

Abstract

The aim of the study was to find out the relationship among personality types, attribution styles and health related behaviors in cardiac patients who had gone through any cardiac procedure. The sample size comprised of 120 cardiac patients (males= 85, females= 35) with in the age range of 40-60 years. The sample was categorized into two sub-groups of patients with ischemic heart disease (n=60) and coronary heart disease (n=60). The sample was collected from Government and private setup of Lahore, Sargodha, Burewala and Jauharabad city. The scales used in the current study were International Personality Item Pool (Goldberg, 1999); Attribution of Problem Cause and Solution Scale (Stepleman, Darcy & Tracey, 2005) and Health related Behavior Questionnaire (Batool, Irum & Kousar, 2011). Results indicated that personality types and attribution styles lead to health related behaviors in cardiac patients. Further results showed that neuroticism is the predictor of internal attributional style in cardiac patients and conscientiousness leads to unhealthy eating in cardiac patients. Further ANOVA explored that cardiac patient with higher qualification attribute events internally. Moreover MANOVA revealed that there are significant differences among the three educational groups and the health behaviors are linked with the educational level. Present study concluded that personality traits are the major factor in making one's attributions about the events and modifying health behaviors.

Key words: Personality types, attributional styles, health related behaviors, conscientiousness, unhealthy eating, extraversion, neuroticism, internal attribution, external attribution, cardiac patients.