Stress and the Hippocampus

- Stress in laboratory animals can cause physical changes
  4. Decrease in size of hippocampal dendrites
  5. Slowed cell regrowth/limited hippocampal neurogenesis

Post-Traumatic Stress Disorder

- Exposure to an emotional experience leading to lasting changes in behaviour, cognition and physiology
- Individual re-experiences the suit through flashbacks, nightmares and intrusive thoughts
- Increased arousal causing sleep disturbance, irritability and exaggerated startle response
- May exhibit phobic avoidance of reminders of the trauma
- Memory difficulties; difficult to remember non-trauma related material
- Hippocampus reduced by 12% as very sensitive to elevated cortisol levels