



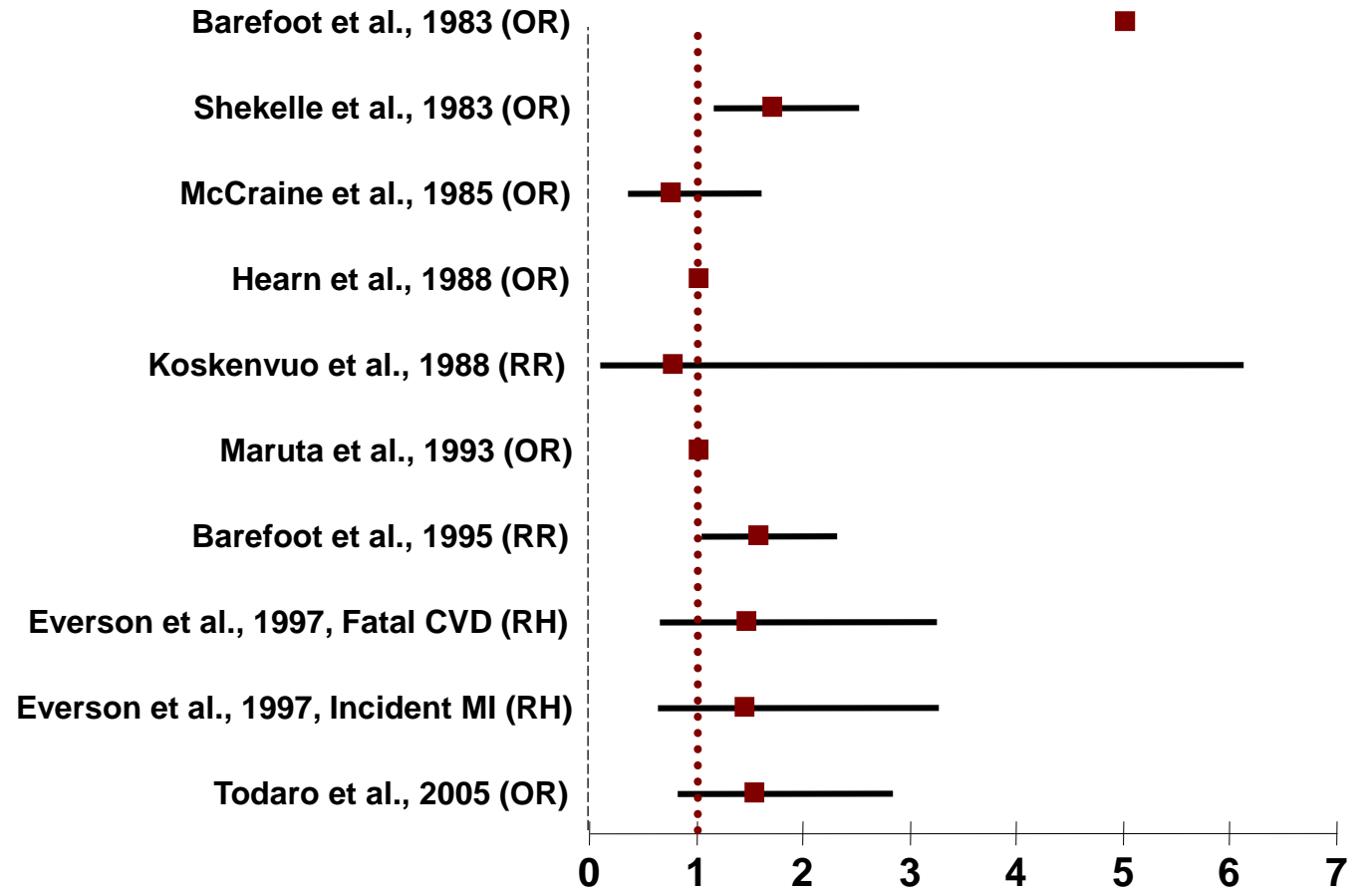
Managing Your Anger Constructively in the Era of **#MeToo**

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Destructive anger has
physiological and
medical consequences

Hostility and CHD Morbidity and Mortality



How Does Anger Harm You?



- Anger is a risk factor (with a relative risk of 2.3) for triggering a myocardial infarction¹
- Anger is even more of a risk factor for triggering a myocardial infarction in those with lower educational levels²

¹Mittleman MA et al. Triggering of acute myocardial infarction onset by episodes of anger. *Circulation* 1995;1720-5.

²Mittleman MA et al. Educational attainment, anger, and the risk of triggering myocardial infarction onset. *Arch.Intern.Med.* 1997;769-75.

How Does Anger Harm You?



- Higher anger responses are associated with more coronary **vasoconstriction** in diseased coronary segments¹
- Coronary flow responses during anger are attenuated in CVD patients.¹

¹Kop WJ, Krantz DS, Howell RH, Ferguson MA, Papademetriou V, Lu D, Popma JJ, Quigley JF, Vernalis M, Gottdiener JS. Effects of mental stress on coronary epicardial vasomotion and flow velocity in coronary artery disease: relationship with hemodynamic stress responses. J Am Coll Cardiol. 2001;1359-66.

How Does Anger Harm You?



- Anger, rather than fear or sadness, is accompanied by the largest effects on the cardiovascular system.
- During anger there is maintained levels of peripheral vascular resistance and increased cardiac output and heart rate compared with changes during neutral imagery.¹

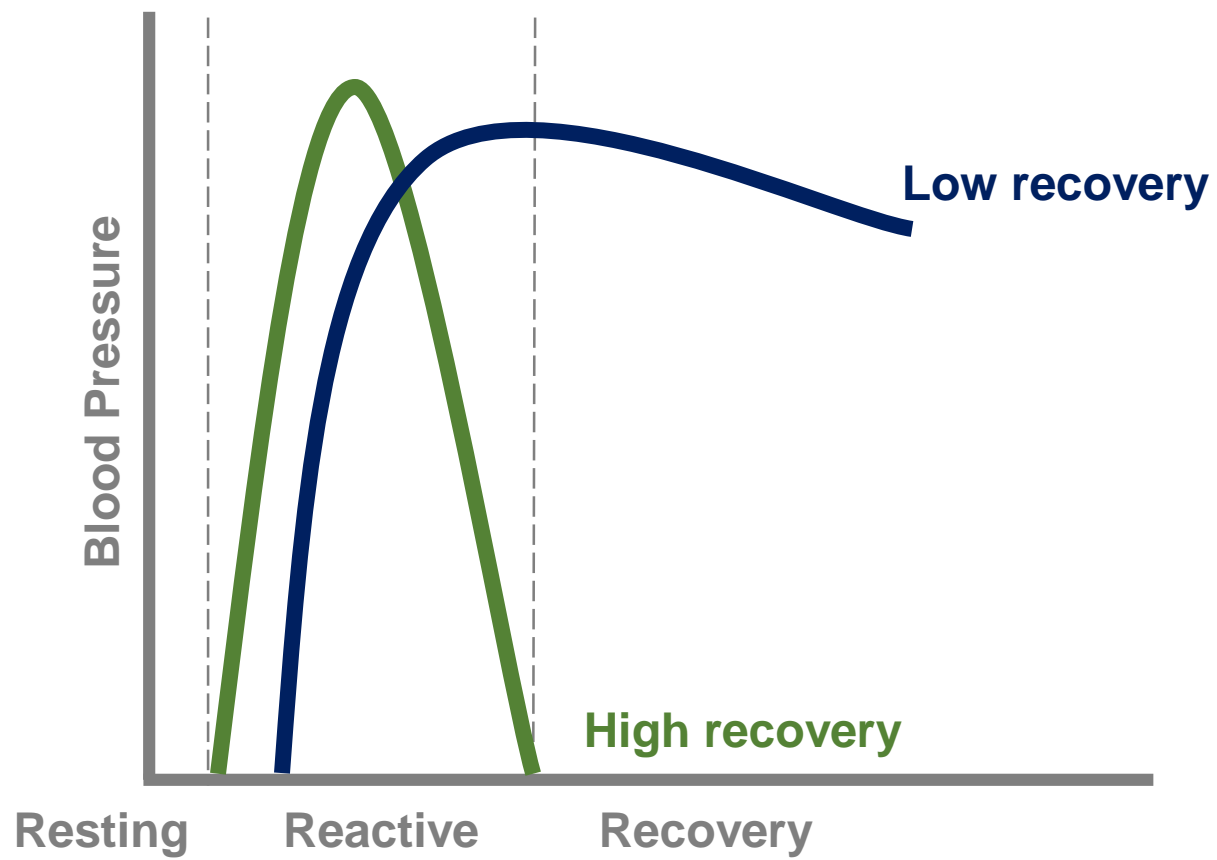
¹Sinha R, Lovallo WR, Parsons OA. Cardiovascular differentiation of emotions. *Psychosom.Med.* 1992;422-35.

How Does Anger Harm You?



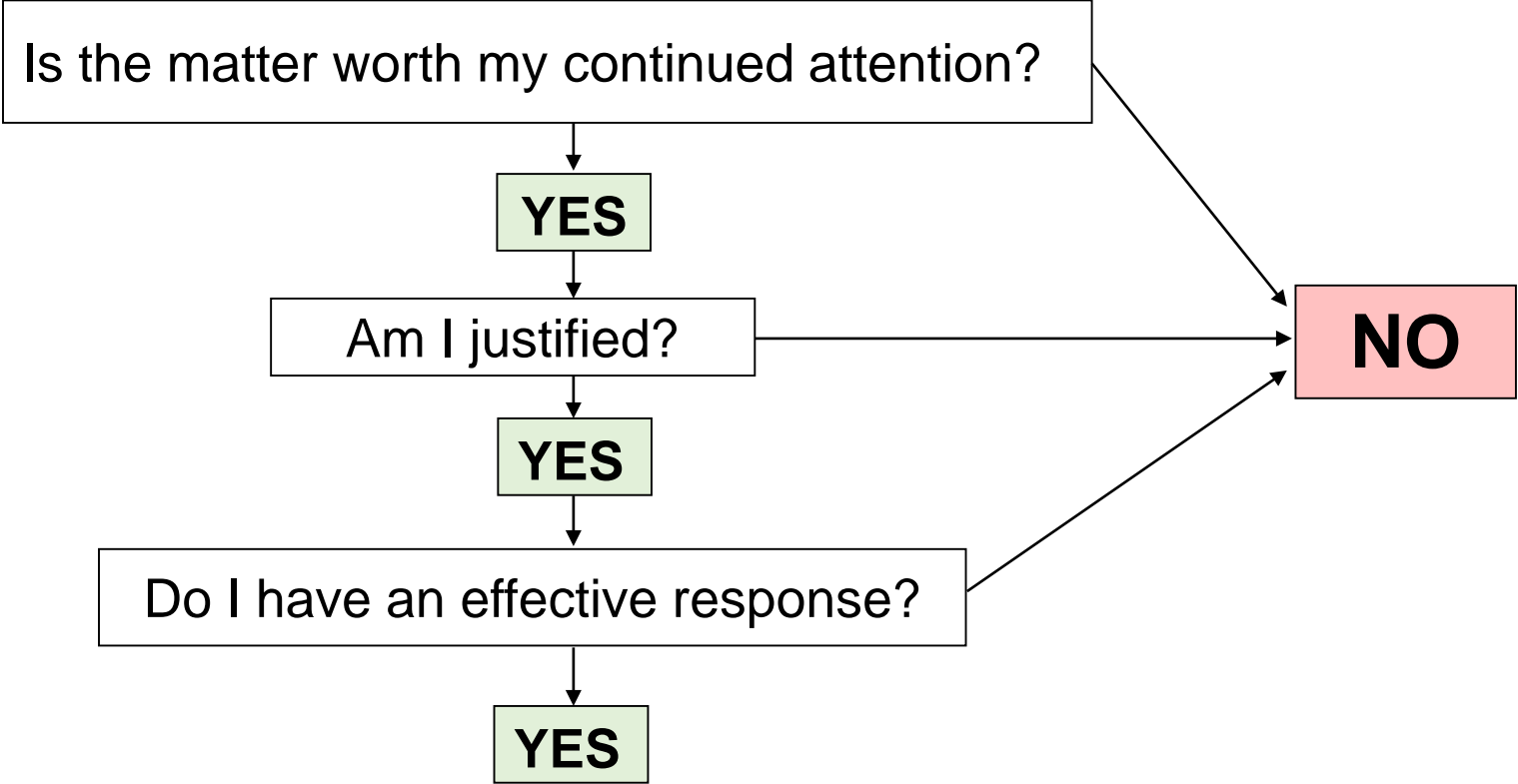
- Thus, anger often precedes an acute event, it appears to lead to **platelet reactivity**, **vasoconstriction**, and to increased cardiac output in combination with maintained peripheral resistance.

Blood Pressure Recovery

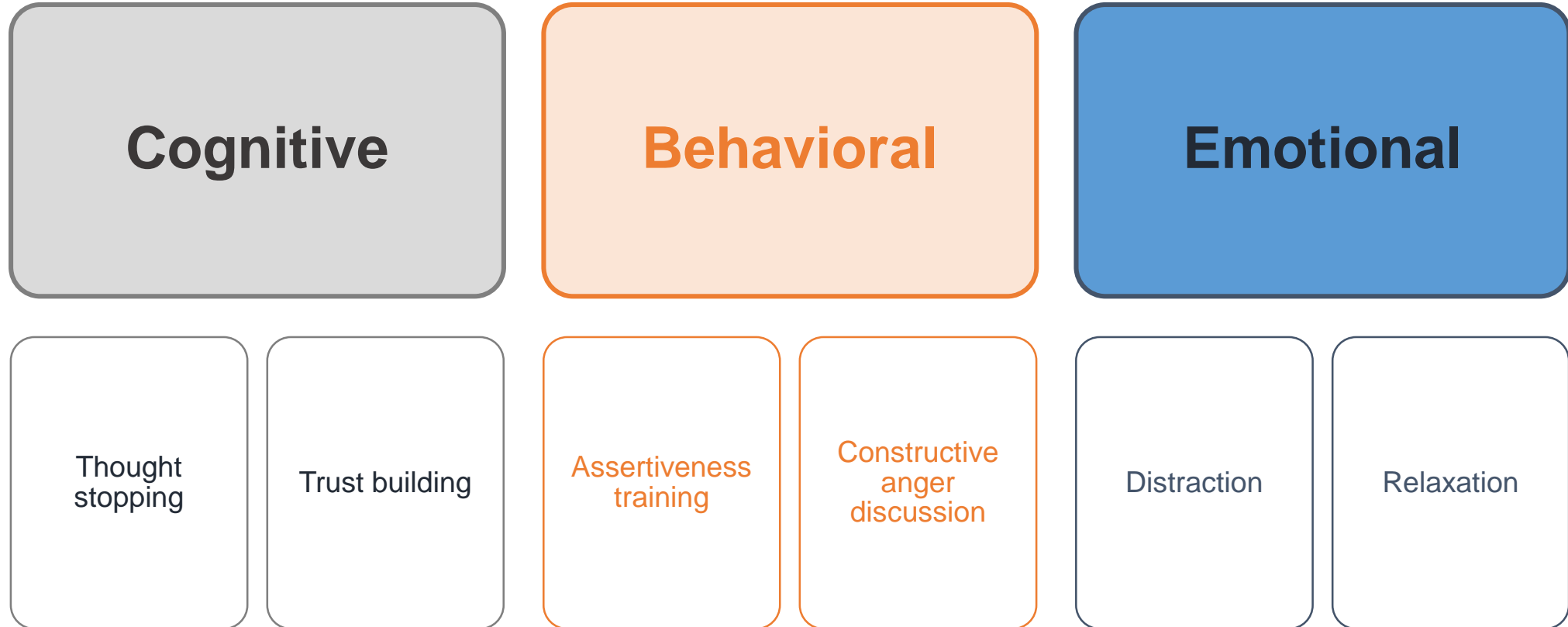


Traditional Anger and
Hostility interventions
Based on Stereotypical
Male anger

The Hostility Roadmap

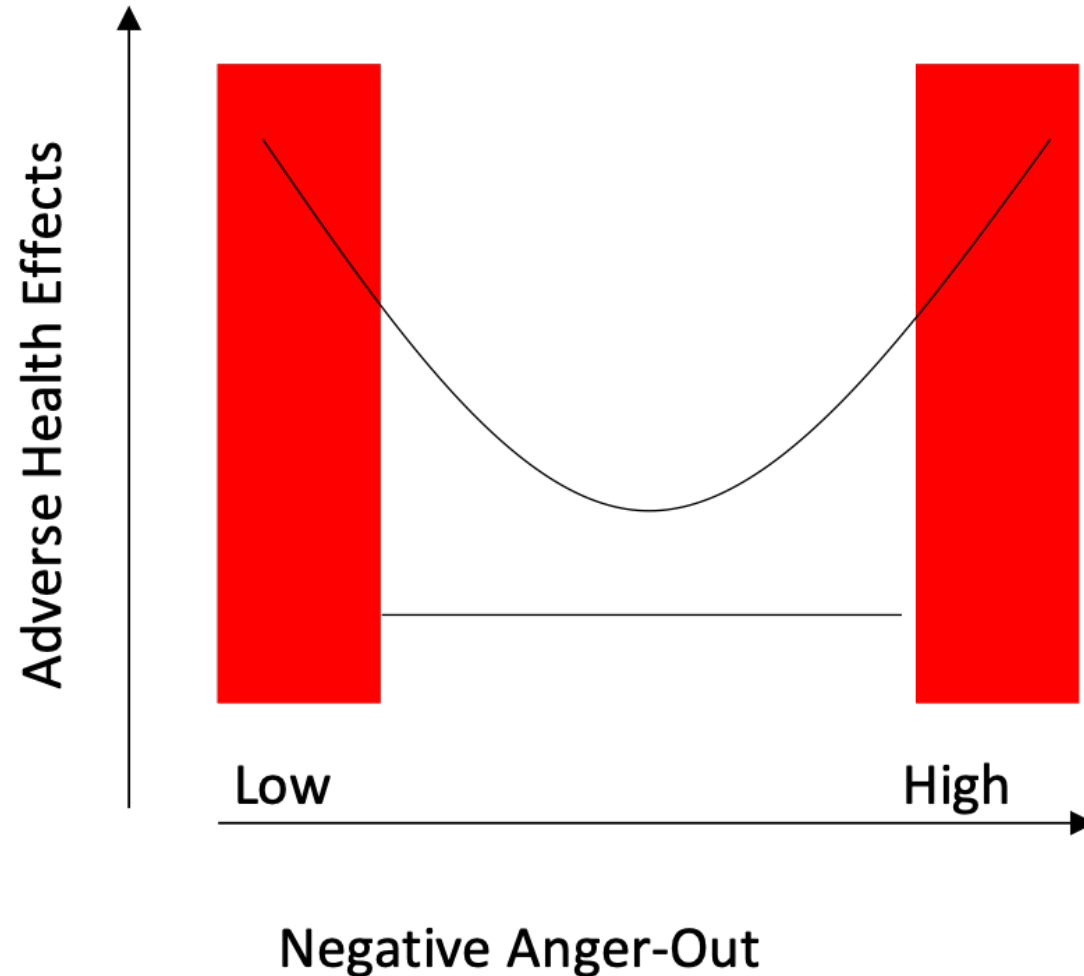


Anger Intervention Tailoring



Social Conflict Model of Anger

- Posits a curvilinear relationship between anger and health
- Extreme Anger-Out (aggression) as well as excessive anger suppression (passivity) cause repetitive social and intrapsychic conflict and lead to higher blood pressure



Anger Regulation Interventions

Relaxation-Based Therapies

- Systematic Desensitization

Multi-component

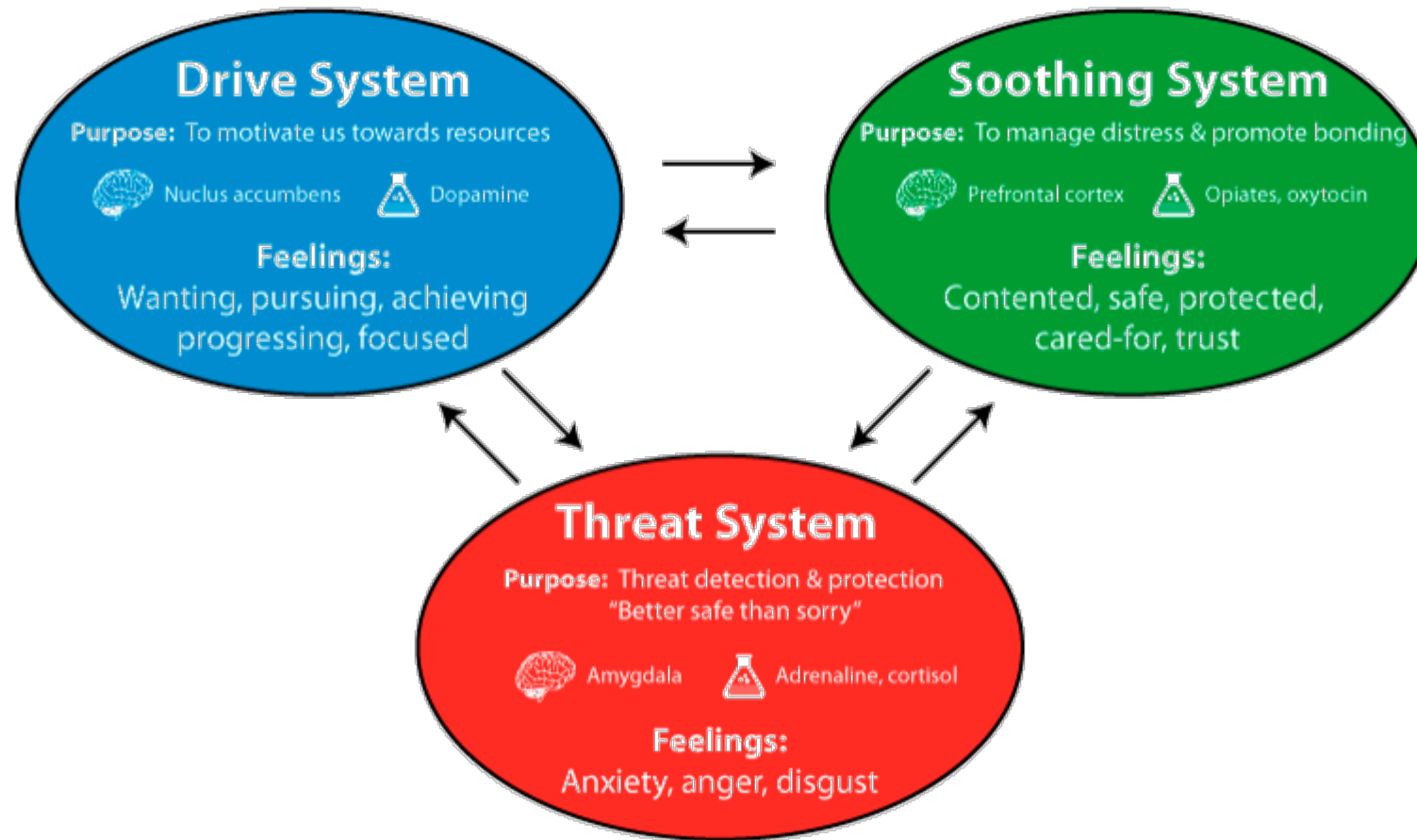
- Stress inoculation
- Cognitive-behaviors

Self-Instructional Training

Cognitive Therapy

Does the type of anger
we experience make a
difference to our health?

Anger is Evolutionary







Spectrum ▶

"LOGO"
NIKE

"SERENA"

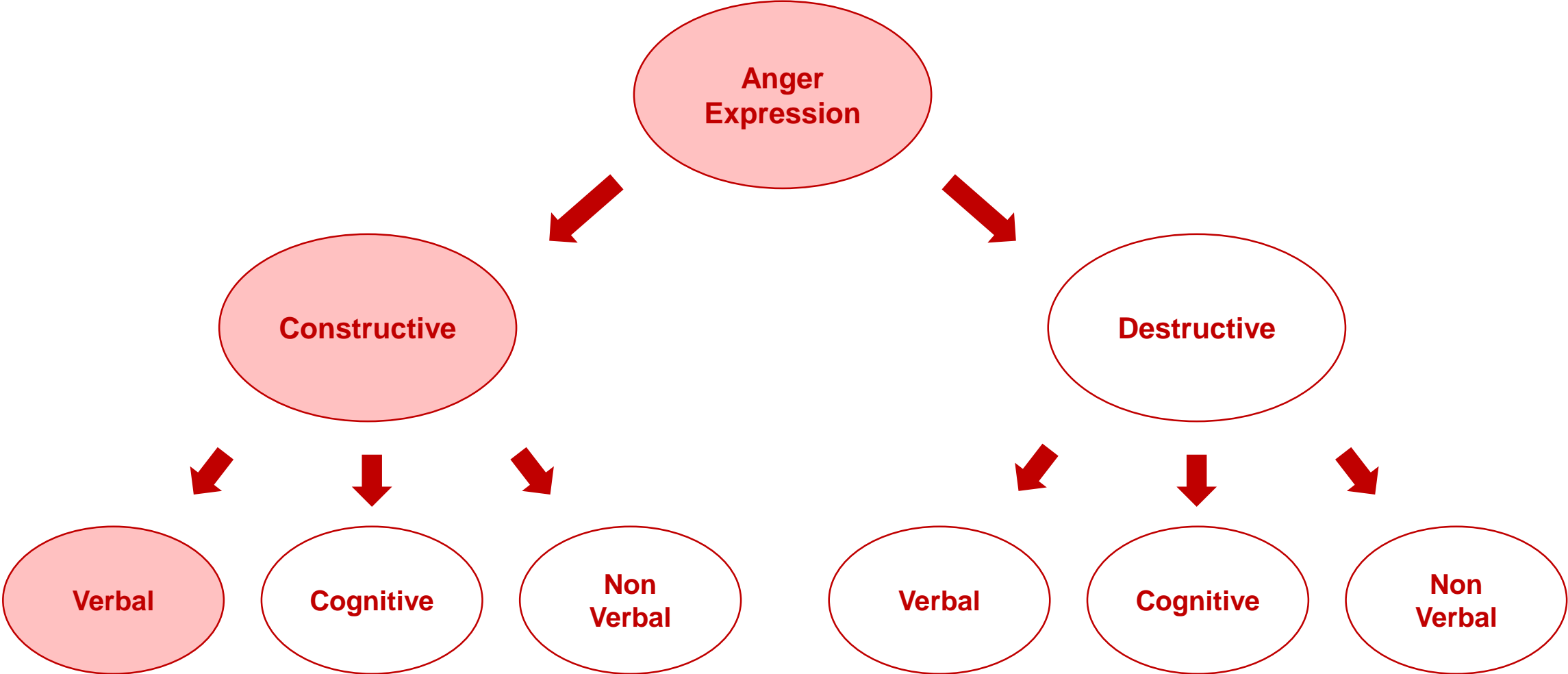
Moving from destructive
motivation to
constructive motivation

Constructive Anger Defined



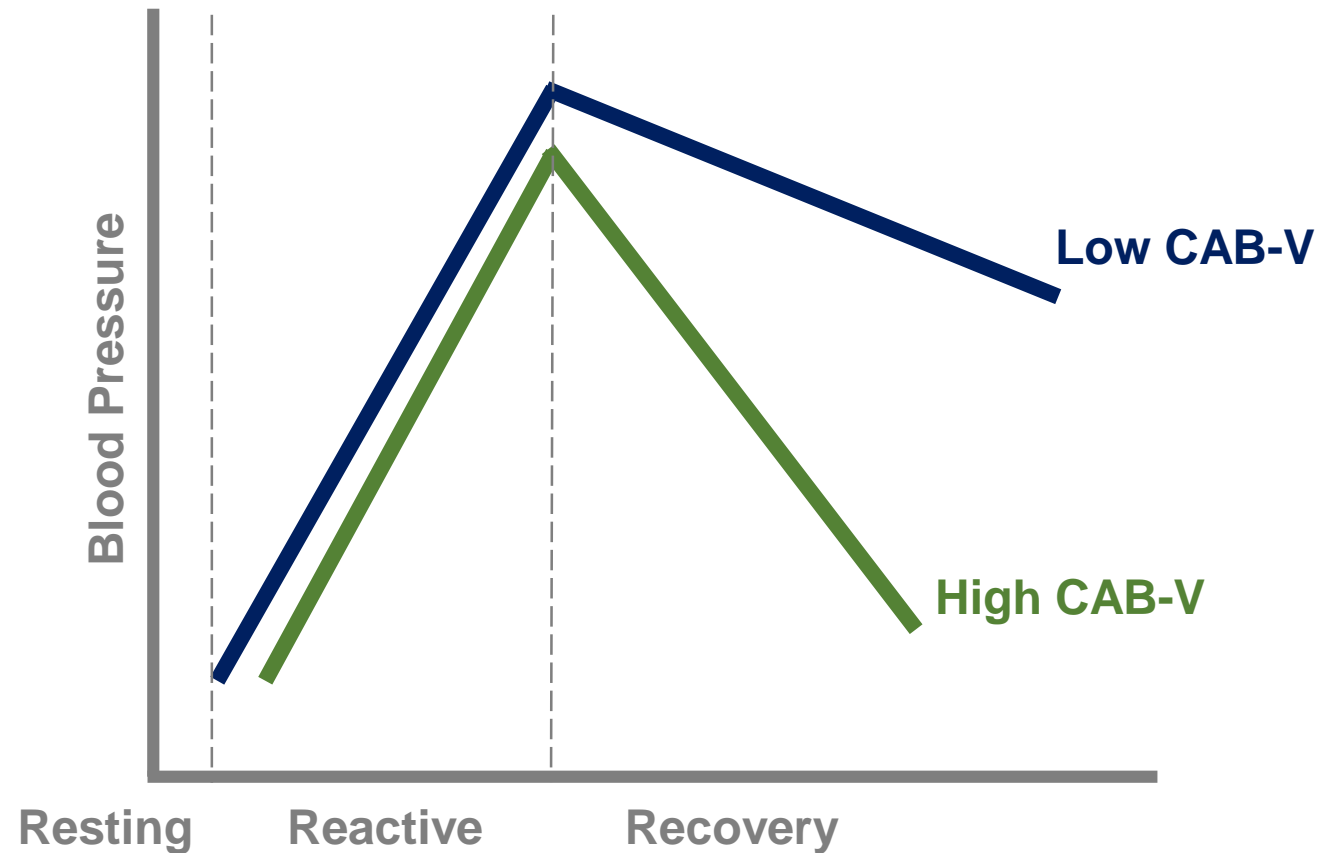
Constructive verbal anger behavior is defined as a goal-oriented, problem solving approach to responding to anger.

Additional Anger Expression Dimensions

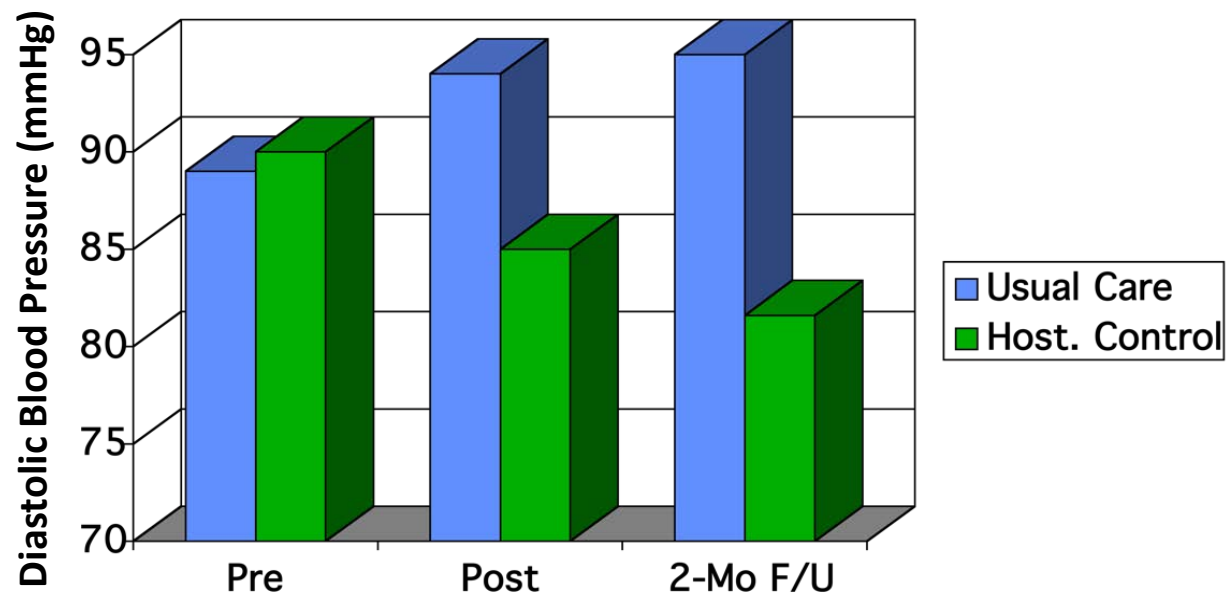
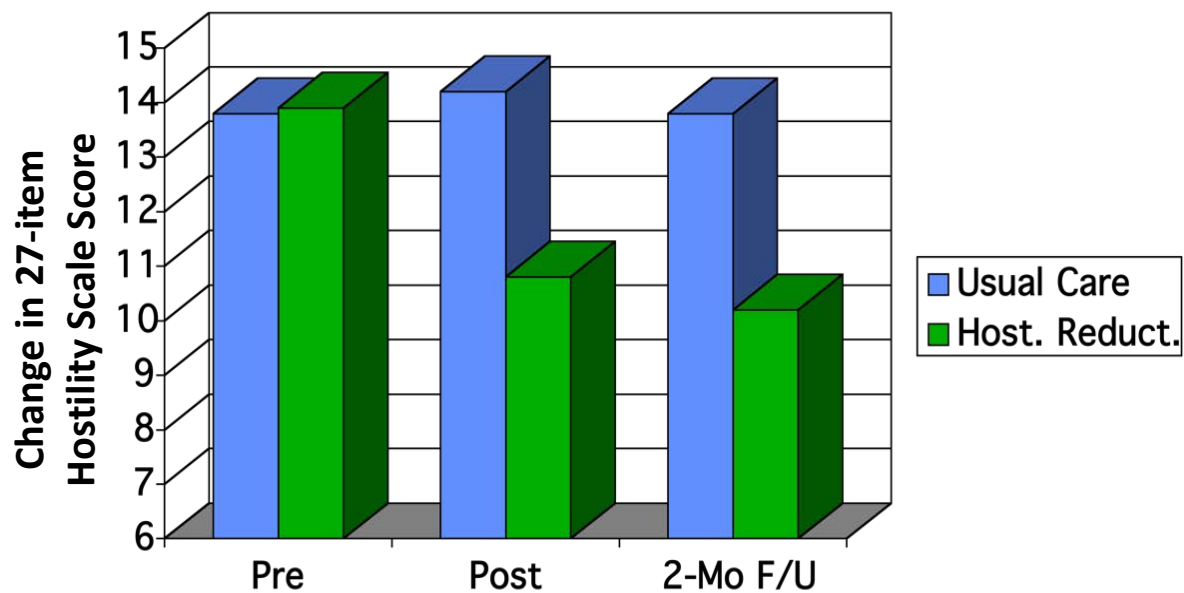


High and Low CAB-V Groups and Blood Pressure

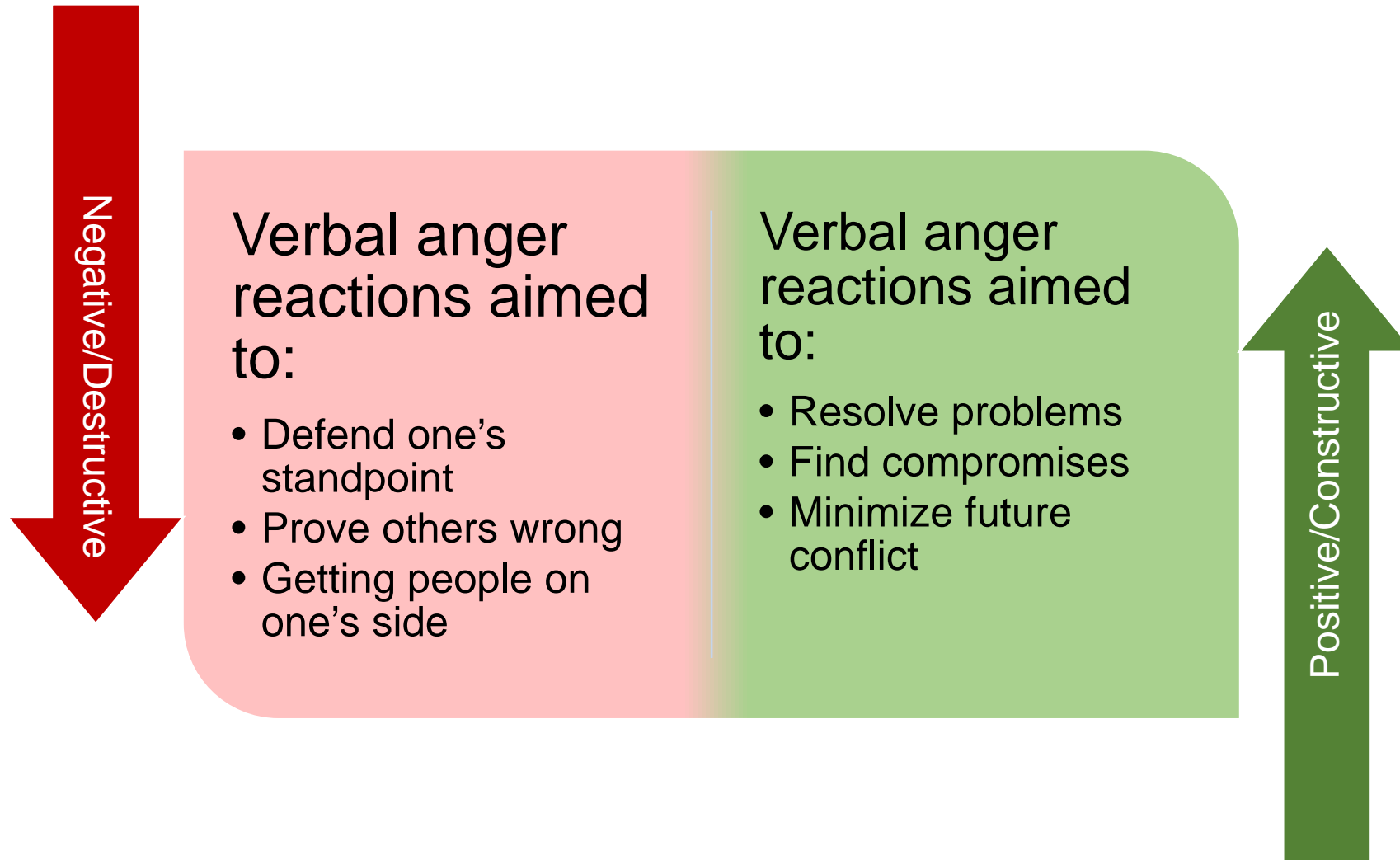
- The CAB-V scale was designed to assess individual differences in anger behavior
- CAB-V Items
 - Individual discusses her anger to solve the problem
 - Individual discusses her anger to better understand her possible role in the situation



Can We Do Anything About It?

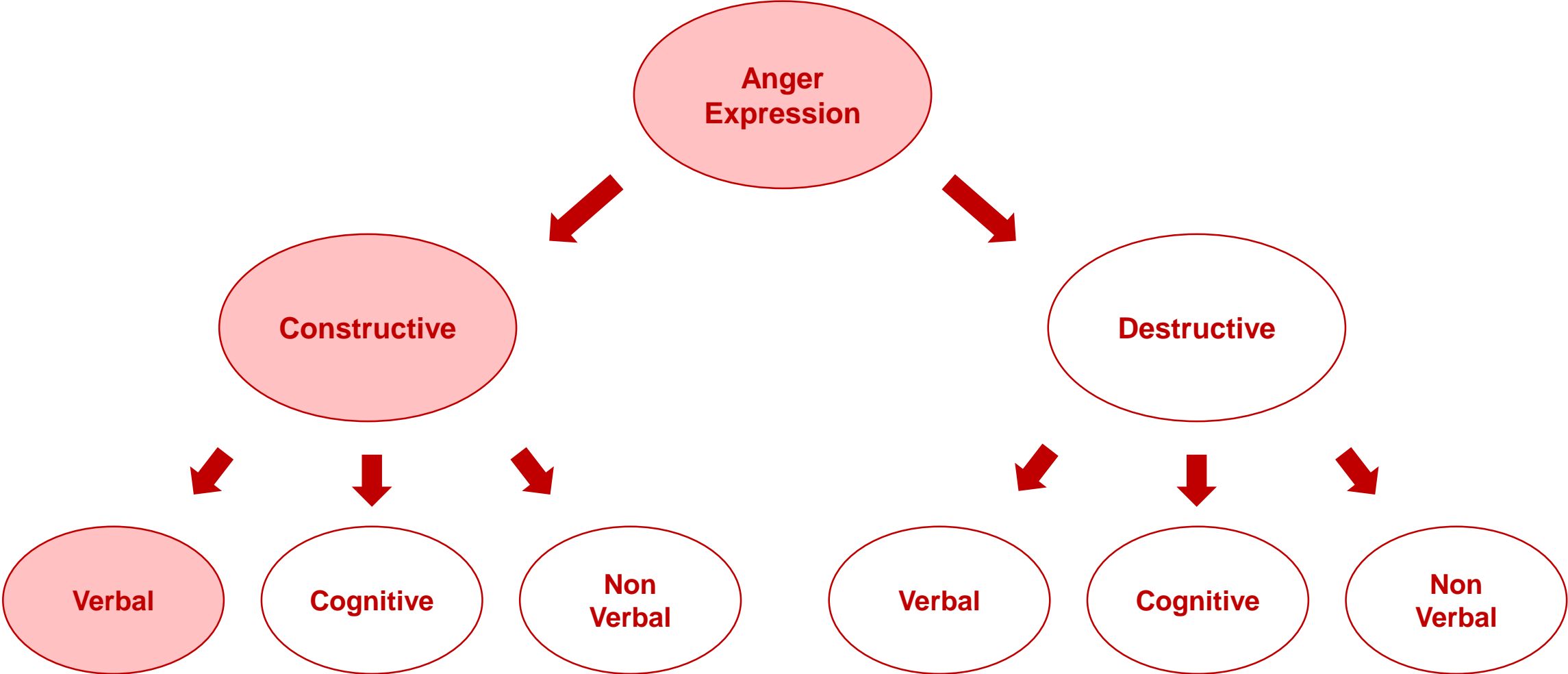


Constructive vs Destructive Verbal Anger





Additional Anger Expression Dimensions



Applying constructive
anger to #MeToo





LISTEN

#METOO

