Anxious about high blood pressure?

My experiment is to test if anxiety caused by yelling can cause a spike in blood pressure. Blood pressure is the outward force exhorted by your blood onto the walls of veins. Diastolic is the minimum pressure on the arteries, when the ventricles fill with blood. Systolic is the maximum pressure, when the ventricles contract. My hypothesis is that my blood pressure will rise with each yelling session.

Anxiety is basically an over-sensitive, anticipatory fight or flight response that sometimes reacts to imagined or missing stimuli, so it stands to reason that when anxious, blood pressure will rise. This is because the fight or flight response triggers not only a release of cortisol, but also an increased heart rate and blood pressure. Why? Simply to get more oxygenated blood to more cells at a faster rate than normally needed. Blood pressure can be manipulated by pressure to the walls of a vein, blockages or obstructions in the vein itself, and heart rate. These problems can arise from smoking, alcohol abuse, crappy genetics, and stress. For the purposes of our experiment, I had my good friend Maeve yell at me to stimulate my anxiety.

We began by taking a baseline heart rate -154/81- in order to measure any significant change. My baseline heart rate was a little high due to pre-existing anxiety. I had hoped this would only increase during our experiment, making it easier to calculate the change in heart rate. Once a baseline blood pressure had been calculated, we began the experiment. After I was yelled at by Maeve, Brianna took my blood pressure -139/84- . It seems as if our experiment was working, but after our second round of yelling, my heart rate had actually gone down. Heart rate was at -123/89- . It should be mentioned that the testing area at this point was quite noisy, and made for unfavorable conditions. The third round only proved more disappointing; we were all in good spirits and unable to truly cause anxiety in me. My heart rate was -120/60- , lower than it had been when we took the baseline!

In conclusion, there were unforeseen variables and the outcome is hereby rendered unusable.

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