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ANGER AND HYPERTENSION

The causes of chronically elevated blood pressure, formally known understood by medical scientists and practitioners although there or emotional factors may be involved. During the 1930s-1950s, researchers, representing the psychosomatic movement, emphasized the development of physical disorders. Two leaders, Dunbar and Franz Alexander, proposed that inhibition of anger feelings was conceptualized as a personality trait that repressed anger to others. Alexander also thought that some constitutional precipitating condition, such as a serious interpersonal conflict or necessary conditions for the development of HT, but these qualify subsequent researchers.

From its inception, the idea of a "hypertensive personality" was considered about a role for emotional and mental factors in the development of HT, and remained influential. Interest in this topic reemerged with the reemergence of interest in the last three decades, nearly 50 studies testing the...