

Stress-related personality tests and noise effects: New evidence but old interpretations

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The Grossarth-Maticcek personality stress inventory (GMPSI) predicts future death and by what cause. It allows identification of cancer-prone, cardiovascular disease-prone, and future healthy individuals. The old interpretations of critics that the results were 'too good to be true' are at odds with results from our independent research at the University of Sydney supporting Grossarth-Maticcek's initial findings, refining an English version of his questionnaire, and examining the relationships between the personality types and responses to noise. In summary, our research shows that the GMPSI predicts reaction to specific laboratory stressors, to real life stressors, and to noise among those living under the flight path of Sydney International Airport. There is a risk that these findings are misinterpreted in the following terms. First, that not all people are affected by noise and so the effects are 'not real'; second, that reactions to noise are really 'psychological not real'; and third, that reactors need psychological treatment rather than less noise. On the contrary, individual differences in susceptibility are not evidence that the effects are 'not real'. Asbestos exposure or smoking does not kill everyone, but the effects are real. Physical health effects of noise continue to be supported by a broad range of evidence. Personality effects on those physical health effects of, and community reaction to, noise offer the opportunity to better understand the harmful mechanisms of noise in terms of individual differences in reactions to stress.