

Neuro-Cardiac Personality Test:

Name: _____

Email: _____

Date: _____

Please complete this test NOT as you'd like to be, but as you are right now.



Harvard Medical Heart Letter

If you're concerned about heart disease, you need expert information and advice you can trust. Harvard Medical School, is advisor on the latest developments in heart health, new treatments, prevention, and research breakthroughs. *(This article was first printed in the Harvard Medical Publication).*

According to Dr. Denollet this brief questionnaire accurately identifies type D individuals.

Below are a number of statements that people often use to describe themselves. Read each one and circle the appropriate number next to that statement to indicate your answer. There are no right or wrong answers: Your own impression is the only thing that matters.

0=false	1=rather false	2=neutral	3=rather true	4=true
1) I make contact easily when I meet people				0 1 2 3 4
2) I often make a fuss about unimportant things				0 1 2 3 4
3) I often talk to strangers				0 1 2 3 4
4) I often feel unhappy				0 1 2 3 4
5) I am often irritated				0 1 2 3 4
6) I often feel inhibited in social interactions				0 1 2 3 4
7) I take a gloomy view of things				0 1 2 3 4
8) I find it hard to start a conversation				0 1 2 3 4
9) I am often in a bad mood				0 1 2 3 4
10) I am a closed kind of person				0 1 2 3 4
11) I would rather keep people at a distance				0 1 2 3 4
12) I often find myself worrying about something				0 1 2 3 4
13) I am often down in the dumps				0 1 2 3 4
14) When socializing, I don't find the right things to talk about				0 1 2 3 4

"Negative affectivity" scale: Add scores for questions 2, 4, 5, 7, 9, 12, 13 = TOTAL

"Social inhibition" scale: Add scores for questions 1*, 3*, 6, 8, 10, 11, 14 = TOTAL