Psychological Resources and Risk Factors in Coronary Heart Disease

Assessment, Impact and the Influence of Mindfulness Training

Oskar Lundgren
There is evidence that psychological risk factors, e.g., depressive symptoms, are associated with the risk of developing coronary heart disease (CHD), and also contribute to a worse prognosis among patients. Much less is known about psychological resources and their role in cardiovascular medicine.

This thesis investigates the psychological resources Mastery and Self-esteem, in the context of CHD. The included studies evaluate the validity of self-report assessment tools, investigate longitudinal associations with CHD incidence, and explore the feasibility of mindfulness training as a complement to cardiac rehabilitation.