

VOLUME ONE

# ENCYCLOPEDIA OF STRESS

SECOND EDITION

EDITOR-IN-CHIEF  
GEORGE FINK



# Encyclopedia Of Stress

**George Fink**



## **Encyclopedia Of Stress:**

Encyclopedia of Stress ,2000-04-19 Stress is generally defined as a strain upon a bodily organ or mental power Depending on its duration and intensity stress can have short or long lasting effects it has been linked to heart disease immune deficiency memory loss behavioral disorders and much more These effects on the individual also have a major impact on health care costs and services employee productivity and even violent crime The Encyclopedia of Stress is the first comprehensive reference source on stressors the biological mechanisms involved in the stress response the effects of activating the stress response mechanisms and the disorders that may arise as a consequence of acute or chronic stress While other books focus on specific aspects of stress this three volume set covers the entire spectrum of topics with nearly 400 articles in all In addition to the subjects traditionally associated with the hypothalamic pituitary adrenal axis whereby the brain sends a message to the body to react the Encyclopedia includes a wide range of related topics such as neuroimmune interactions cytokines enzymatic disorders effects on the cardiovascular system immunity and inflammation and physical illnesses It also goes beyond the biological aspects of stress to cover topics such as stress and behavior psychiatric and psychosomatic disorders workplace stress post traumatic stress stress reduction techniques and current therapies The Encyclopedia of Stress makes information easy to find and understand for a broad audience of researchers clinicians professionals and students Key Features Presenting the first ever encyclopedia on stress Brings together the latest information on stressors stress responses and the disorders that can result Covers stress from molecules to man to societies Contains nearly 400 articles covering a wide range of stress related topics Arranges topics in easily found alphabetical order Supplements each article with a glossary and further reading list Provides the most comprehensive coverage of stress available Includes extensive cross referencing between articles and a complete subject index Covers hot topics ranging from stress in the workplace and post traumatic stress disorder to stress related diseases Edited by one of the world s leading authorities on stress Written by more than 560 experts from 20 different countries Appeals to a wide audience seeking information on topics within and outside their areas of expertise *Encyclopedia of Stress* George Fink,Bruce McEwen,2007 Like the first edition the second edition of the Encyclopedia of Stress will cover nearly every conceivable aspect and ramification of stress including a wide range of related topics such as neuroimmune interactions cytokines enzymatic disorders effects on the cardiovascular system immunity and inflammation and physical illnesses Over the last decade scientists have presented convincing research showing that psychological stress increases vulnerability to disease They now understand more clearly that stress may be the thread tying together illnesses that were previously believed to be unrelated Bone loss increased abdominal fat and damaged memory cells in the hippocampus have been linked to elevated cortisol levels Building on the success of the first edition this completely revised work surveys the vast amount of research generated in the past five years resulting in a substantial revision with over 30% new material and over 100 new entries Wxpanded sections

include Animal Studies Anxiety and Depression Drugs Depression Disasters and Psychological and Other Therapies This edition is also available online via our ScienceDirect reference works Timely update on the topic of Post Traumatic Stress Disorder taking into account events such as terrorism and middle east wars Includes expanded coverage on anxiety and depression Incorporates entries on the advances in our knowledge of immunology cytokines and cell mediated immunity involved in stress responses and autoimmune diseases such as multiple sclerosis and Type I diabetes Encyclopedia of Stress George Fink,2007-04 Like the first edition the second edition of the Encyclopedia of Stress will cover nearly every conceivable aspect and ramification of stress including a wide range of related topics such as neuroimmune interactions cytokines enzymatic disorders effects on the cardiovascular system immunity and inflammation and physical illnesses Over the last decade scientists have presented convincing research showing that psychological stress increases vulnerability to disease They now understand more clearly that stress may be the thread tying together illnesses that were previously believed to be unrelated Bone loss increased abdominal fat and damaged memory cells in the hippocampus have been linked to elevated cortisol levels Building on the success of the first edition this completely revised work surveys the vast amount of research generated in the past five years resulting in a substantial revision with over 30% new material and over 100 new entries Wxpaned sections include Animal Studies Anxiety and Depression Drugs Depression Disasters and Psychological and Other Therapies This edition is also available online via our ScienceDirect reference works Timely update on the topic of Post Traumatic Stress Disorder taking into account events such as terrorism and middle east wars Includes expanded coverage on anxiety and depression Incorporates entries on the advances in our knowledge of immunology cytokines and cell mediated immunity involved in stress responses and autoimmune diseases such as multiple sclerosis and Type I diabetes

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**Encyclopedia of Stress: A-E** George Fink, 2007-01-01 Over the last decade scientists have presented convincing research showing that psychological stress increases vulnerability to disease Encyclopedia of Stress 2e covers nearly every conceivable aspect and ramification of stress including a wide range of related topics such as neuroimmune interactions cytokines enzymatic disorders effects on the cardiovascular system immunity and inflammation and physical illnesses

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of acute or chronic stress While other books focus on specific aspects of stress this three volume set covers the entire spectrum of topics with nearly 400 articles in all In addition to the subjects traditionally associated with the hypothalamic pituitary adrenal axis whereby the brain sends a message to the body to react the Encyclopedia includes a wide range of related topics such as neuroimmune interactions cytokines enzymatic disorders effects on the cardiovascular system immunity and inflammation and physical illnesses It also goes beyond the biological aspects of stress to cover topics such as stress and behavior psychiatric and psychosomatic disorders workplace stress post traumatic stress stress reduction techniques and current therapies The Encyclopedia of Stress makes information easy to find and understand for a broad audience of researchers clinicians professionals and students      **Encyclopedia of Stress: F-N** ,2007      The Encyclopedia of Trauma and Traumatic Stress Disorders Ronald Manual Doctor, Frank N. Shiromoto, 2009 Presents numerous entries covering all aspects of trauma traumatic stress disorders and related topics      The Sensitive Nervous System David S. Butler, 2000 The decade since the publication of David Butler s Mobilisation of the Nervous System has seen the rapid growth and influence of the powerful and linked forces of the neurobiological revolution the evidence based movements restless patients and clinicians The Sensitive Nervous System calls for skilled combined physical and educational contributions to the management of acute and chronic pain states It offers a big picture approach using best evidence from basic sciences and outcomes data with plenty of space for individual clinical expertise and wisdom      *Lifestyle Psychiatry* Gia Merlo, Christopher P. Fagundes, 2023-12-27 Lifestyle medicine is a practice which adopts evidence based lifestyle interventions as a primary modality to prevent treat and reverse chronic diseases The six main pillars of this specialty include physical activity nutrition stress resilience cessation or risk reduction of substance use quality sleep and connectivity Lifestyle Psychiatry Through the Lens of Behavioral Medicine is grounded in the same pillars drawing upon theories methods and empirical findings from health psychology and behavioral medicine Lifestyle psychiatry is a rapidly emerging area within healthcare informed by rigorous research within the social and biological sciences public health and medicine A volume in the Lifestyle Medicine series this book uses a comprehensive biopsychosocial approach to prevent and treat psychiatric disorders and promote mental and physical well being through evidence based lifestyle interventions Features Draws upon theories methods and empirical findings from health psychology and behavioral medicine Provides evidence based research on the bi directionality of mental and physical health Addresses fundamental neuroscience concepts and applies them to practical aspects of lifestyle practices mental health and brain health Appropriate for clinicians primary care physicians and those practicing in specialized areas the information in this book provides users with practical tools to help explain prevent and treat psychiatric disorders and associated maladaptive health behaviors in patients      **Guide to Reference in Medicine and Health** Denise Beaubien Bennett, Christa Modscheidler, 2014-04-26 Drawn from the extensive database of Guide to Reference this up to date resource provides an annotated list of print and electronic biomedical and health related

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