

Gratitude and Cardiovascular Responses to Psychological Stress: The Results of Three Studies (BIAL Foundation grant 287/18)

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Key highlights

Investigates the relationship between gratitude and cardiovascular responses to stress

Standardised lab-based stress induction protocols & Longitudinal study

Growth curve analysis and parallel mediation modelling

State gratitude **lowers** cardiovascular reactions to stress and **enhances** recovery

A gratitude intervention significantly **reduces** cardiovascular stress reactivity.

Trait gratitude is indirectly associated with **lowered risk of heart attacks** over seven years

Visit our poster to learn more about the heart-protecting power of gratitude!