

## How looking back in anger is bad for your health

Looking back in anger is bad for your health, say scientists who seem to agree with Oasis, the British rock band.



Brotherly love: Looking back in anger is bad for your health, say scientists Photo: Rex Features

---

7:00AM BST 28 Mar 2012

Researchers discovered that remembering the past with regret or bitterness worsens health.

The study by the University of Granada (UGR) found that people's attitude to past events, present experiences or future expectations, influences their perception of health and their quality of life.

Cristián Oyanadel, who co-authored the study, said: "We have observed that when people are negative about past events in their life, they also have a pessimist or fatalistic attitude towards current events.

"This generates greater problems in their relationships and these people present worse quality of life indicators."

The researchers assessed 50 people - 25 women and 25 men aged from 20 to 70 - from a randomised sample, using questionnaires and time orientation tests.

---

[Dieting is stressful and makes you irritable and angry \(http://www.telegraph.co.uk/health/healthnews/8393699/Dieting-is-stressful-and-makes-you-irritable-and-angry.html\)](http://www.telegraph.co.uk/health/healthnews/8393699/Dieting-is-stressful-and-makes-you-irritable-and-angry.html)

[Call centre knows you're angry \(http://www.telegraph.co.uk/technology/news/8915958/The-call-centre-that-knows-when-youre-angry.html\)](http://www.telegraph.co.uk/technology/news/8915958/The-call-centre-that-knows-when-youre-angry.html)

[Student technology addiction 'same as drug cravings' \(http://www.telegraph.co.uk/technology/news/8436831/Student-addiction-to-technology-similar-to-drug-cravings-study-finds.html\)](http://www.telegraph.co.uk/technology/news/8436831/Student-addiction-to-technology-similar-to-drug-cravings-study-finds.html)

[Women 'happy when partner upset' \(http://www.telegraph.co.uk/relationships/9126265/Research-finds-women-feel-happy-when-their-husband-or-partner-is-upset.html\)](http://www.telegraph.co.uk/relationships/9126265/Research-finds-women-feel-happy-when-their-husband-or-partner-is-upset.html)