Abstract:

This work focuses on summarizing suspected and proven links between personality traits and health. First we recapitulate various theories linking personality traits and health - Type A personality, optimism, pessimism, five-factor model of personality, self-esteem, self-efficacy and more. Next we concentrate on the perception of this connection with doctors through interviews on the topic of "personality and health" in the empirical part. In the empirical part semi-structured interviews with doctors on the topic of "personality and health" were used to observe how doctors themselves perceive this connection. The aim is to find out where the doctors find that connection while working with their patients and how they use it in their medical practice.

Keywords:

personality, health, disease, medical practice