

Type A, hardiness, and psychological distress

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Abstract

This study examined the effects of hardiness and Type A behavior to burnout and psychological distress in the face of daily life hassles. Measures of hassles, hardiness, Type A behavior, and psychological distress were collected for 193 employees in the human services over 4 months. Analyses of covariance revealed that cognitively hardy Type A individuals experienced significantly less burnout and psychological distress than their less hardy Type B counterparts. The conceptual overlap and inherent confound between the hassles and the psychological distress measures are discussed in light of the research findings.