

## Zaštitni psihološki čimbenici za kardiovaskularne bolesti Protective psychological factors for cardiovascular diseases

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**KLJUČNE RIJEČI:** bihevioralna kardiologija, kardiopsihologija, zaštitni psihološki čimbenici.

**KEYWORDS:** behavioral cardiology, cardiopsychology, protective psychological factors.

**CITATION:** *Cardiol Croat.* 2014;9(9-10):421.

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U sklopu bihevioralne kardiologije poznato je i znanstveno dokazano postojanje psiholoških čimbenika rizika za kardiovaskularne bolesti (KVB). U posljednjih 10-ak godina istraživanja su usmjerena na utvrđivanje mogućeg zaštitnog učinka pozitivnih psihičkih stanja i osobina na zdravlje općenito, pa tako i na kardiovaskularno zdravlje. Do sada je istraživana pozitivan učinak optimizma, zahvalnosti, duhovnosti, humora, opće psihičke dobrobiti, vitalnosti, osjećaja svrhovitog postojanja, osjećaja vlastite vrijednosti, pozitivne znatiželje, osjećaja sreće, sposobnosti opraštanja, otpornosti/brzog oporavka od negativnih iskustava i općeg zadovoljstva životom.

Predviđa se kako će buduća istraživanja ići u smjeru: 1. utvrđivanja konkretnih zaštitnih psiholoških čimbenika za KVB; 2. ustanovljavanja njihovog mehanizma utjecaja na zdravlje srca i krvnih žila; 3. razvoja odgovarajućih intervencija za poticanje i osnaživanje zaštitnih čimbenika. U praksi će ovakva usmjerenost na pozitivna psihička stanja i osobine ljudi rezultirati potrebom za novim psihološkim mjernim instrumentima (upitnicima, testovima i sl.), za novim vještinama i tehnikama razvijanja psihičkih resursa i pozitivnih potencijala ljudi te u konačnici, za osmišljavanjem novih strategija primarne i sekundarne prevencije KVB.

Within behavioral cardiology, the existence of psychological risks for cardiovascular diseases (CVD) is known and scientifically proven. In the past 10 years research has focused on identifying the possible protective effects on cardiovascular health of positive psychological states and health characteristics in general. So far the following positive effects have been investigated: optimism, gratitude, spirituality, humour, general psychological well-being, vitality, sense of purpose, sense of self-worth, positive curiosity, joy, forgiveness, resilience and life satisfaction.

It is anticipated that future research will go in the direction of: 1. determining specific protective psychological factors for CVD; 2. establishing mechanisms to assess the impact of these factors on the health of the heart and of the blood vessels; 3. developing appropriate interventions for the promotion and strengthening of these protective factors. In practice, such a focus on psychological states and characteristics of people will result in the need for new psychological measurement instruments (questionnaires, tests, etc.) and the need for new skills and techniques for the development of psychological resources to improve the positive potential of people. Ultimately it will be necessary to invent new strategies of primary and secondary prevention of CVD.

### LITERATURE

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RECEIVED:  
October 1, 2014