

# Stress and the Heart

Psychosocial Pathways to Coronary Heart Disease

Stephen Stansfeld   Michael Marmot

# Stress And The Heart Psychosocial Pathways To Coronary Heart Disease

**Ingvar Lundberg,Tomas  
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## **Stress And The Heart Psychosocial Pathways To Coronary Heart Disease:**

**Stress and the Heart** Stephen Stansfeld, Michael Marmot, 2001-11-28 This book brings together the evidence on psychosocial factors that influence the causation and progression of coronary heart disease. These include macrosocial factors such as social class, broad social influences such as the impact of work and social support, and personal aspects such as depression and hostility. An important part of the book is the description of psychological and social influences on diet, smoking, and physical activity, all of which may be implicated in the causation of heart disease. These psychosocial factors are linked to the metabolic and physiological pathways involved in the development of coronary heart disease, and their links with genetic characteristics are explored. Finally, recent psychosocial intervention studies are reviewed. Psychological Resources and Risk Factors in Coronary Heart Disease Oskar Lundgren, 2018-07-27 There is strong evidence for the observation that psychological risk factors such as depressive symptoms, hopelessness, and anxiety are associated with higher risk of developing coronary heart disease (CHD) and also contribute to a worse prognosis among CHD patients. Much less is known about psychological resources such as Mastery and their role in cardiovascular medicine. Although the current state of science about the importance of psychological factors has advanced during the last decades, the mental health status of patients is often neglected in clinical practice. The reason behind this gap is multifaceted, including unawareness of the current state of science among professionals and a lack of clear guideline, which in turn results from a lack of evidence-based ways to address the issues. Furthermore, the measurement of psychological resources is complex and a debated topic in psychology. The aim of this thesis was to investigate:

1. If the use of inverted items in three questionnaires that measure psychological resources and risk factors represent a validity risk in the context of CHD.
2. If psychological resources and risk factors are independently associated with incidence in CHD.
3. If an eight-week course in Mindfulness Based Stress Reduction (MBSR) is a feasible psychological intervention as an addition to cardiac rehabilitation.
4. How CHD patients experience the practices of mindfulness and yoga in MBSR.

In Study I and II, data from 1007 participants randomly selected from a Swedish community sample, aged 45-69, at baseline, 50% women, were analysed. To study the validity of the self-report instruments, Mastery, Self-esteem, and Centre for Epidemiological Studies Depression scale (CES-D) subscales with only positive and negative items were created. The new subscales were evaluated against three criterion measures: cross-sectional against each other, and the circulatory marker of inflammation interleukin-6 (IL-6), concurrent construct validity, prospectively against 8-year incidence in CHD, predictive validity, and in addition, a factor analysis was used to investigate construct dimensionality. The instruments seemed to be valid measures of psychological resources and risk factors in the context of CHD risk. The new subscales showed the same associations as the original scales, except for the positive items in CES-D. However, this did not have a major influence on the full scale. In Study II, a prospective analysis of the impact of psychological factors on 8-year incidence in CHD was performed. The psychological resources, Mastery and Self-esteem, were negatively associated with CHD.

also after adjustment for nine traditional cardiovascular risk factors in Cox proportional hazard models The protective effect of the two resources and the increased risk of Hopelessness remained after adjustment for depressive symptoms In Study III and IV a group of CHD patients with depressive symptoms n 79 was invited to participate in MBSR as a complement to cardiac rehabilitation Twenty four patients started MBSR and 16 completed it The results were compared with a reference group n 108 of patients from the same clinic which showed stability in psychological variables over 12 months MBSR was appreciated by the patients and improvements in psychological risk factors e g depressive symptoms and an increase in Mastery were observed Study IV made use of a qualitative content analysis of diary entries written by patients immediately after practice sessions throughout MBSR Participants described difficulties both physical and psychological during the whole course but as the weeks passed they more frequently described an enhanced ability to concentrate relax and deal with distractions From the combined findings in Study III and IV we conclude that MBSR could be a promising complement to cardiac rehabilitation for a selection of patients The overall picture emerging from this thesis strengthens the argument that psychological factors should be recognized and addressed in clinical practice It also encourages further studies of how psychological resources could be built which could inform the development of effective prevention and treatment strategies for CHD patients with psychological distress and also contribute to improved public health interventions

*Interdisciplinary Concepts in Cardiovascular Health* Ichiro Wakabayashi, Klaus Groschner, 2013-08-15 This book provides an introduction to the principles of both cardiovascular epidemiology and molecular pathophysiology as a unique aspect it also outlines and discusses the molecular concepts underlying epidemiological observations This first volume is focused on the genetic and molecular basis of pathogenesis and the role of environmental factors triggering cardiovascular dysfunctions The book promotes the use of interdisciplinary approaches in the field of preventive medicine based on recent advances in molecular and cellular pathophysiology The book offers a valuable resource for researchers in basic biomedical fields and clinical scientists alike as well as guidelines for novel avenues of research in both basic pathophysiology and cardiovascular therapy and prevention

**Psychology of Stress** Kimberly V. Oxington, 2005 Stress is a physical response to an undesirable situation Mild stress can result from missing the bus standing in a long line at the store or getting a parking ticket Stress can also be severe Divorce family problems an assault or the death of a loved one for example can be devastating One of the most common sources of both mild and severe stress is work Stress can be short term acute or long term chronic Acute stress is a reaction to an immediate threat either real or perceived Chronic stress involves situations that aren't short lived such as relationship problems workplace pressures and financial or health worries Stress is an unavoidable consequence of life As Hans Selye who coined the term as it is currently used noted Without stress there would be no life However just as distress can cause disease it seems plausible that there are good stresses that promote wellness Stress is not always necessarily harmful Winning a race or an election can be just as stressful as losing or more so but may trigger very different biological

responses Increased stress results in increased productivity up to a point This new book deals with the dazzling complexity of this good bad phenomenon and presents up to date research from throughout the world      **Handbook of Personality**

**Development** Daniel K. Mroczek,Todd D. Little,2014-02-25 This handbook is the first volume to provide a comprehensive look at personality development It features a state of the art examination of the field an area that is enjoying a resurgence in popularity Five major types of advances all of which are represented in this volume are the result of the recent burst in research activity in this area 1 new theoretical perspectives 2 higher quality empirical studies 3 more sophisticated research designs and analyses 4 attention to development across the lifespan and 5 the growing prominence of interdisciplinary approaches to personality development The Handbook of Personality Development is comprehensive across the lifespan in its range of personality constructs and in its coverage of theoretical and methodological frameworks It is the first volume to address the most important personality development theoretical frameworks in one location the evolutionary physiological behavioral genetic and socio cultural perspectives The book also reviews new statistical techniques that allow for the estimation of individual differences in stability and the analysis of change The latter part of the book focuses on personality development over the lifespan from infancy to older adulthood The authors address personality variables such as emotion regulation temperament and self concept across the lifespan The book concludes with a compelling capstone chapter by Dan McAdams on how personality develops The Handbook of Personality Development provides an historical account of and summary of the most significant and important findings in the area along with suggestions for future research Intended for researchers and advanced students in personality developmental social clinical and educational psychology as well as related fields such as family studies sociology education nursing behavioral genetics neuropsychology and psychophysiology the handbook also serves as a valuable resource in advanced courses that address personality development      **Biomedical**

**Engineering** Sang C. Suh,Varadraj Gurupur,Murat M. Tanik,2011-08-23 Biomedical Engineering Health Care Systems Technology and Techniques is an edited volume with contributions from world experts It provides readers with unique contributions related to current research and future healthcare systems Practitioners and researchers focused on computer science bioinformatics engineering and medicine will find this book a valuable reference      *Human*

*Psychoneuroimmunology* Kavita Vedhara,Michael Irwin,2005 Mind body interactions have been the subject of debate for many generations However it is only in recent years that these interactions have become the subject of rigorous scientific enquiry Advances in our understanding of the stress process the endocrine and immune systems and the methodologies used to investigate these phenomena have resulted in an explosion of research activity in the field known as

*Psychoneuroimmunology*      Social Determinants of Health in Non-communicable Diseases Katsunori Kondo,2020-11-02 This book is open access under a CC BY NC ND 4 0 license This open access book is the first compilation that reviews a wide range of social determinants of health SDHs for non communicable diseases NCDs and healthy ageing in Japan With the

highest life expectancy and the largest elderly population in the world Japan has witnessed health inequality by region and social class becoming more prevalent since the 2000s The first half of this volume describes in detail major NCDs such as cancers heart and kidney diseases diabetes stroke and metabolic syndrome The second half on the other hand explores various SDHs relating to healthy ageing All chapters review and focus on SDHs particularly health inequality associated with socio economic status and social capital which are widely addressed in the field of social epidemiology The book makes the argument that Health for All advocated by the WHO should be implemented based on social justice and benefits for the greater society Public health researchers and policymakers both in Japan and other nations will gain scientific evidence from this book to prepare for the coming era as ageing becomes a global issue Health Psychology Richard O.

Straub,2011-02-11 This edition of Health Psychology provides an even more effective introduction to the psychology behind why we get sick how we stay well how we react to illness and how we relate to the health care system and health care providers *Global Handbook on Noncommunicable Diseases and Health Promotion* David V. McQueen,2013-07-03 Global Handbook on Noncommunicable Diseases and Health Promotion David V McQueen editor A scan of health challenges around the globe readily brings to mind a range of infectious illnesses from HIV to influenza Yet chronic non contagious conditions heart disease asthma diabetes cancer are more prevalent and their rates soaring across the developed and developing worlds The Global Handbook on Noncommunicable Diseases and Health Promotion is an important resource for understanding and approaching chronic illnesses and their prevention This timely text balances theory and strategies to provide an integrative context for health affecting behaviors regarding tobacco use food choices and physical activity Coverage expands on current medical clinical public health perspectives arguing that closer attention to social context is crucial to better use of health resources and more relevant preventive efforts Possible roles for hospitals the workplace government agencies NGOs and other institutions are analyzed as is the potential for addressing larger underlying health factors e g inequities and poverty at the societal level Topics covered include The nature of causality beyond traditional evidence Learning from the social sciences in chronic disease health promotion Contextual factors in health and illness Understanding and applying a social determinants of health framework for addressing NCDs Public health NCDs health promotion and business partnering NCDs and civil society a history and a roadmap As the authors of the Global Handbook on Noncommunicable Diseases and Health Promotion make abundantly clear opportunities are as numerous as the issues and researchers and graduate students in global public health health promotion and chronic disease epidemiology will find these chapters positive and realistic p

*Handbook of Occupational Safety and Health* Danuta Koradecka,2010-05-04 Using an interdisciplinary approach this book presents a wide range of methods and specific criteria for assessing hazard and exposure in the workplace environment offering ways to reduce these hazards This text provides coverage of basic risk factors law based protection of labor shaping conditions of occupational safety and ergonomics psychophysical capabilities of humans in the working environment and

more *Meta-Brain* Alexandra Day, 2022-06-28 A delightful must read book taking you on a healing journey of self discovery based on the interconnectedness between neuroscience and human emotions Yanina Tsenkina PhD CEO of CYC Biomedical Consulting In this dynamically changing and high velocity world humankind's unmet need for inner peace self identifies on a macro level and compels bolder remedial action at scale Timed precisely as unsettling current events are persisting into the future Meta Brain Reprogramming the Unconscious for Self Directed Living boldly celebrates human possibility by helping readers chart at peace journeys of healthy living and greater accomplishments Author and neuro tech innovator Alexandra Day presents Adaptive Therapy in Meta Brain a breakthrough method of powering self change derived from her 20 years of research into the human condition and clinical practice with thousands of clients The thesis of Adaptive Therapy is that humans respond to their current environment based upon established belief systems formed from past similar experiences Comprehending that the unconscious mind is the lens through which both past and in the moment events and experiences are appraised Adaptive Therapy helps readers re program their belief systems to modify automated behaviors that may be self limiting or when not adhered to invoke the stress response system Stress is preventable with Adaptive Therapy Meta Brain makes the case that anyone can modify their negative perceptions and reframe them to generate positive outcomes regardless of how or when they were established Adaptive Therapy shows how to arrive at a better state of mind with assertive science backed rationale and methods Meta Brain discovers and empowers a freer and more powerful self with a new and permanent level of mental fitness Readers will learn techniques for Adapting to surroundings instead of trying to manipulate them externally Projecting positive future outcomes and successfully harmonize with their world Accessing groundbreaking mindfulness that can slow down time Amplifying intuition Treating chronic stress Rewiring the unconscious mind to successfully adapt to new events and experiences Framing the mind of a champion elite performer regardless of parental upbringing Meta Brain advocates a unique path forward for communities and policymakers looking to eliminate the social conditions creating barriers to learning and adaptive behavioral change It's a strong read for healthcare professionals licensed therapists and self assessing individuals intent on learning how to be the best version of themselves Advancing from authoring Meta Brain Alexandra is now focused on building her neuro tech company Meta Brain Labs™ to implement Meta Brain principles into a range of self change solutions for at work at home and at play hyper learning applications

*Biopsychosocial Medicine* Peter White, 2005 To what extent do social factors such as stress cause physical diseases How do psychological and social factors contribute to the healing process The biopsychosocial model is an approach to medicine which stresses the importance of a holistic approach It considers factors outside the biological process of illness when trying to understand health and disease In this approach a person's social context and psychological well being are key factors in their illness and recovery along with their thoughts beliefs and emotions Biopsychosocial Medicine examines the concept and the utility of this approach from its history to its application and from its philosophical underpinnings to the barriers to its

implementation It is severely critical of the failure of modern medicine to treat the patient not the disease and its neglect of psychological and social factors in the treatment of the ill Focusing on chronic disabling ill health this book takes the examples of arthritis cancer diabetes lower back pain irritable bowel syndrome and depression to show how the biopsychosocial model can be used in practice It questions why even when the biopsychosocial approach has been proved to be more effective than traditional methods in overcoming these disorders is not more routinely used and how barriers to its implementation can be overcome Controversial and challenging Biopsychosocial Medicine will be essential reading for all those who feel the biomedical model is failing them and their patients It will enable readers to understand the model and how it can be implemented in order to enhance their confidence and success as health professionals *The SAGE Handbook of Health Psychology* Stephen Sutton, Andrew Baum, Marie Johnston, 2004-11-09 The SAGE Handbook of Health Psychology represents a landmark work in the field gathering together in a single volume contributions from an internationally renowned group of scholars It provides a definitive one stop authoritative guide to the major themes and debates in health psychology both past and present and should in time become a classic reference work for a wide international readership Its coverage is comprehensive both traditional and innovative and reflects the latest in global health psychology research from a wide perspective This includes the latest work in epidemiology of health and illness health related cognitions chronic illness interventions in changing health behaviour research methods in health psychology and biological mechanisms of health and disease As a result its potential as an authoritative entry point to those new to the discipline as well as those already working inside it is very high Given its breadth of content and accessibility the Handbook will be indispensable for advanced students as well as researchers Expertly organized by editors of international stature and authored by a similar team of luminaries in the field this single volume Handbook is an essential purchase for individuals and librarians worldwide Advisory Editors Professor Karen Matthews PhD University of Pittsburgh School of Medicine Prof Dr Ralf Schwarzer Freie Universität Berlin Professor Shelley Taylor PhD UCLA Professor Jane Wardle University College London Professor Robert West St George's Hospital Medical School **A Life Course Approach to Chronic Disease Epidemiology** Diana Kuh, Yoav Ben Shlomo, 2004-04 A Life Course Approach to Chronic Disease Epidemiology provides a detailed and up to date review of research findings which suggest that many of the chronic diseases prevalent in adult life have their origins in early life

**Matters of the Heart** Fay Bound Alberti, 2010-01-14 The heart is the most symbolic organ of the human body Across cultures it is seen as the site of emotions as well as the origin of life This book traces the ways emotions have been understood between the 17th and 19th centuries as both physical entities and spiritual experiences *GLOBALIZATION IN INDIA* RAMANUJ GANGULY, 2010-02-15 Since the last decade of twentieth century India has strived for an experienced and unprecedented economic turn around The country has witnessed a structural shift in GDP growth propelled largely by new investments and the growth of the value enhancing services sector Globally these efforts are not only source of appreciation



but also of assumption for many that India increasingly being seen as part of new axis of influence in the world Long established three headed social problem poverty illiteracy unemployment remains the biggest stumbling block for a post colonial country like India New sets of problems have taken shape in the last quarter of twentieth century when policy makers and market participants have prioritized economic activities for short term gains In context of the above Center of Associates for Sociological Studies and Action undertook to bring out to the fore oft neglected inter disciplinary discussions and analysis in fifteen articles to examine the process of globalization in India taking insights from economics political science and international relations sociology cultural anthropology social ecology management and cultural studies It discusses the impact of the process of globalization on social institutions like marriage family economy politics education and religion The book is intended for postgraduate students and research scholars It provides readers with a clear perspective about creating economics environmental and social capital that can produce multiplier effect for making national progress more inclusive and sustainable

The Handbook of Health Behavior Change, Third Edition Sally A. Shumaker, Judith K. Ockene, Kristin A. Riekert, 2008-09-23 This work will be the one that students and clinicians keep on their shelves as the gold standard reference for health behavior change Summing Up Essential Choice The third edition of this handbook provides students and practitioners with the most complete and up to date resource on contemporary topics in the field of health behavior change Score 95 4 stars Doody s Praise for the second edition This handbook sets a standard for conceptually based empirically validated health behavior change interventions for the prevention and treatment of major diseases It is an invaluable resource for the field of behavioral medicine as we work toward greater integration of proven health behavior change interventions into evidence based medical practice Susan J Curry PhD Director Center for Health Studies Group Health Cooperative of Puget Sound Fellow Society of Behavioral Medicine Numerous acute and chronic diseases can be prevented simply by maintaining healthy behavioral patterns This handbook provides practical and authoritative health management information for both health psychologists and primary care physicians whose clients and patients suffer from health related issues and risks The text also serves as a useful resource for policy makers and graduate students studying public health or health psychology This new edition of The Handbook of Health Behavior Change provides an updated and expanded view of the factors that influence the adoption of healthy behaviors The contributors also examine the individual social and cultural factors that can inhibit or promote health behavior change Key Features Reviews of past and current models of health behavior change disease prevention disease management and relapse prevention Comprehensive coverage of health related issues including dietary needs tobacco and drug use safer sexual practices and stress management Analysis of behavior change within specific populations young elderly cognitively impaired etc Factors that predict or serve as obstacles to lifestyle change and adherence

*Work and Social Inequalities in Health in Europe* Ingvar Lundberg, Tomas Hemmingsson, Christer Hogstedt, 2007 Explores correlations between different socioeconomic groups and workers

professional and health status and to what extent social class differences in health can be explained by working conditions Presents trends in seven European countries and Massachusetts USA covering the period 1980 2001 Appends the questions posed to the authors for the conclusions of their country papers *Staying Alive, Third Edition: Critical Perspectives on Health, Illness, and Health Care* Dennis Raphael, Toba Bryant, Marcia Rioux, 2019-12-13 This new edition of *Staying Alive* provides readers with a fresh perspective on health health care and illness in Canada and abroad Grounded in a human rights approach to health this edited collection includes chapters on the social construction of illness and disability social determinants of health and current critical issues in the field The third edition has been thoroughly updated and includes recent national and international developments in health care with current world statistics and an emphasis on austerity related changes and their effects on health and health care systems It includes chapters on pharmaceutical policy social class women s health and the impact of economic forces such as globalization and privatization in health care

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