Stress & the Immune System

**Kiecolt-Glaser**
- NK Cells
- Blood samples 1 month before + after 1st exam
- Nk cell activity higher 1 month before than after exam
- Women effected more
- Has ecological validity bc natural and real
- BUT biased bc volunteers and all same age
- Lacks pop validity - cant generalise

**Marucha et al**
- Volunteer students wounds during summer hols/3 days before exam
- wounds before exam took 40% longer to heal
- Supports Kiecolt

**Riley**
- Mice
- Lymphocyte
- Tumour
- 45rpm
- Non rep, non ethical, lacks ext validity

**Evans et al**
- Students with mild stress showed signs of higher SLgA (antibody fight infection)
- Levels decreased with chronic stress (exams)
- Suggest stress 2 effects on immune system: increase with short term & decrease with long term
- Segerstrom & Miller (meta analysis) SUPPORTS THIS
- Found the older, greater stress affects immune
Hardy Personality

Kobasa and Maddi - some more psychologically hardy than others

Characteristics include:
Control, commitment, and challenge (see problems as something to overcome rather than threats)

Maddi et al. - 2/3 employees suffered stress-related illnesses but remaining 1/3 fine bc hardy

However: most research relies on self report questionnaire thus, low internal reliability