# Chapter 40 Stress Generation

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# Abstract

The stress generation hypothesis posits that individuals with particular personality, cognitive, and interpersonal vulnerabilities generate stressful life events. As a result, individuals with these vulnerabilities are theorized to experience higher rates of life events that may be due to their own behavior and characteristics than nonvulnerable individuals. In contrast, these two groups are not expected to differ in rates of independent life events. The stress generation hypothesis has been very influential to theories of the role of stress in the onset and maintenance of diseases, such as depression, by proposing that individuals are not passive victims of stress, but instead actively contribute to their environments. This chapter will review the state of the literature with an emphasis on predictors and moderators of stress generation effects. The chapter will conclude with directions for future research and implications of the stress generation hypothesis for the treatment and prevention of stress-related disease.