

Stress and Cardiovascular Disease
Psychology 2576 (18348)
Kamarck
May- July, 2003
4403 Sennott Square

Session 1: May 13 Basic Processes, Concepts

Epidemiology, Pathophysiology of Coronary Heart Disease

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Pathways Linking Psychosocial Factors and Cardiovascular Disease

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Supplementary Readings

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Session 2: May 20 Conceptualization and Measurement of Stress**Measures and Definitions of Stress**

Herbert, T.B. & Cohen, S. (1996). Measurement issues in research on psychosocial stress. In H. B. Kaplan (Ed.), Psychosocial stress: Perspectives on structure, theory, life-course, and methods. New York: Academic Press.*

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McQuaid, J.R., Monroe, S.M., Roberts, J.E., Kupfer, D.J. & Frank, E. (2000). A comparison of two life stress assessment approaches: Prospective prediction of treatment outcome in recurrent depression. Journal of Abnormal Psychology, 109, 787-791.

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Diathesis-Stress Models

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Gender and Race Differences

Davis, M.C., Matthews, K.A. & Twamley, E.W. (1999). Is life more difficult on Mars or Venus? A meta-analytic review of sex differences in major and minor life events. Annals of Behavioral Medicine, 21, 83-97.*

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Supplementary Readings

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Monroe, S.M. & Kelley, J.M. (1995). Measurement of stress appraisal (pp. 122-147). In S. Cohen, R.C. Kessler, & L.Underwood Gordon (Eds.), Measuring stress: A guide for health and social scientists. New York: Oxford University Press.*

Kessler, R.C., Magee, W.J. & Nelson, C.B. (1996). Analysis of psychosocial stress (pp. 333-366). In H.B. Kaplan (Ed.), Psychosocial stress: Perspectives on structure, theory, life-course, and methods. New York: Academic Press.*

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Session 3: May 27 Job Stress, Marital Distress, and Socioeconomic Status**Job Stress**

Belkic, K., Landsbergis, P., Schnall, P., Baker, D., Theorell, T., Siegrist, J., Peter, R. & Karasek, R. (2000). Psychosocial factors: Review of the empirical data among men. Occupational Medicine, 15, 24-46.*

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Marital Distress

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Socioeconomic Status

Gallo, L.C. & Matthews, K.A. (2003). Understanding the association between socioeconomic status and physical health: Do negative emotions play a role? Psychological Bulletin, 129, 10-51.

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Session 4: June 3 Early Environment and “Allostatic Load”

Meaney, M.J. (2001). Maternal care, gene expression, and the transmission of individual differences in stress reactivity across generations. Annual Review of Neuroscience, 24, 1161-1192.

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McEwen, B.S. (1999). Allostasis and allostatic load: Implications for neuropsychopharmacology. Neuropsychopharmacology, 22, 108-124.

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Session 5: June 10 Cardiovascular Reactivity

Kamarck, T.W. & Lovallo, W. (2003). Cardiovascular reactivity to psychological challenge: Conceptual and measurement considerations. Psychosomatic Medicine, 65, 9-21.

Treiber, F.A., Kamarck, T., Schneiderman, N., Sheffield, D., Kapuku, G. & Taylor, T. (2003). Cardiovascular reactivity and development of preclinical and clinical disease states. Psychosomatic Medicine, 65, 46-62.

Manuck, S.B., Adams, M.R., McCaffery, J.M. & Kaplan, J.R. (1997). Behaviorally elicited heart rate reactivity and atherosclerosis in ovariectomized cynomolgus monkeys (*Macaca fascicularis*). Arteriosclerosis, Thrombosis, and Vascular Biology, 17, 1774-1779.*

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Supplementary Readings

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Cohen, S., Hamrick, N., Rodriguez, M.S., Feldman, P.J., Rabin, B.S. & Manuck, S.B. (2000). The stability of and intercorrelations among cardiovascular, immune, endocrine, and psychological reactivity. Annals of Behavioral Medicine, 22, 171-179.*

Session 6: June 17 Stress and Atherosclerosis, Endothelial Function**Mechanisms**

Malek, A.M., Alper, S.L. & Izumo, S. (1999). Hemodynamic shear stress and its role in atherosclerosis. JAMA, 282, 2035-2042.

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Session 7: June 24 Stress and Inflammatory/Immune Processes**Overview**

Fong, I.W. Emerging relations between infectious diseases and coronary artery disease and atherosclerosis. CMAJ, 163, 49-56.

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Recent Evidence

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Cohen, S., Doyle, W.J. & Skoner, D.P. (1999). Psychological stress, cytokine production, and severity of upper respiratory illness. Psychosomatic Medicine, 61, 175-180.

Supplementary Readings

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Session 8: July 1 Stress and Platelet/ Hemostatic/ Fibrinolytic function**Overview**

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Markovitz, J.H. & Matthews, K.A. (1991). Platelets and coronary heart disease: Potential psychophysiological mechanisms. Psychosomatic Medicine, 53, 643-668.*

Recent Evidence

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Supplementary Readings

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Session 9: July 8 Stress and Blood Pressure**Introduction**

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Left Ventricular Mass

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Supplementary Readings

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Session 10: July 8 Stress and the Metabolic Syndrome**Background Information**

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The Role of Sympathoadrenal and HPA Influences

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Supplementary Readings

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Session 11: July 22 Stress and Acute Coronary Syndromes**Overview**

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Supplementary Readings

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Session 12: July 29 Stress Management Interventions**Stress Management and Hypertension**

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Stress Management and Glycemic Control

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Stress Management and Immune Function

Miller, G.E. & Cohen, S. (2001). Psychological interventions and the immune system: A meta-analytic review and critique. Health Psychology, 20, 47-63.

Stress Management and Subclinical Disease

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Stress Management and Cardiovascular Endpoints**Duke Stress Management Program**

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M-HART Study

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ENRICHD

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Glassman, A.H. et al. (2002). Sertraline treatment of major depression in patients with acute MI or unstable angina. JAMA, 288, 701-709.

Hostility Modification

Gidron, Y., Davidson, K. & Bata, I. (1999). The short-term effects of a hostility-reduction intervention on male coronary heart disease patients. Health Psychology, 18, 416-420.

Lifestyle Heart Trial

Ornish, D. et al. (1998). Intensive lifestyle changes for reversal of coronary heart disease. JAMA, 280, 2001-2007.

Supplementary Readings

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