

Prevent, Halt & Reverse Heart Disease

TYPE A:

KNOW YOUR PERSONALITY, KNOW YOUR RISK

A number of simple, effective tests have been developed to assess propensity for Type A behavior. A good example is the following self-scoring test, adapted from Dr. Andrew Goliszek's book *60 Second Stress Management*. This 30-question test asks you to describe yourself and your feelings on a rising scale (1 = never; 5 = always). The higher the total score, the greater the Type A tendency. While not clinically exact, this test will give a global representation of whether or not you exhibit Type A behavior.

TYPE A BEHAVIOR TEST

Read each statement below and grade yourself on how you would respond to each situation using the following:

1 = NEVER 2 = SELDOM 3 = SOMETIMES 4 = USUALLY 5 = ALWAYS

1. I become angry whenever I have to stand in line for more than 15 minutes. _____
2. I handle more than one problem at a time. _____
3. It's hard finding the time to relax and let myself go during the day. _____
4. I become irritated or annoyed when someone speaks too slowly. _____
5. I try hard to win at sports or games. _____
6. When I lose at sports or games, I get angry with myself and/or others. _____
7. I have trouble doing special things for myself. _____
8. I work much better under pressure or when I have to meet a deadline. _____
9. I find myself looking at my watch when I'm sitting around and not active. _____
10. I bring work home with me. _____
11. I feel energized and exhilarated after being in a pressure situation. _____
12. I feel like I need to take charge in order to get things moving. _____

STEP 1: ASSESS YOUR RISK

- 13. I find myself eating quickly regardless of whether I have time or not. _____
 - 14. I do things quickly regardless of whether I have time or not. _____
 - 15. I interrupt what people are saying when I think they are wrong. _____
 - 16. I'm inflexible and rigid when it comes to changes at work or at home. _____
 - 17. I become jittery and need to move whenever I'm trying to relax. _____
 - 18. I find myself eating faster than the people I'm eating with. _____
 - 19. At work, I do more than one task at a time in order to feel productive. _____
 - 20. I take less vacation time than I'm entitled to. _____
 - 21. I find myself being very picky and looking at small details. _____
 - 22. I become annoyed at people who don't work as hard as I do. _____
 - 23. I find that there aren't enough things to do during the day. _____
 - 24. I spend a good deal of my time thinking about my work. _____
 - 25. I get bored very easily. _____
 - 26. I'm active on weekends either working or doing projects. _____
 - 27. I get into arguments with people who don't think my way. _____
 - 28. I have trouble "rolling with the punches" whenever problems arise. _____
 - 29. I interrupt someone's conversation in order to speed things up. _____
 - 30. I take everything I do seriously. _____
- Total: _____

<u>SCORE</u>	<u>PERSONALITY TYPE</u>
100 to 150	Type A
76 to 99	Type A/B
30 to 75	Type B