# Chapter 13 Psychological Stressors

# Overview

S.M. Monroe and G.M. Slavich

2 University of California, Los Angeles, CA, USA

1 University of Notre Dame, Notre Dame, IN, USA

# References

1.[Allbutt C. Nervous diseases and modern life.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink1rf0010) *[Contemp Rev](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink1rf0010)*[. 1895;67:217.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink1rf0010)

2.[Weiner H.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink2rf0015) *[Perturbing the Organism: The Biology of Stressful Experience.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink2rf0015)* [Chicago, IL: The University of Chicago Press; 1992.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink2rf0015)

3.[Selye H.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink3rf0020) *[The Stress of Life.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink3rf0020)* [2nd ed. New York, NY: McGraw-Hill; 1976.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink3rf0020)

4.[Dohrenwend BP, ed.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink4rf0025) *[Adversity, Stress, and Psychopathology](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink4rf0025)*[. New York, NY: Oxford University Press; 1998.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink4rf0025)

5.[Brown GW, Harris TO, eds.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink5rf0030) *[Life Events and Illness](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink5rf0030)*[. London: Guilford Press; 1989.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink5rf0030)

6.[Monroe SM. Modern approaches to conceptualizing and measuring life stress.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink6rf0035) *[Annu Rev Clin Psychol](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink6rf0035)*[. 2008;4:33–52.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink6rf0035)

7.[Weiss JM. Psychological factors in stress and disease.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink7rf0040) *[Sci Am](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink7rf0040)*[. 1972;226:104–113.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink7rf0040)

8.[Lazarus RS.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink8rf0045) *[Psychological Stress and the Coping Process.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink8rf0045)* [New York, NY: McGraw-Hill; 1966.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink8rf0045)

9.[Holmes TH. Development and application of a quantitative measure of life change magnitude. In: Barrett JE, ed.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink9rf0050) *[Stress and Mental Disorder](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink9rf0050)*[. New York, NY: Raven Press; 1979:37–53.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink9rf0050)

10.[Holmes TH, Rahe RH. The social readjustment rating scale.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink10rf0055) *[J Psychosom Res](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink10rf0055)*[. 1967;11:213–218.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink10rf0055)

11.[Cohen S, Kessler RC, Gordon LU, eds.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink11rf0060) *[Measuring Stress: A Guide for Health and Social Scientists](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink11rf0060)*[. New York, NY: Oxford University Press; 1995.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink11rf0060)

12.[Slavich GM, Irwin MR. From stress to inflammation and major depressive disorder: a social signal transduction theory of depression.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink12rf0065) *[Psychol Bull](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink12rf0065)*[. 2014;140:774–815.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink12rf0065)

13.[Monroe SM, Slavich GM, Georgiades K. The social environment and depression: the importance of life stress. In: Gotlib IH, Hammen CL, eds.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink13rf0070) *[Handbook of Depression](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink13rf0070)*[. 3rd ed. New York, NY: Guilford Press; 2014:296–314.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink13rf0070)

14.[Monroe SM, Harkness KL. Life stress, the ‘kindling’ hypothesis, and the recurrence of depression: considerations from a life stress perspective.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink14rf0075) *[Psychol Rev](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink14rf0075)*[. 2005;112:417–445.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink14rf0075)

15.[Post RM. Transduction of psychosocial stress into the neurobiology of recurrent affective disorder.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink15rf0080) *[Am J Psychiatr](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink15rf0080)*[. 1992;149:999–1010.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink15rf0080)

16.[Zhang T-Y, Meaney MJ. Epigenetics and the environmental regulation of the genome and its function.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink16rf0085) *[Annu Rev Psychol](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink16rf0085)*[. 2010;61:439–466.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink16rf0085)

17.[Monroe SM, Reid MW. Gene-environment interactions in depression: genetic polymorphisms and life stress polyprocedures.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink17rf0090) *[Psychol Sci](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink17rf0090)*[. 2008;19:947–956.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink17rf0090)

18.[Slavich GM, Cole SW. The emerging field of human social genomics.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink18rf0095) *[Clin Psychol Sci](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink18rf0095)*[. 2013;1:331–348.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink18rf0095)

19.[Dohrenwend BP. Inventorying stressful life events as risk factors for psychopathology: toward resolution of the problem of intracategory variability.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink19rf0100) *[Psychol Bull](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink19rf0100)*[. 2006;132:477–495.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink19rf0100)

20.[Hammen C. Stress and depression.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink20rf0105) *[Annu Rev Clin Psychol](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink20rf0105)*[. 2005;1:293–319.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink20rf0105)

21.[Shiffman S, Stone AA, Hufford MR. Ecological momentary assessment.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink21rf0110) *[Annu Rev Clin Psychol](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink21rf0110)*[. 2008;2005(4):1–32.](file:///D:\\womat-filecopy\\Ed-Reference\\0002589180.html" \l "rfLink21rf0110)