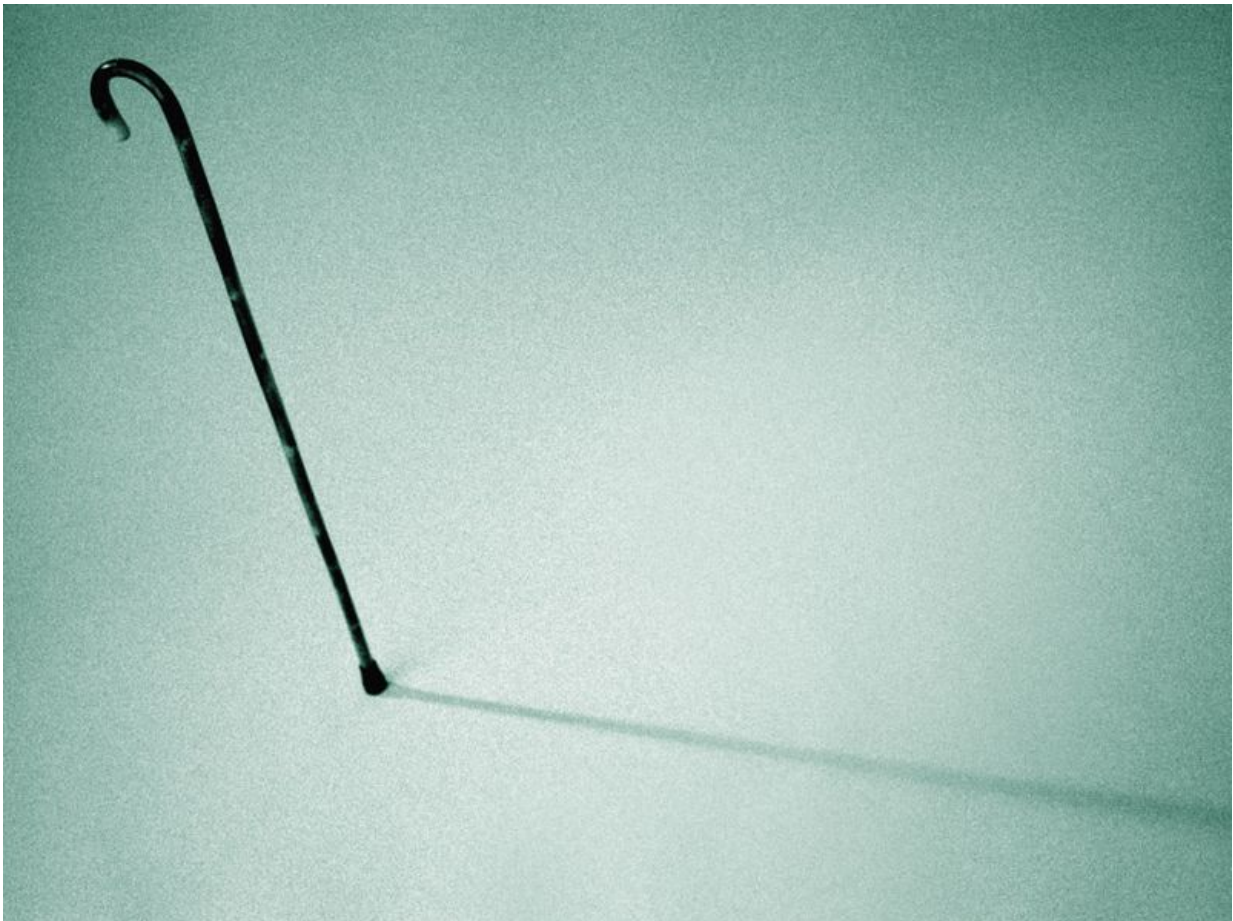


# Optimism, cynical hostility influence fall risk in women

August 31 2016

---



(HealthDay)—Optimism is associated with a decreased fall risk and

cynical hostility with an increased fall risk for women, according to a study published online Aug. 27 in the *Journal of Bone and Mineral Research*.

Jane A. Cauley, Dr.P.H., from the University of Pittsburgh, and colleagues examined whether personality influences fall and [fracture risk](#). The researchers used data from 87,342 women enrolled in the Women's Health Initiative Observational Study. The risk of falls and fractures was examined across quartiles of optimism and [hostility](#).

The researchers found that women with the highest optimism scores were less likely to report two or more falls in the past year (odds ratio, 0.89) in multivariable-adjusted models. Women in the highest quartile for hostility had increased risk of having two or more falls (odds ratio, 1.12). Higher optimism scores were also associated with a reduced risk of fractures, but this correlation was attenuated after multivariable adjustment. A modestly increased risk of any fracture was seen for women with the greatest hostility (multivariable-adjusted hazard ratio, 1.05), but no correlation was seen for specific fracture sites.

"Optimism was independently associated with a decreased risk of  $\geq 2$  falls, and hostility, an [increased risk](#) of  $\geq 2$  falls, independent of traditional risk factors," the authors write. "The magnitude of the association was similar to aging five years. Whether interventions aimed at attitudes could reduce fall risks remains to be determined."

**More information:** [Abstract](#)  
[Full Text](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

Citation: Optimism, cynical hostility influence fall risk in women (2016, August 31) retrieved 27

April 2024 from

<https://medicalxpress.com/news/2016-08-optimism-cynical-hostility-fall-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.