

EXPLORING PSYCHOLOGY

(7th Edition in Modules)

David Myers

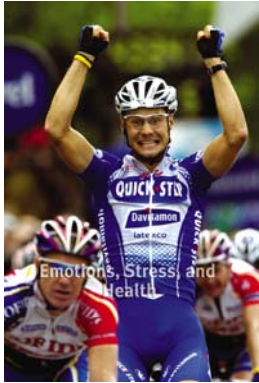
PowerPoint Slides

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Stress and Illness

Module 31

Emotions, Stress, and Health

Stress and Illness

- Stress and Stressors
- Stress and the Heart
- Stress and Susceptibility to Disease

Stress and Illness

Psychological states cause physical illness. **Stress** is any circumstance (real or perceived) that threatens a person's well-being.



Lee Stone/Corbis

When we feel severe stress, our ability to cope with it is impaired.

Stress and Illness

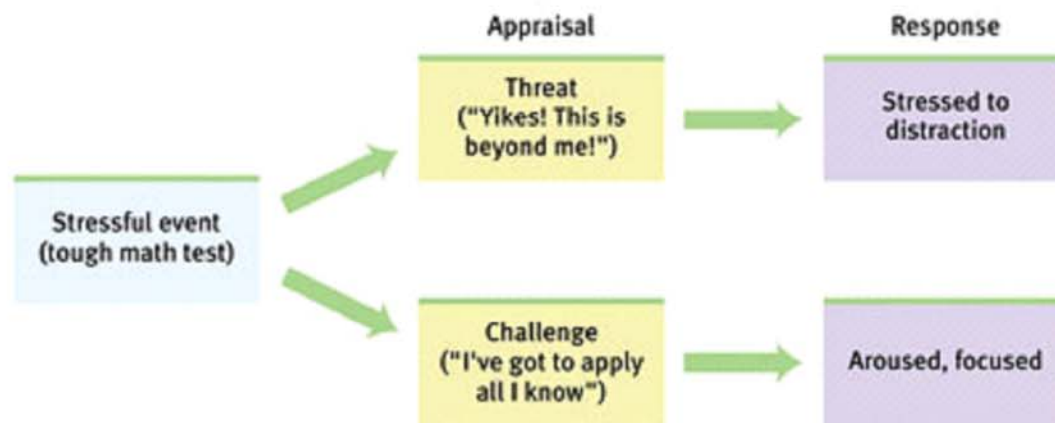
Stress can be adaptive. In a fearful or stress-causing situation, we can run away and save our lives. Stress can be maladaptive. If it is prolonged (chronic stress), it increases our risk of illness and health problems.

Stress and Stressors

Stress is a slippery concept. At times it is the stimulus (missing an appointment) and at other times it is a response (sweating while taking a test).

Stress and Stressors

Stress is not merely a stimulus or a response. It is a process by which we appraise and cope with environmental threats and challenges.

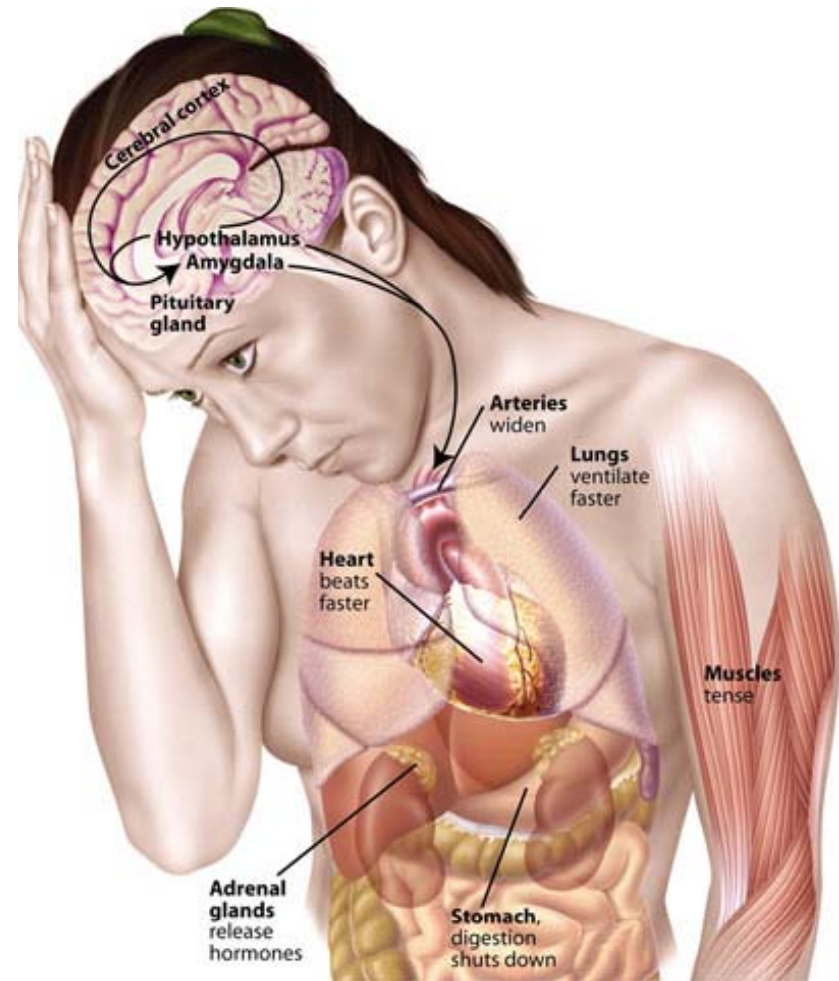


Bob Daemrich/ The Image Works

When short-lived or taken as a challenge, stressors may have positive effects. However, if stress is threatening or prolonged, it can be harmful.

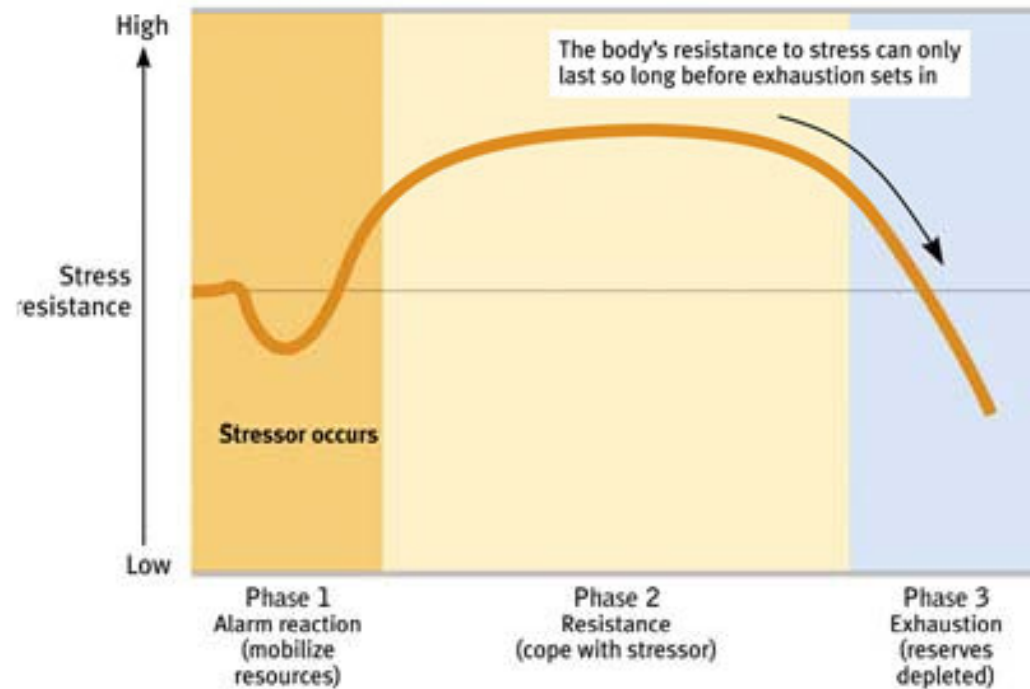
The Stress Response System

Cannon proposed that the stress response (fast) was a fight-or-flight response marked by the outpouring of *epinephrine* and *norepinephrine* from the inner adrenal glands, increasing heart and respiration rates, mobilizing sugar and fat, and dulling pain.



General Adaptation Syndrome

According to Selye, a stress response to any kind of stimulation is similar. The stressed individual goes through three phases.

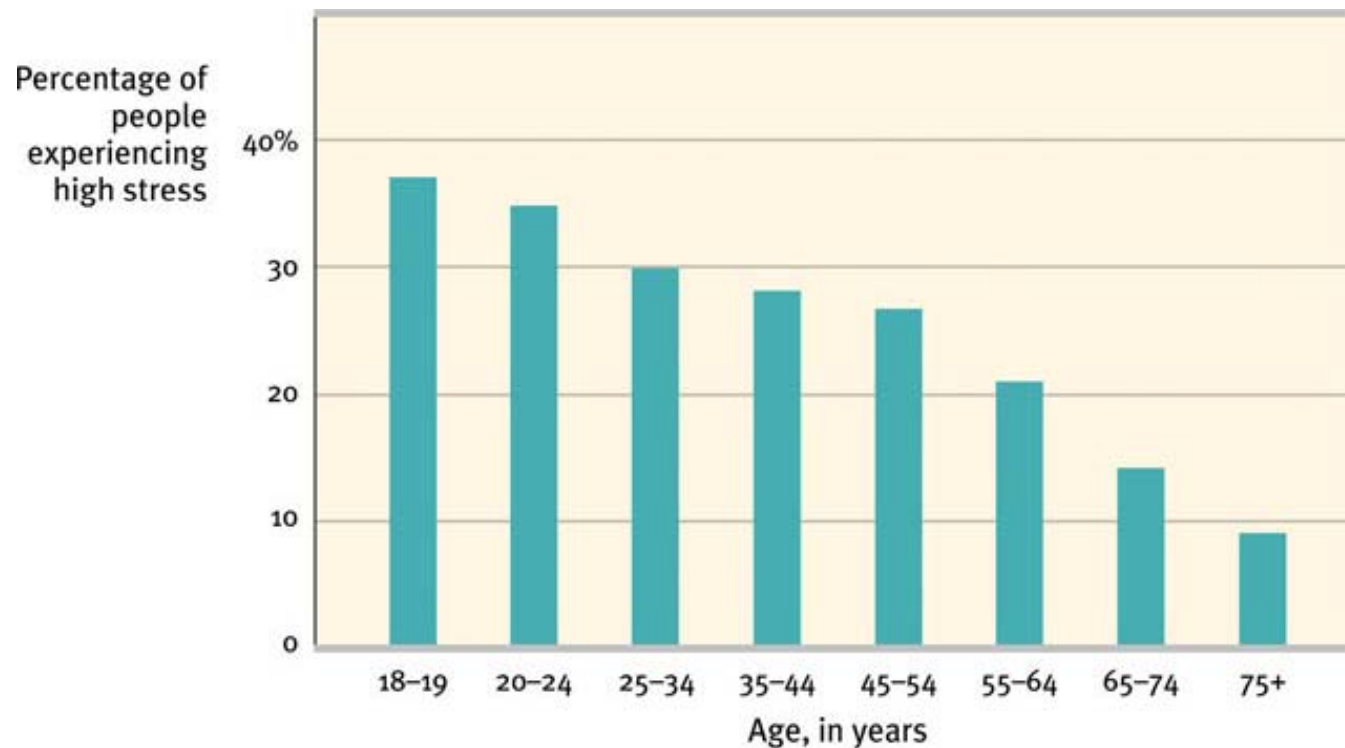


Stressful Life Events

Catastrophic Events: Catastrophic events like earthquakes, combat stress, and floods lead individuals to become depressed, sleepless, and anxious.

Significant Life Changes

The death of a loved one, a divorce, a loss of job, or a promotion may leave individuals vulnerable to disease.



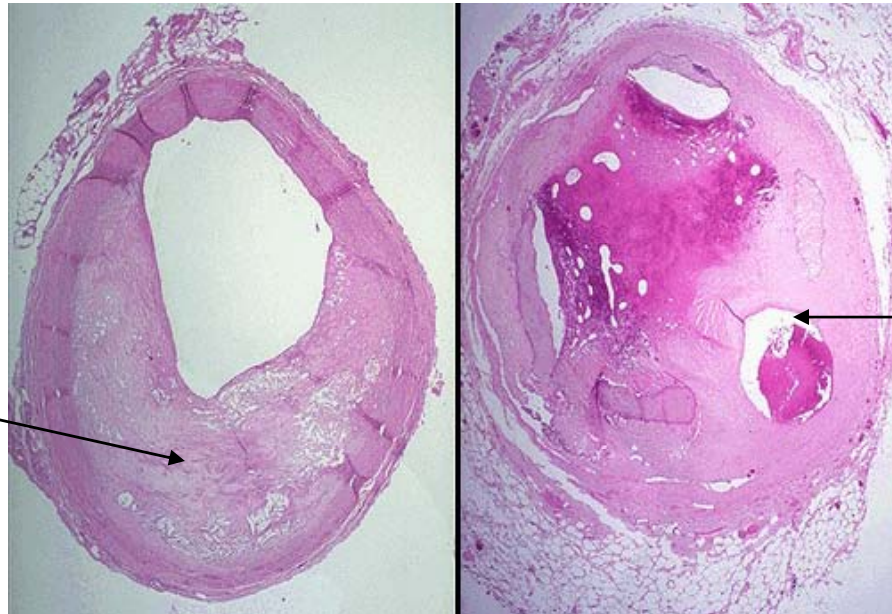
Daily Hassles

Rush hour traffic, long lines, job stress, and becoming burnt-out are the most significant sources of stress and can damage health.

Stress and the Heart

Stress that leads to elevated blood pressure may result in **coronary heart disease**, a clogging of the vessels that nourish the heart muscle.

Plaque in
coronary artery



Artery
clogged

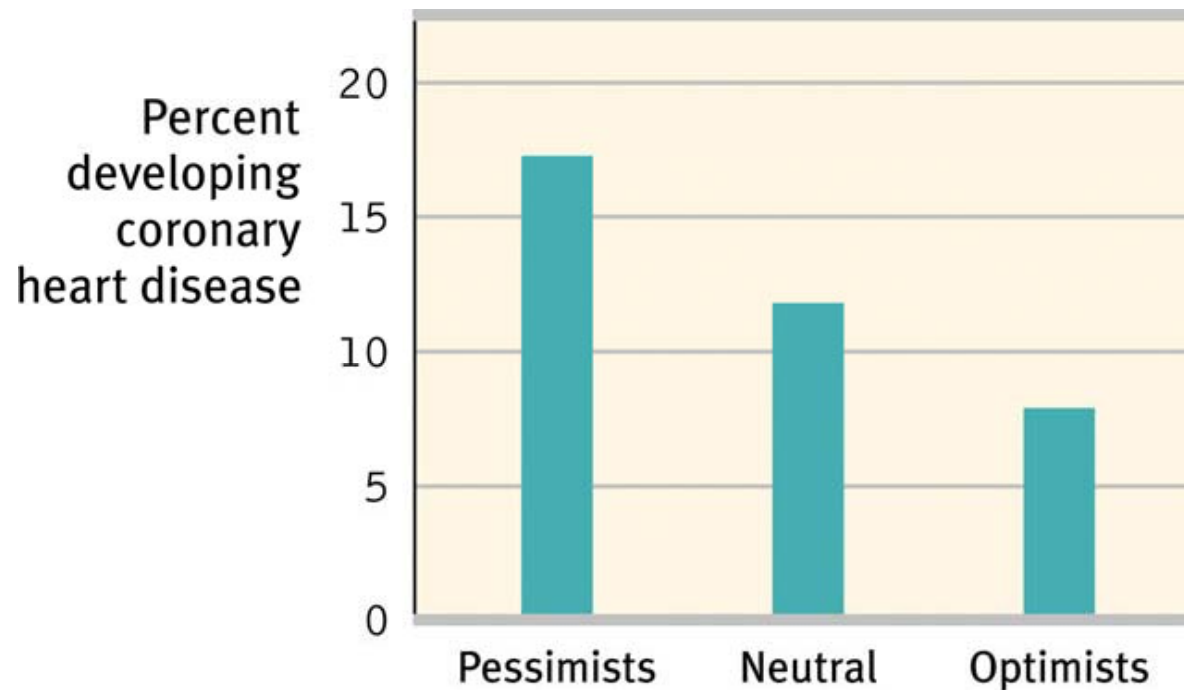
Personality Types

Type A is a term used for competitive, hard-driving, impatient, verbally aggressive, and anger-prone people. **Type B** refers to easygoing, relaxed people (Friedman and Rosenman, 1974).

Type A personalities are more likely to develop coronary heart disease.

Pessimism and Heart Disease

Pessimistic adult men are twice as likely to develop heart disease over a 10-year period (Kubzansky et al., 2001).



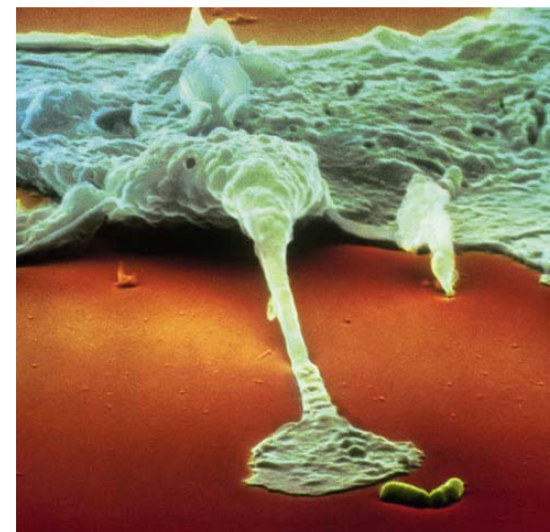
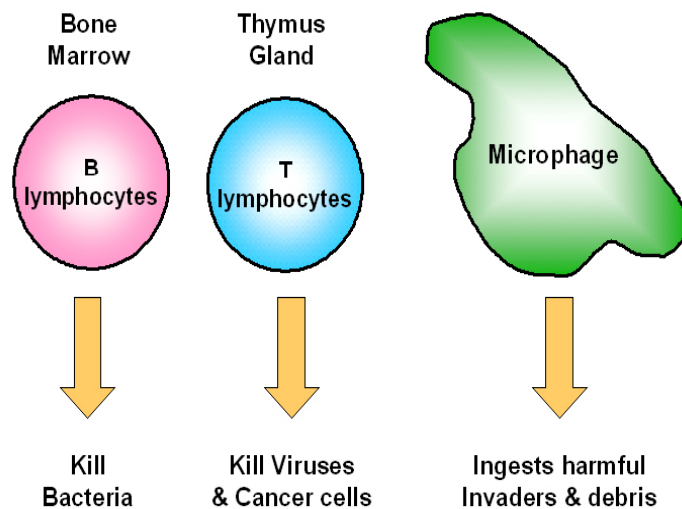
Stress & Susceptibility to Disease

A **psychophysiological illness** is any stress-related physical illness such as hypertension and some headaches.

Psychoneuroimmunology (PNI) is a developing field in which the health effects of psychological, neural, and endocrine processes on the immune system are studied.

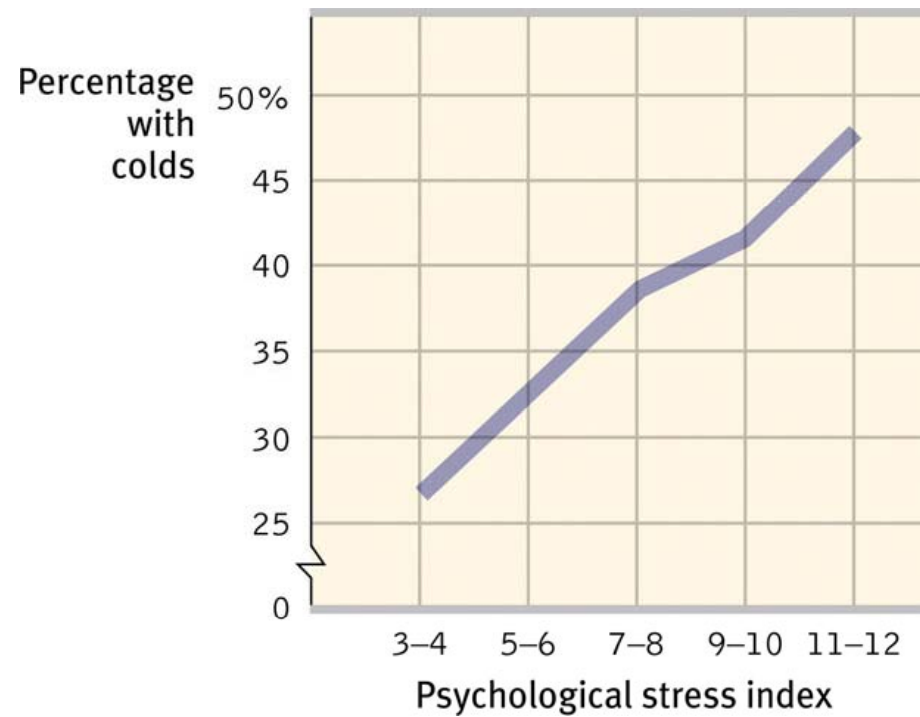
Psychoneuroimmunology

B lymphocytes fight bacterial infections, **T lymphocytes** attack cancer cells and viruses, and **microphages** ingest foreign substances. During stress, energy is mobilized away from the immune system making it vulnerable.



Stress and Colds

People with the highest life stress scores were also the most vulnerable when exposed to an experimental cold virus.



Stress and AIDS

Stress and negative emotions may accelerate the progression from human immunodeficiency virus (HIV) to acquired immune deficiency syndrome (AIDS).



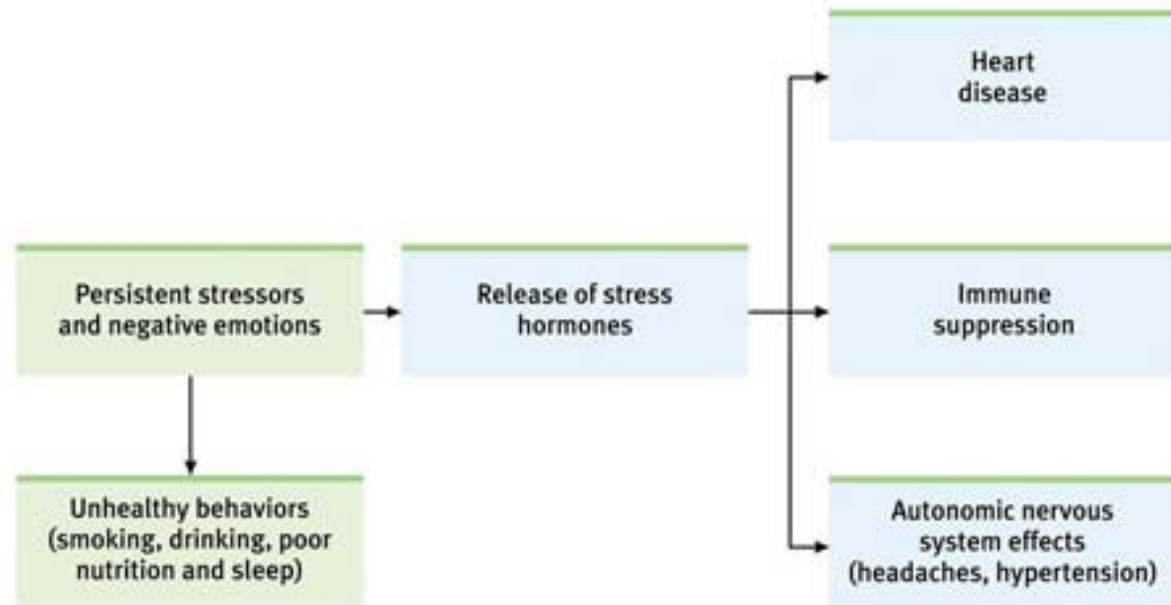
Stress and Cancer

Stress does not create cancer cells. Researchers disagree on whether stress influences the progression of cancer. However, they do agree that avoiding stress and having a hopeful attitude cannot reverse advanced cancer.

Health-Related Consequences

Stress can have a variety of health-related consequences.

Kathleen Finlay/ Masterfile



Behavioral Medicine

Psychologists and physicians have developed an interdisciplinary field of **behavioral medicine** that integrates behavioral knowledge with medical knowledge.

Mind and body interact; everything psychological is simultaneously physiological.