

Hostility and Stress in Adulthood Likely to Raise Odds of Cognitive Deficits in Midlife: Study

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U.S., March 3 -- A recent study has revealed that young adults who experience frequent incidences of stress or possess a hostile attitude toward life are likely to be at high odds of facing intellectual disabilities in middle-age.

A team of investigators conducted the research with 3,126 individuals from the **Coronary Artery Risk Development In Young Adults (CARDIA) study** - a large, prospective, population-based cohort of white and black women and men followed since 1985 to 1986. The volunteers were averagely aged 25 at the start of the trial.

The participants who had a higher score on the John Henryism Scale for Active Coping - a strategy used to measure effortful coping - were likely to find it hard to manage whatever life throws at them and were less potential to handle barriers to success. The researchers also used the Cook-Medley scale to evaluate hostility and suspicious attitudes towards others.

Post two years, the investigators used the mirror-tracing star test to measure the cognitive ability of the study subjects. When the participants turned 50-year-old, they underwent the Rey Auditory Verbal Learning Test (RAVLT) for memory, the Digit Symbol Substitution Test (DSST) for psychomotor speed and the modified Stroop Test for executive function.

The study found that the participants who had highest effortful coping at the baseline were likelier to have decreased cognitive function in midlife as relative to the ones with lowest levels.

In addition, highest level of hostility at the start of the study was potentially linked to lower cognitive function in midlife.

The study was highlighted in Neurology.

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