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**Original article**

**Does your personality make you fat!!!- A study on young prehypertensives**

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**Abstract:**

**Introduction:** The general healthy population is classified broadly into type-A and type-B personalities based on their response to stress. The difference between both the personalities, depend only on the fact as to how they respond to a stressful situation in different ways. Stress predisposes a person to prehypertensive state and then to hypertension in future. Stress, either acute mild stress or prolonged chronic stress, can influence our appetite, there by predisposing type-A people – who are aggressive, hardworking, workaholics, stressed out people, to become obese. Our aim was to evaluate the association of overweight and obesity among type-A and type-B personalities with prehypertension.

**Materials and methods:** The study was a Hospital based cross sectional study including 115 participants who were prehypertensive and were categorized into type-A and type-B personality using a questionnaire. Height, weight was measured and BMI were calculated using quetelet index, and individuals were categorized into 2 groups - as overweight, obese and normal weight based on their BMI.

**Results:** The prevalence of type-A in prehypertensive individuals was very high, further the association of overweight and obesity among type-A prehypertensives was statistically significant.(p<0.001).

**Conclusion:** Thus, the present study proved that there is a marked increase in type-A personality among prehypertensives and there is a strong association of obesity and overweight with type-A prehypertensives as compared with type-B prehypertensives.

**Keywords:** Type-A, Type-B personality, Prehypertension, Obesity