

## **Hostility in Youth Tied to Worse Lung Function**

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**Byline:** Heidi Splete

### **Body**

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DENVER - High levels of hostility in healthy young adults were significantly associated with lower levels of pulmonary function later in life, Benita Jackson, Ph.D., reported in a poster presented at the annual meeting of the American Psychosomatic Society.

Dr. Jackson of Smith College in Northampton, Mass., and her colleagues reviewed data on 4,629 subjects from the **Coronary Artery Risk Development in Young Adults (CARDIA) study** who were 18–30 years old at baseline.

High levels of hostility were significantly associated with reduced pulmonary function over time among all race and gender groups, even after controlling for age, height, smoking status, asthma, and current socioeconomic status.

Hostility was measured using the Cook-Medley Hostility Inventory questionnaire, and pulmonary function was assessed using measures of forced vital capacity and forced expiratory volume in 1 second.

Previous studies have shown that the levels of pulmonary function attained during young adulthood affect health later in life, and that low pulmonary function is a reliable risk factor for chronic obstructive pulmonary disease.

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