

Stress-hormonal, emotional, behavioral and cognitive implications

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Stress is the sum of nonspecific changes produced by the body in the course of adaptation to severe challenges. Some stimuli have the direct ability to damage tissue, which are the physical stressors that operate in the absence of consciousness. On the other hand, some stressors challenge the human's equilibrium because of their perceived potential for harm, which are considered psychosocial stressors. The study demonstrated that with either type of stressors, the system engaged in physiological and behavioral adaptations to return to a state of minimal challenge. The study of cortisol and epinephrine formed perfect synthesis of the study of psychosocial interaction with bodily responses and the study of physical processes related to cognition.