



Stress, Fear And Illness

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What Is "Stress"?

- ✓ A story about "stress"
- ✓ the symbol of "stress"
- ✓ physical response and G.A.S

Three meanings of stress:

1. Stressor
2. Reaction
3. Relationship

Three Stage of G.A.S

1. Alarm stage
2. Resistance
3. Exhaustion

Alarm Stage:

Stressor

Autonomic nervous system



Sympathetic ↑

Parasympathetic ↓

Endocrine system: Epinephrine, Sugar and fat

Breath

Heart rate

Blood pressure

Digestion

Sweat and salivation

Stomach, bowel and bladder muscles pain



Resistance:

The organ mobilize to cope with the stressor begin to tire over time.

Exhaustion:

The stress prolonged

Failure of resistance

Physical hurt → psychosomatic disease:

diabetes, ulcer, hypertension, coronary heart disease,
myocardial infarction, headache etc.

Even death

Summarizing:

"When life is a G.A.S. (General Adaptation Syndrome),
you A.R.E. (alarmed, resist, and exhausted)!"

Stress and Illness

- ✓ the relation between stress and illness: not linear
- ✓ personality and heart disease: type A behavior pattern
- ✓ Holmes and Rahe and life change unit (LCU)

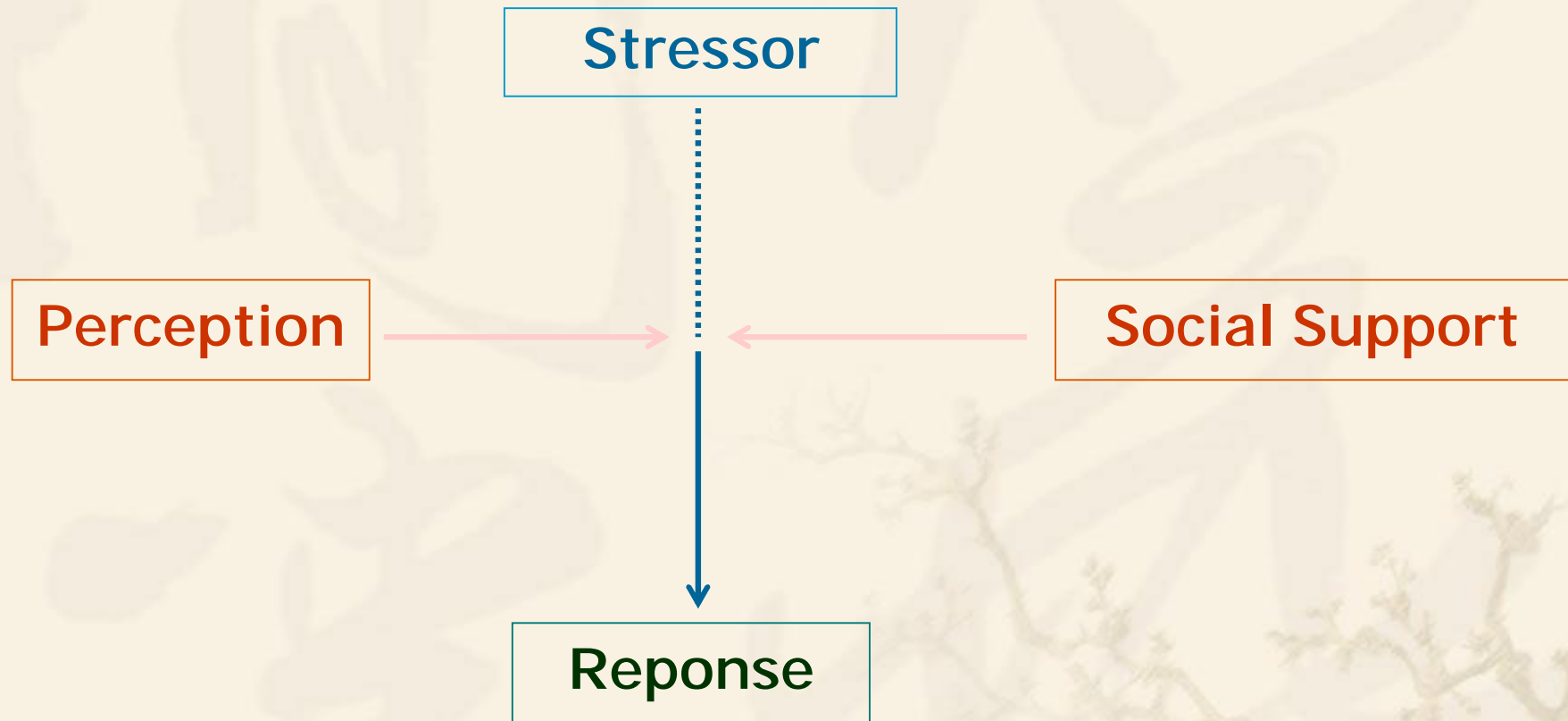
Holmes and Rahe Conclude:

1. Life events are associated with the **onset** of illness.
2. Life change is a **necessary** but not sufficient cause of disease.
3. A direct correlation exists between the magnitude of life change and the **likelihood** of illness. (Patients with LCU's exceeding 300 may have an 80% chance of suffering from minor illness.)
4. Life change magnitude correlates directly the **risk** and the **severity** of illness.

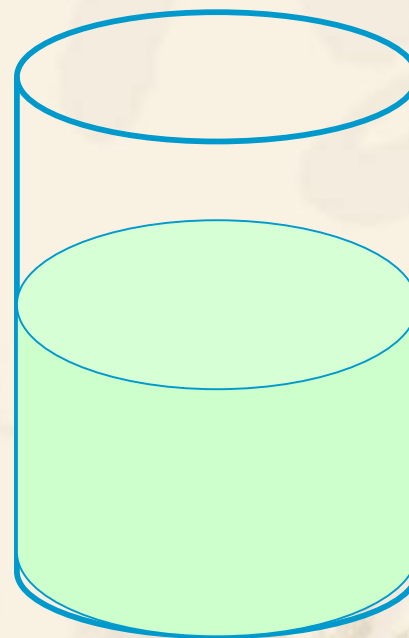
Mediators of the Stress Response

- √ perceptions
- √ Social support

Factors Influencing Stress Reponse



“perceptual filter”



Labeling of an emotion

**“Physiological state is Interpreted,
based on **past experiences** within a certain **context**”**

The physiological state at grandma's funeral

_____ "Sad"

The physiological state being chased by a bear

_____ "Fear"

The physiological state when food is being stolen

_____ "Anger"

Emotion effects can be induced by analog of the stressor:

- ü Biology, cognitive behavior, and environment are connected.
- ü The combinations of these factors can affect emotions.
- ü Emotion can affect perceptions.
 - ü Fear: the object is know
 - ü Anxiety: the object is unknown

Clinical Strategies for Stress Management

The approach of stress management in clinic:

- ∅ Providing accurate information
- ∅ Reassurance
- ∅ Control
- ∅ Behavioral strategies*

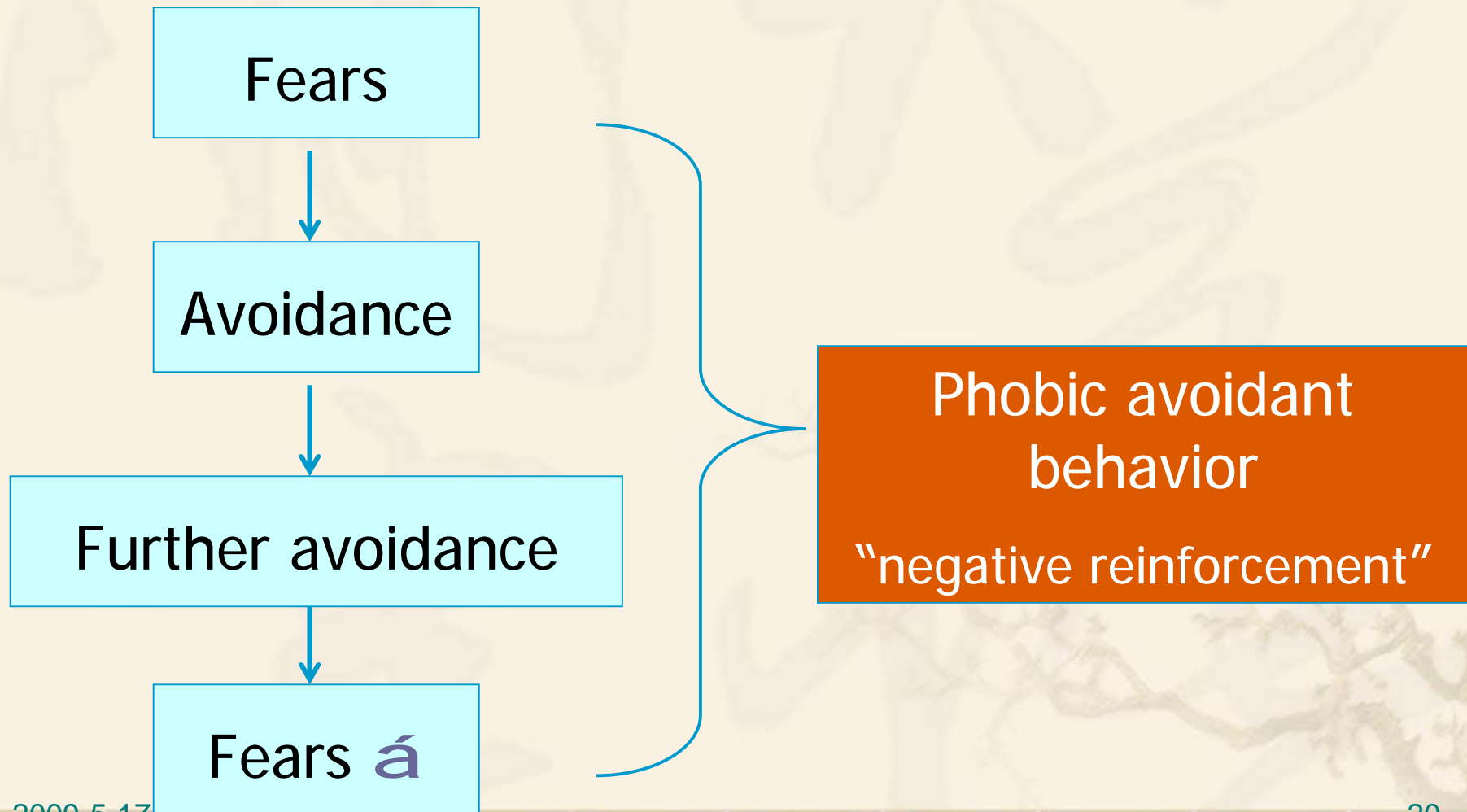
Behavioral Strategies:

- 1) Relaxation training
- 2) Exercise
- 3) Proper nutrition
- 4) Guided imagery or creative visualization techniques
- 5) Hypnosis
- 6) Biofeedback training
- 7) Recreation

Two primary sources of stress reduction:

- Ø Modification of one's perceptions
- Ø Social support

Too strong fear results individual's avoidance



Exposure Therapy

What is the exposure therapy?

What is the exposure therapy used for?

A behavior technique used for reducing fears and its related avoidant behavior.

Three steps of exposure therapy:

- Ø Identifying fear-inducing situations
- Ø Arranging the situation in order from least to most fearful
- Ø Exposing patient to each situation gradually (*in vivo or in vitro*)

Key point : allow them to occur, get familiar with them, and handle them (not run from them)

- ✓ “Plan A” ---- Systematic Desensitization
- ✓ “Plan B” ---- Flooding

Automatic nervous system

and

Homeostatic

2009-5-17

24

Summary and Key Concepts

∅ "F-f" response and "G. A. S."

∅ The principal mediators of stress response

∅ Solution for patient stress:

information, reassurance and behavior strategies

∅ Behavior strategies:

relax training, exercise, proper nutrition, visualization/imagery techniques, hypnosis, Biofeedback training, recreation.

∅ Exposure therapy

