

Hostile Behavior Could Help Kill You, New Research Shows

Have you ever wished that mean, tantrum-tossing boss would just drop dead?

That may happen sooner than you expect. New research shows that hostile people are about twice as likely to suffer from heart disease and to die from any cause than mild-mannered people. What's more, frequent hateful behavior - such as rudeness, sneering or swearing at others - appears to be just as deadly as other risk factors.

The findings, reported in the *Psychological Bulletin*, come from a statistical analysis of 45 reports linking heart disease and death to hostility, a personality trait characterized by cynicism, distrust and aggression.

The study's lead author, Todd Q. Miller, assistant professor of preventative medicine at the University of Texas Medical Branch at Galveston, said reprogramming one's outlook could be as effective a prevention tool as exercising, avoiding cigarettes and eating right.

"People who are hostile are at risk of getting divorced, more likely to be alone, less likely to take care of their health and more likely to be heavy drinkers." Miller said. And now, it appears, their psychological profile makes them more likely to become ill and die.