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BIOGRAPHY

Les Rodriguez is an engineer and a psychologist. He completed his PhD in health psychology and behavioral medicine from Northcentral University, USA, and has master's (advanced) degrees in engineering, psychology, and business from Florida International University, Mississippi State University, and Southern New Hampshire University, as well as undergraduate degrees in psychology, business management, and biology from Columbia College, Interamerican University of Puerto Rico, and Pikes Peak CC, USA. He is a former adjunct professor of Southern New Hampshire University, USA. He is dual career, with over 28 years' experience in mental health and psychology settings and 36 years' experience designing and manufacturing medical devices for use in clinical chemistry, hematology, ophthalmology, and cardiovascular. He is currently a director with Johnson & Johnson, USA.

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TYPE D PERSONALITY AS A RISK FACTOR FOR REPEATED EPISODES OF CORONARY ARTERY SPASM

A significant relationship exists between personality type and cardiovascular health, particularly among individuals with type D personality. Individuals with type D personality are at significantly higher risk of recurrent cardiac episodes, myocardial infarction, poorer outcome following a myocardial infarction, and premature cardiac-related death compared to individuals that are not type D personality. The purpose of this study was to determine whether patients with type D personality were at higher risk of experiencing repeated episodes of coronary artery spasm requiring medical attention compared to non-Type D personality patients. Using a quasi-experimental design, with 44 coronary artery spasm patients, type D and non-type D personality patients were compared. Demographic, clinical, and psychological data was collected. Hypothesis testing, correlation matrix, single regression, multiple regression, and logistic regression analysis were used to examine the relationship between type D personality and repeated episodes of coronary artery spasm while adjusting for demographic, clinical, and psychological factors. The study assessed the impact of type D personality on repeated episodes of coronary artery spasm. The probability of experiencing repeated episodes of coronary artery spasm requiring medical attention was greater among patients who had a type D personality, Patients who had a type D personality were more likely to experience anxiety and depression disorder. Smoking was a predictor of coronary artery spasm among patients who had a type D personality. Type D personality is a predictor of coronary artery spasm and a risk factor for repeated episodes of coronary artery spasm requiring medical attention.