

Complaining is good for you

By Maggie Fox
Reuters

LONDON -- Go ahead -- cry, shout, complain -- it's good for you, according to a new study.

Belgian doctors have coined a new personality type known as type D. These people suppressed negative emotions such as anger and frustration and were more likely to die.

They recommended that doctors treating heart disease patients should take personality factors into account.

Dr Johan Denollet at University Hospital Antwerp studied 303 men and women with coronary heart disease. They were given personality tests and classified as either prone to experience negative emotions but not express them (type D), or not.

The patients, aged between 31 and 79, were followed for between six and 10 years.

Type-D personalities were four times more likely to die. Of the 38 people who died (24 from heart disease), 23 were type-D. This was independent of other risk factors such as cholesterol levels, blocked arteries or fitness. Fourteen people died more than five years after having a "coronary event" such as a heart attack, they added.

"The risk of death after more than five years of follow-up was three times greater in type-D patients than in non-type-D patients," they wrote in a report in the Lancet medical journal.

But they said they did not know how type-D patients could be helped. "Personality traits should be taken into account in the association between emotional distress and mortality in coronary heart disease," they concluded, calling for more study.

Theirs is not the first study to link disease with personality types.

Doctors have linked the so-called type A personality, with its impatient and workaholic tendencies, with premature death. Type-Bs are more laid back.

The Belgians' type D designation is separate from the old type A, type B distinction. There is no type C.

The British Heart Foundation said last week it was launching a study of 1,300 men and women aged 60 to 80, to see whether personality played a role in heart disease.

Dr Francois Lesperance of the Montreal Heart Institute and Dr Nancy Frasure-Smith of McGill University questioned the value of the study, although they said it was interesting.



BEHREND-New Art Six, a group of six women dedicated to preserving African-American music, poetry and literature, will perform at Behrend on Thursday, February 29 at noon in the Wintergarden atrium of the Reed Union Building. The performance is free and open to the public.

The group will appear as part of the College's series, Music at Noon: The Logan Wintergarden Series. The series, made possible through a grant from the Harry A. Logan, Jr. Foundation, is designed to expose audiences to classical music in an informal atmosphere. Brown bag lunches are welcome.

The women of New Art Six are classically trained artists who first come together in Dallas, TX in 1981. The group promotes a fresh understanding of pure American art forms in both folk and spiritual traditions. The musicians believe the spiritual makes social and political statements, placing emphasis on the "Divine Spirit" that move African-American people toward unity and determination.

The performance will reflect an African American musical heritage, poetry and a unique blend of classical opera, theater and music.

Spring 1996 Commencement: The Penn State-Behrend Spring commencement ceremony will be held Saturday, May 11, 1996 at 12 noon on the Reed lawn, weather permitting. Cap and gown orders are due at the Bookstore by March 15, 1996.

Speaker Series:
Linda Chavez
vs
Juan Williams

7:30 pm
Reed Commons

PSU Education Abroad Programs: The deadline for Spring 1997 semester PSU Education Abroad Programs is March 1, 1996. For Summer 1996 programs, the deadline is April 1, 1996. Call x6160 or stop by the Provost's Office for more information.

Free Tutoring: in the Learning Assistance Center
203 Library 898-6014

HAVE A PROBLEM? WANT YOUR OPINION HEARD?
Write your student leaders and drop it in on-campus mail addressed to SGA, ATTN: Public Relations.

FUNDED BY SGA

Student Events



LIBRARY HOURS INCREASED

Monday - Thursday
8:00 am - midnight
Friday
8:00 am - 6:00 pm
Saturday
noon-8:00 pm
Sunday
1:00 pm - midrigh

22 - Thursday

Speaker Series
Linda Chavez vs Juan Williams
7:30 pm
Reed Commons

Movie: "Native Son"
7:30 - 9:30 pm
Tigress Suite

23- Friday

German Club
12:30 pm
Reed 114

Intervarsity Christian Fellowship
Band/Choir Room
6:30 - 8:00 pm

Movie: "Beetlejuice"
Reed 117
10:00 pm

24- Saturday

The Association of Black Collegians
presents
"A touch of class"
Fashion Show
Saturday, February 24
Reed Lecture Hall
6:00 pm

Movie: "Beetlejuice"
Reed 117
10:00 pm

25- Sunday

Protestant Campus Ministry Worship
Service(Interdenominational)
8:00pm Room 114 - Reed

Movie: "Beetlejuice"
Reed 117
10:00 pm

26 - Monday

27 - Tuesday

Open Forum:
"White Bashing"
8 - 9:30 pm
Reed Lecture Hall

Eco-Action
12:00 pm
Reed Rm 112

Human Relations
Programming Council
12:00 noon

28 - Wednesday

Human Relations
Programming Council
6:00pm