
Mayo Clinic Medical Edge

Pessimism and Mortality

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IS YOUR GLASS HALF EMPTY OR HALF FULL? WELL A NEW STUDY FINDS THAT PEOPLE WHO ARE MORE PESSIMISTIC, ANXIOUS OR DEPRESSED DIE EARLIER THAN THEIR COUNTERPARTS.
Yonas Geda, M.D.	"WE CAN CALL THEM EXPERTS ON NEGATIVITY... LOOKING AT THE HALF EMPTY... PROFESSORS OF HALF EMPTY."
	DR. YONAS GEDA IS THE DIRECTOR OF MAYO CLINIC'S NEURO-PSYCHIATRY CLINIC. HE AND HIS COLLEAGUES EXAMINED

	<p>DATA COLLECTED FROM PATIENTS NEARLY 50 YEARS AGO. AT THAT TIME, PATIENTS WERE ASKED ABOUT THEIR GENERAL OUTLOOK ON LIFE. DR. GEDA AND THE PRESENT DAY RESEARCHERS LOOKED AT THE NEXT 40 YEARS TO DETERMINE IF PESSIMISM, ANXIETY AND NEGATIVITY ARE RISK FACTORS FOR MORTALITY.</p>
<p>Dr. Geda</p>	<p>“THE BOTTOM LINE IS THAT JUST FOCUSING EXCESSIVELY ON THE HALF EMPTY THING MAY NOT BE THAT GREAT OF A THING TO DO.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>