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SAM S. SEBREE
 1886-1958

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March 6, 1984

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 9.21.84

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We have received a request for funding from Dr. Linda Russek to continue her research on the relationship between psychological factors and health. The amount requested is \$50,000 and would cover a period of approximately 18-24 months. We recommend that this proposal be approved as a Special Fund 4 Project.

Dr. Linda Russek is a clinical psychologist who practices in Boca Raton, Florida. A good portion of Dr. Russek's practice involves therapy with patients suffering from various stress-related diseases such as heart disease. In this regard, Dr. Russek works closely with her father, Dr. Henry Russek, an internationally known cardiologist. Both the Dr. Russeks believe that there is a strong relationship between the Type A behavior pattern and other behavioral factors and the occurrence of coronary artery disease. Dr. Linda Russek recently has appeared at several symposia discussing her research on the relationship between psychological factors and health. Enclosed are copies of the Russeks' curriculum vitae along with one of their papers dealing with stress and heart disease.

The proposed project involves a continuation of Dr. Linda Russek's follow-up study on research that was done on Harvard University students in the 1950's. The original research

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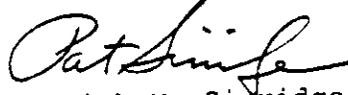
involved psychological and physiological measures of the ability to master stress. The data were reported in a book published in 1957 by Funkenstein et al. entitled The Mastery of Stress. The book reported the results of experiments measuring how students performed in stressful situations wherein various personality and psychological factors were recorded and analyzed. Dr. Russek was given permission by Harvard University in 1981 to do a follow-up study on the participants in the 1952-53 study. She already has interviewed the majority of the alumni who have been located and has obtained data on their current psychological and physical health. Dr. Russek's major hypothesis for which these new data will provide a test is that the failure to master stress in the earlier study is an indicator of future ill health. A more lengthy description of the original study and Dr. Russek's current research is contained in a summary memorandum attached to this letter.

Dr. Linda Russek has been working on the Harvard follow-up study for the past two years. This work has involved extensive personal interviews with Harvard alumni, and preliminary coding and review of the pertinent data. Research support for this work has been provided by The Russek Foundation along with funding from the Brown & Williamson Tobacco Company.

We believe that Dr. Russek's work is valuable in that it is a serious scientific effort to provide hard data on the relationship between psychological factors and physical health. The Russeks are particularly well equipped to study this issue given their experience with research on the possible role of emotional stress in the causation of heart disease. As indicated in the attached memorandum, Dr. Henry Russek plans to play an active role in the proposed project by reviewing all medical data generated by the follow-up study.

We recommend approval of the Russek proposal as a Special Fund 4 Project in the amount of \$50,000. An early response to this request would be appreciated.

Sincerely,



Patrick M. Sirridge

PMS:sh

Enc.

cc & enc: Ms. Janet C. Brown
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