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However, you might also run into several copies for sale, as reformatting the print copy into an eBook still took some work. Some of your search results may also be related works with the same title.

### **Stress Psychological Factors And Health**

Gary Brown, a licensed psychotherapist, says some of the more common stressors

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include: relationship conflicts at home new or increasing work responsibilities increasing demands financial strain loss of a loved one health problems moving to a new location exposure to one or more traumatic incidents, ...

## **Psychological Stress: Symptoms, Causes, Treatment & Diagnosis**

Psychological sources

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of stress not only diminish our capacity for adjustment, but also may adversely affect our health. Many visits to physicians, perhaps even most, can be traced to stress-related illness. Stress is associated with an increased risk of various types of physical illness, ranging from digestive disorders to heart disease.

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**Stress,**

**Psychological**

**Factors, and Health**

Indeed, stress

symptoms can affect

your body, your

thoughts and feelings,

and your behavior.

Being able to recognize

common stress

symptoms can help

you manage them.

Stress that's left

unchecked can

contribute to many

health problems, such

as high blood pressure,



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heart disease, obesity  
and diabetes. Act to  
manage stress

**Stress symptoms:  
Effects on your body  
and behavior - Mayo**

...

Individuals react  
differently to stress  
depending on  
psychological factors  
such as the meaning  
they ascribe to  
stressful events.

Psychological  
Hardiness A cluster of

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Psychological

stress-buffering traits

characterized by

commitment,

challenge, and control

over their lives.

**Stress,  
Psychological  
Factors, and Health  
Flashcards | Quizlet**

There is no one,  
specific health effect  
that is always  
associated with stress.

It often acts indirectly  
by disturbing sleep,  
worsening the workers'

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mood, motivating  
substance abuse and  
other addictive  
behaviors, and  
changing behavior.

Special programs to  
help such people are  
called employee  
assistance programs.

**Stress and  
Psychological  
Factors - Oxford  
Scholarship**

psychological  
hardiness. A cluster of  
stress-buffering traits

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## Psychological

## Factors And

## Health Csun

caharacterized by commitment, challenge, and control. Commitment: Rather than feeling alienated from their tasks and situations, hardy individuals involve themselves fully. They believe in what they are doing.

## **Chapter 5 - Stress, Psychological Factors, and Health**

...

In this study, direct and

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indirect relationships were evaluated between stress, psychological distress, psychosocial factors (e.g. social support, coping, EI), menopause symptom severity and physical health in middle-aged women.

**Stress,  
psychological  
distress,  
psychosocial factors**

...

The long-term

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activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including: Anxiety; Depression; Digestive problems; Headaches; Heart disease; Sleep problems; Weight gain

**Chronic stress puts**

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**your health at risk -**

**Mayo Clinic**

14 August, 2017.

Psychological factors can influence physical health either indirectly, by changing behaviors that affect your health, such as eating, sleeping and socializing, or directly, by producing changes in your hormones and/or heart rate.

Additionally, the mind can interact with the benefits of a medicine,

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reducing the effectiveness of a certain drug or worsening the negative symptoms associated with certain medical conditions.

## **The Psychological Factors Affecting Medical Conditions**

...

Around half of European workers consider stress to be common in their workplace, and it



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Factors And Health Csun

contributes to around half of all lost working days. Like many other issues surrounding mental health, stress is often misunderstood or stigmatised. However, when viewed as an organisational issue rather than an individual fault, psychosocial risks and stress can be just as manageable as any other workplace ...

## **Psychosocial risks**

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**and stress at work -**

**Safety and health ...**

Several psychological factors including stress, behavior due to chronic pain, depression, and cultural beliefs can have adverse affects on the body's physical condition. The treatment of both physiological and psychological aspects of poor health are crucial for patients to have successful

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treatment outcomes, maintain and improve wellness, and improved adherence to medical regimens.

**Psychological factors affecting health -**

**NursingAnswers.net**

Psychological stress describes what people feel when they are under mental, physical, or emotional pressure. Although it is normal to experience some

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psychological stress from time to time, people who experience high levels of psychological stress or who experience it repeatedly over a long period of time may develop health problems (mental and/or physical).

## **Psychological Stress and Cancer - National Cancer Institute**

Impact factor: 2.35

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2019 Journal Citation  
Reports (Clarivate  
Analytics): 83/155  
(Psychiatry) 54/141  
(Psychiatry (Social  
Science)) 33/77  
(Psychology) 33/84  
(Psychology, Applied)  
Online ISSN:  
1532-2998

### **Stress and Health - Wiley Online Library**

Stress is actually a  
normal part of life. At  
times, it serves a  
useful purpose. Stress

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Health Csun  
can motivate you to  
get that promotion at  
work, or run the last  
mile of a marathon.

But if you don't get a...

## **Common Causes of Stress & Their Effect on Your Health**

PSYCHOLOGICAL

FACTORS AND DISEASE

119 events in immune  
regulation as well as  
suggest the benefit of  
positive events in  
health outcomes. Two  
studies explored the

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Factors And  
Health Csu

impact of perceived stress on the body's ability to produce antibodies (develop immunity) in response to the standard series of three hepatitis B vaccinations.

### **HEALTH**

### **PSYCHOLOGY:**

### **Psychological Factors and Physical**

...

Physical stressors.

Such factors can influence the worker

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both physically and chemically, for example, direct effects on the brain of organic solvents. Secondary psychosocial effects can also originate from the distress caused by, say, odours, glare, noise, extremes of air temperature or humidity and so on.

### **Psychosocial Factors, Stress and Health**

According to this view,



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illness and health are the results of a combination of biological, psychological, and social factors. 5 Biological factors include inherited personality traits and genetic conditions. Psychological factors involve lifestyle, personality characteristics, and stress levels.

## **Health Psychology:**

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**The Science of  
Health and Behavior**

Prolonged or repeated arousal of the stress response, a characteristic of modern life, can have harmful physical and psychological consequences, including heart disease, diabetes, anxiety, and...

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