1. What are the six characteristics of Type A personality (aka “pattern A”)?
   
   a.  
   b.  
   c.  
   d.  
   e.  
   f.  

2. Type B personality (aka “pattern B”) is essentially the ___________________ of pattern A and is characterized by a relative ___________________ of drive, ambition, sense of time urgency, desire to compete, or involvement in deadlines.

3. Examine the results of Friedman and Rosenman’s study on tables 27-1 and 27-2 on page 213. What were five differences between the two groups?

4. The conclusion of the study implied that the ___________________ behavior pattern was a major cause of CHD (coronary heart disease) and related ___________________.

5. True or false (circle one): One outcome of Friedman and Rosenman’s research is that it has played an important role in the creation and growth of health psychology.

6. What’s the most widely accepted theory for why Type A pattern causes coronary heart disease?

7. There’s a clear association between Type A personality and an increase in ________________ ________________ incidents.

8. How many of the eight characteristics of Type A (listed on page 217) apply to you? Do you believe you are Type A or Type B? Defend your answer with examples.