# Chapter 8 Control and Stress

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Table 1

Adverse Effects of Uncontrollable Stress in Comparison with Exposure to Matched Controllable Aversive Stimulation

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| Decreased food/water consumption |
| Greater weight loss |
| Higher plasma corticosterone |
| Increased gastric lesions |
| Reduced production of specific antibodies |
| Reduced lymphocyte reactivity |
| Decreased cytotoxic activity of natural killer cells |
| Decreased tumor rejection |
| Increased susceptibility to malignancy |