 ) That patients with heart and blood pressure are the ones who are working hard and seriously long hours tirelessly, and receptive to different challenges, Sathagsathag2hes Since the current study prevail in the Supreme Degrees campaign group of Ph.D. they researchers, mentors and teachers, experts and consultants understand the category of what did not work hard and discomfort When she arrived for these grades, so that the master's and bachelor's category seek diligently to join their colleagues from the upper grades, and the workers in these full scientific challenges and success, perseverance and scientific prestige environment seeking to improve their situation or make the effort even makes them feel their status and satisfaction and they with efficiency, and thus the common denominator In all the characters involved in diligence and perseverance university field and the pursuit of success and achieve the ideal self and competition and therefore can vulnerability

to disorders of heart and blood pressure as reported studies (Madeleine,2014, Johan, 1997).

## 8. Recommendations:

**First of all:** Interest of the establishment of specialized centers and clinics to care for the emotional health of the individual to society, just as there are hospitals and specialized centers for the health of organic has to be concern the places that provide services to the health of affective In our societies there are only a few numbers of psychiatric hospitals provide patients with psychosis and drug addicts services only, especially to resolve the anger and sadness problems and severe aggression and marital disputes and problems associated with the changes I have female hormonal and adolescents.

**Second:** Create units to instruct the university private workers and other students, and now began attention to the level of general education schools for students and this is very important health of the individual emotional start care of it early, and through the work of a researcher Many members and students seeking to provide emotional and cognitive counseling and social.

**Third,** offer many mentoring programs and counseling and treatment for members of the study population to identify the impact of emotional disorders, anxiety and social isolation and repression on the physical health especially caused by such psychological factors of heart disorders, blood pressure, respiratory, reproductive and skin.

**Fourth,** further scientific research in the field of psychosomatic disorders and narcissistic personality disorders, reliability and Cpsamih and depressive.

**Five:** for further studies on the digestive system disorders and sugar to get to know



their personalities associated with the patterns, also must perform many of the studies on the respiratory system and skin to reveal personal relationship disorders.

**Sixth:** attention to women's health, in particular, what is the life of a professional, family and biological pressures, and therefore are more vulnerable to a range psychosomatic disorders that threaten the health and survival in life.

**8. Conclusion:** The study conducted on the faculty at the University of Tabuk members about the presence of relational positive significant relationship between each of the circulatory system of blood, heart, reproductive system, skin, and respiratory and anxious personality pressure disorders while and found a negative relationship is a function of the digestive system disorders, diabetes and anxious personality .

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