Stress Specification Details

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| **Paper 3****Candidates should be able to: -** | **GREEN** | **AMBER** | **RED** |
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| **4.3.7** |
| **Stress** |

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| 1. The physiology of stress, including general adaptation syndrome, the hypothalamic pituitary-adrenal system, the sympathomedullary pathway and the role of cortisol. |  |  |  |
| 2. The role of stress in illness, including reference to immunosuppression and cardiovascular disorders. |  |  |  |
| 3. Sources of stress: life changes and daily hassles. Workplace stress, including the effects of workload and control |  |  |  |
| 4. Measuring stress: self-report scales (Social Readjustment Ratings Scale and Hassles and Uplifts Scale) and physiological measures, including skin conductance response. |  |  |  |
| ***5.*** Individual differences in stress: personality types A, B and C and associated behaviours; hardiness, including commitment, challenge and control. |  |  |  |
| ***6.*** Managing and coping with stress: drug therapy (benzodiazepines, beta blockers), stress inoculation therapy and biofeedback.. |  |  |  |
| ***7.*** Gender differences in coping with stress. The role of social support in coping with stress; types of social support, including instrumental, emotional and esteem support |  |  |  |