

STRESS & HEALTH

Stress response

Stressor—leads to eustress or distress
Depends on appraisal
Fight-or-flight—Walter Cannon
Adrenal glands
* Epinephrine (quick response)
* Glucocorticoids (slow response)
General Adaptation Syndrome—Selye
Alarm—activation of sympathetic nervous system
Resistance—deal with/fight
Exhaustion—breakdown of immune system (telomeres in DNA affected, can't replicate); hippocampus can't make new memories as well
Illness
Heart (Friedman & Rosenman study)
Type A—anger, reactive vs.
Type B—relaxed
69% of heart attack victims were A
Immune system impaired
* B lymphocytes (fight bacteria—formed in bone marrow)
* T lymphocytes (formed in thymus, fight viruses, cancers)
* Macrophages (“big eaters”)
Conditioning the immune system (Ader & Cohen study)
* Sweetened water with immune suppressing drug—created classically conditioned immune suppression
* Placebo effect in illness?

Coping

Problem-focused (address stressor)
Emotion-focused (seeks support from others)
Exercise
Biofeedback
Meditation
Spiritual connection

Conflict

Approach-approach
Win-win situation
Avoidance-avoidance
Lose-lose situation
Approach-avoidance
One choice, pros and cons

Obesity & health

Physiology
Fat cells—30-40 million
Divide if too full, can't get rid of fat cells
Set-point/metabolism
Fat cells—low metabolic rate
Metabolism slows when fat cells are deprived, tries to maintain fat level
Genetics
Adopted children's weight not correlated to adoptive parents
Identical twins correlation +.72
Fraternal twins correlation +.32
Chemical effect
Leptin in rats—when up, weight down

Losing weight?
2/3 of women, 1/3 of men trying