

Sample Answer

Supporting evidence for personality type as an explanation for stress comes from **Friedman and Rosenman (1950)**. They suggested that individuals with a type A personality were significantly more likely to experience stress-related illnesses like coronary heart disease. A type A personality is identified as a behaviour pattern characterised by competitiveness, ambitiousness, and perfectionism. Individuals with this type of personality are likely to be fast-paced and often multitask with an urgency to take charge and get things done. However, there is an issue with cause and effect in this explanation, as type A personalities may expose themselves to more stressful situations. In contrast, **Eysenck (1964)** suggested that individuals with neuroticism as a personality trait are more prone to stress. People with this personality type tend to experience higher emotional distress, reduced resilience, and have more frequent perceptions of events as stressful. These personality explanations fail to account for biological factors implicated in stress responses or stress-related illnesses. For instance, dysfunction in the hypothalamic-pituitary-adrenal (HPA) axis has been linked to chronic stress and **Herman et al (2016)** found that stress responses are inhibited by negative biofeedback mechanisms, suggesting a physiological cause in the stress response.

