

Your health is where your head's at

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The Independent Online:

Can your personality really reveal anything about your health? It sounds like the kind of psychobabble you would find in a teen magazine – along with how to choose the man, job and dress to best match your character type.

But, in fact, there is evidence to suggest that certain characteristics may influence your health.

“Personalities are a result of both genes and the environment,” explains Dr Martin Hagger, a health psychologist at the University of Nottingham and Curtin University, Australia.

“Knowing you fall into one specific camp doesn’t immediately mean you’re going to develop heart disease, for instance, but it should wake you up to the risk and, as a result, give you the opportunity to recognise and target the less healthy aspects of your character – such as smoking or drinking.”

Here, we take a light-hearted look at common personality types and the health conditions associated with them.

Read the whole story: [The Independent Online](#)