

TOPIC: STRESS AND IMMUNE FUNCTION

◆ **Immune system:** Complex body system that protects against invading bacteria, viruses, and pathogens.

▪ **Lymphocytes:** Type of white blood cells that help your body fight infection.

- Activation of HPA _____ lymphocyte production.

- ____ lymphocytes = ____ immune function

◆ Studies have shown that chronic stress can make people more susceptible to _____ (Cohen et al., 1998).

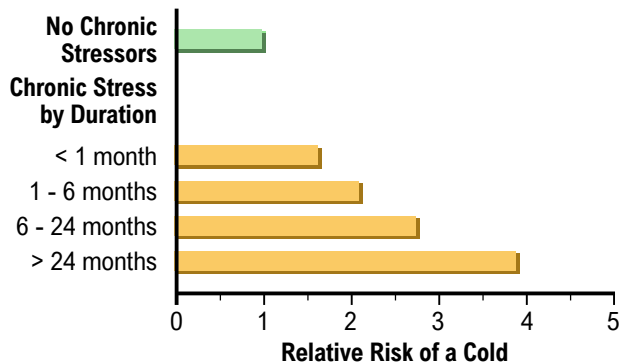
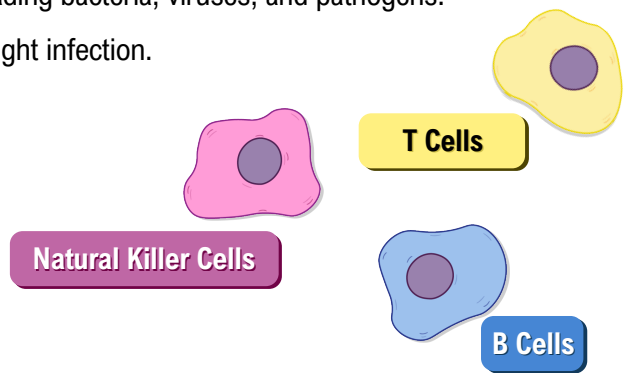


Image adapted from: Cohen, S., Frank, E., Doyle, W. J., Skoner, D. P., Rabin, B. S., & Gwaltney, J. M. (2002). Types of stressors that increase susceptibility to the common cold in healthy adults. *Health Psychology*, 17(3), 214-23. doi: [10.1037//0278-6133.17.3.214](https://doi.org/10.1037//0278-6133.17.3.214)



EXAMPLE

What part of the immune system is suppressed by the activation of the HPA axis?

- a) Macrophages. b) Nephrons. c) Granulocytes. d) Lymphocytes.