# Chapter 10 Environmental Factors

W.R. Avison

2 Children's Health Research Institute, Lawson Health Research Institute, London, ON, Canada

1 The University of Western Ontario, London, ON, Canada

# Abstract

Environmental factors are social or economic conditions that affect exposure to stressors. The stress process model has been used widely as a conceptual framework for understanding how environmental factors influence exposure to a wide array of stressors. Three major environmental determinants of stress are social status, social roles, and the ambient environment. Research on the stress process has extensively studied the relative importance of differential exposure and differential vulnerability to stress as explanations of differences in mental health outcomes by various statuses and roles.