

Scientists have determined personality traits that increase the risk of hypertension

Increased blood pressure is associated with stroke, heart attack and even dementia. As part of a new study, Japanese scientists have found out whether the likelihood of developing hypertension can also affect character traits.

During the new study, experts conducted the analysis of the data of more than 7300 residents of Japan. 4069 men and 3252 women entered this sample. Their average age was about 52 years. The information was collected from participants in 2019-2022.

The results showed that people with higher conscientiousness (they are characterized by organization and self-discipline) were below the likelihood of hypertension. The owners of this feature more often lead a healthy lifestyle and regularly undergo medical examinations.



Camp Darby, Flickr.com

The risk of encountering chronic increased pressure was more among volunteers with pronounced openness. Such people strive to gain new experience and are curious. At the same time, they are more prone to outbreaks of anger in situations that are all their control.

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This can lead to an increase in pressure.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.