



## P92 The Association of Agreeableness and Conscientiousness with 24-Hour Brachial Blood Pressure and Hemodynamic Parameters in Untreated Hypertensive Patients

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### ABSTRACT

**Background:** There is growing evidence that Five Factor Model personality traits (extraversion agreeableness, conscientiousness, neuroticism, and openness) have an impact on cardiovascular (CV) risk. The aim of our study was to evaluate their associations with 24-hour brachial and central hemodynamic parameters and arterial stiffness in untreated patients who were studied because of elevated office blood pressure.

**Methods:** Mobil-O-Graph was used to measure the 24-hour brachial and central parameters. The Big Five Dimensions were evaluated with the BFI questionnaire. 68 patients were involved into the study (45 men).

**Results:** Agreeableness was inversely associated with nighttime brachial systolic blood pressure ( $r = -0.255, p = 0.036$ ), with 24-hour heart rate ( $r = -0.243, p = 0.046$ ), with 24-hour cardiac output ( $r = -0.314, p = 0.009$ ) and with daytime cardiac output ( $r = -0.341, p = 0.004$ ). Conscientiousness was inversely associated with 24-hour heart rate ( $r = -0.276, p = 0.023$ ) and daytime heart rate ( $r = -0.283, p = 0.019$ ).

**Conclusion:** In conclusions, agreeableness and conscientiousness can have an impact on 24-hour hemodynamic parameters in untreated hypertensive patients.

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