

Confirming Pathways from Personality to HRV

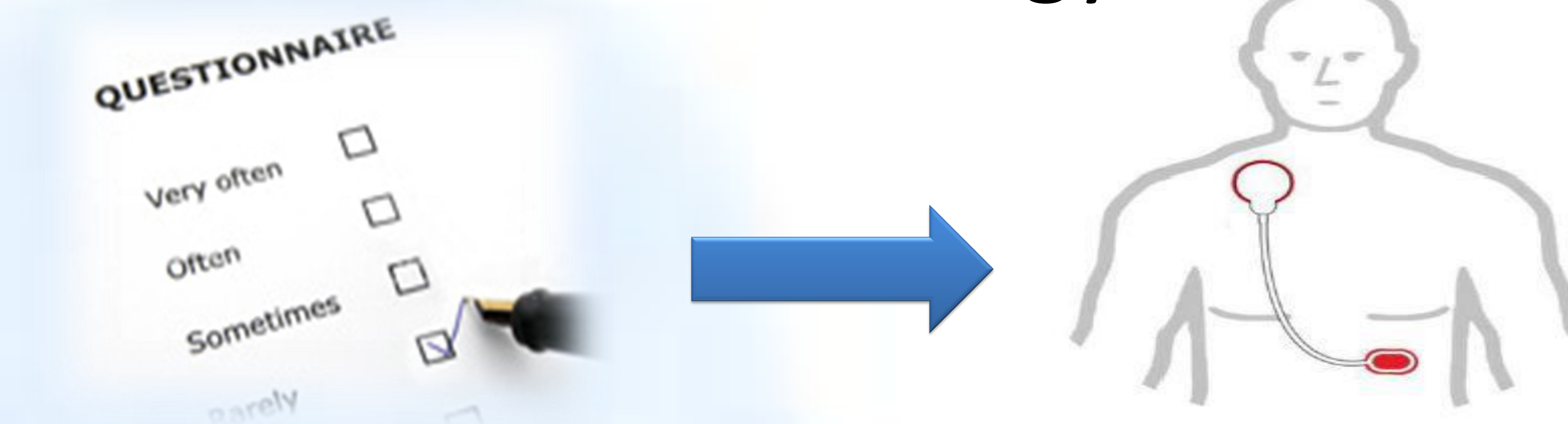
Natalie Aviv^{1,2} & Ada H. Zohar²

Discussion

Abstract

Participants completed a personality evaluation and underwent a 24-hours HRV recording. Previous results were replicated, e.g., Creativity was significantly and negatively correlated with Ln(LF/HF). An integrative reasonable and imaginative personality is correlated with regulation of the ANS.

Methodology

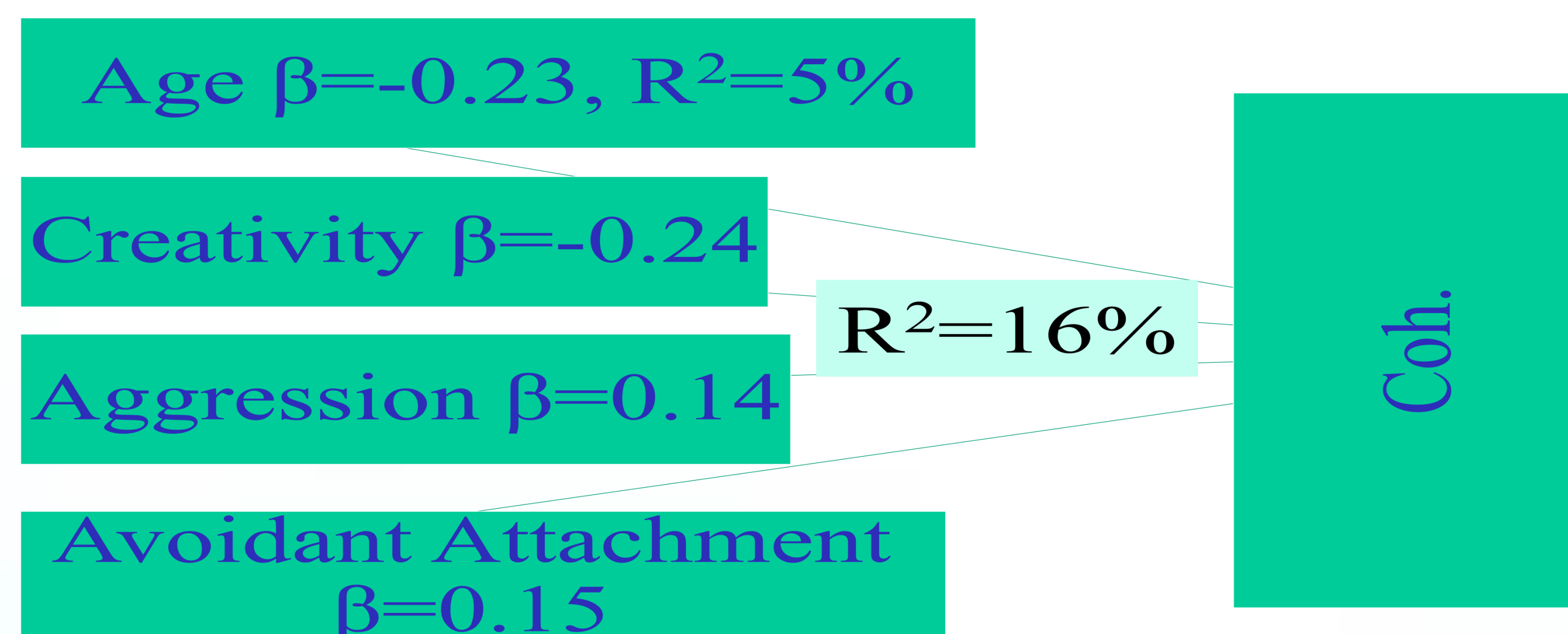


- Participants were 62 community volunteers 49-87 years of age, mean 65, SD=9.5 of whom 34.4% were men. Education: 12-25 years of schooling, mean 16.

Results

- Ln (LF/HF) is increased by higher scores on each of the 3 TCI character traits ;Vagal tone is increased by the creative profile (SD x CO x ST)
- Physical aggression is positively correlated with **overall HRV** and OPENNESS is negatively correlated with **overall HRV**.

Linear Regression For Coherence (N=179)



- The maturation of character traits appears to be a way to promote and maintain health by facilitating healthy self-regulation of emotional reactions and lifestyle choices.
- Being high in Self-Directedness, Cooperativeness, and Self-Transcendence, is related to happiness, well-being, and measures of objective health. It is also associated with freedom from psychopathology.

References

Zohar, A., Cloninger, C.R., & McCraty, R. (2013). Personality and Heart Rate Variability: Exploring Pathways from Personality to Cardiac Coherence and Health. *Open Journal of Social Sciences*, 1(6), 32-39.

Theoretical Background

- Differences between people in HRV strongly predict physical and psychological aspects of health.
- The purpose of the current replication study was to confirm the associations found between personality traits and HRV.