

THE ASSOCIATION OF TYPE A BEHAVIOR PATTERN WITH HEALTH-RELATED BEHAVIORS AMONG KOREAN EMPLOYEES

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Introduction & Objectives : This study was designed to examine the relationship between TABP and health-related behaviors like cigarette smoking, drinking habit, coffee intake, health supplementary diet consumption, and regular exercise.

Methods : A total of 3,012 employees in Gangwon Province were surveyed using a structured questionnaire. All participants were asked sociodemographics (sex, age, marital status, and education), health related-behaviors. TABP was measured using the Framingham Type A Behavior Pattern developed by Haynes et al.

Results : In univariate analysis, people with TABP were more likely to smoke (OR:1.33, 95% CI:1.15-1.55), be heavy smokers (20 filters/day) (OR:1.59, 95% CI:1.33-1.89), drink alcohol (OR:1.52, 95% CI: 1.27-1.83), be a frequent drinking(2days/week), be an excessive coffee intake(4 cups/day) compared to those with Type B. But, no significant relationship of TABP with health supplementary diet and regular exercise were found. Multiple logistic regression analysis shows that TABP plays an increased risk of being a heavy smoker (OR:1.45, 95% CI:1.20-1.76), alcohol drinking (OR:1.38, 95% CI:1.13-1.69), and an excessive coffee intake (OR:1.85, 95% CI: 1.44-2.37).

Conclusions : This result suggests that Type As are less likely to practice healthy behaviors compared to Type Bs. These unhealthy behaviors like heavy cigarette smoking, alcohol drinking, and excessive coffee intake associated with TABP may contribute to increased risk for cardiovascular diseases.

Keywords : Type A Behavior, health behavior