

THE UPSIDE OF NEUROTICISM

July 26, 2017

Pacific Standard:

Neurotic people, by definition, spend much of their lives in a dark mood. Given the positive emotions are associated with good health, it's reasonable to assume that all that guilt, anger, and anxiety will eventually lead to an early grave.

Well, surprise: A sizable new study from Great Britain reports that, for many neurotics, the opposite is true.

Among two large subsets of participants, "higher neuroticism was associated with reduced mortality from all causes," writes a research team led by Catharine Gale of the University of Edinburgh.

Read the whole story: [*Pacific Standard*](#)