

REFERENCE LIST

References for the glossary

Dunlavey, C. J. (2018, June 15). Introduction to the hypothalamic-pituitary-adrenal axis: Healthy and dysregulated stress responses, Developmental Stress and Neurodegeneration. Journal of undergraduate neuroscience education : JUNE : a publication of FUN, Faculty for Undergraduate Neuroscience.
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6057754/#:~:text=The%20hypothalamic%20pituitary%20adrenal%20axis%20\(HPA\)%20is%20the,Breedlove%20and%20Watson%2C%202013](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6057754/#:~:text=The%20hypothalamic%20pituitary%20adrenal%20axis%20(HPA)%20is%20the,Breedlove%20and%20Watson%2C%202013)).

Emerson, C. H. (2023, October 11). Pituitary gland. Encyclopædia Britannica.
<https://www.britannica.com/science/pituitary-gland>

Gabrieli, J. D. E., Poldrack, R. A., & Desmond, J. E. (1998, February 3). The role of left prefrontal cortex in language and memory. Proceedings of the National Academy of Sciences of the United States of America. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC33815/>

João, R. B., & Filgueiras, R. M. (2018, October 3). Frontal lobe: Functional neuroanatomy of its circuitry and related disconnection syndromes. IntechOpen.
<https://www.intechopen.com/chapters/63249>

Merriam-Webster. (n.d). Cerebral cortex definition & meaning. Merriam-Webster.
<https://www.merriam-webster.com/dictionary/cerebral%20cortex#:~:text=Medical%20Definition-,cerebral%20cortex,called%20also%20pallium>

Merriam-Webster. (n.d.). Blood-brain barrier definition & meaning. Merriam-Webster.
<https://www.merriam-webster.com/dictionary/blood-brain%20barrier>

Salzman, C. D. (2023, October 5). Amygdala. Encyclopædia Britannica.
<https://www.britannica.com/science/amygdala>

Utiger, R. D. (2023, October 31). Hypothalamus. Encyclopædia Britannica.
<https://www.britannica.com/science/hypothalamus>

Yassa, M. A. (2023, November 10). Hippocampus. Encyclopædia Britannica.
<https://www.britannica.com/science/hippocampus>

(Reference list for the booklet)

Aaron T. Beck, M. (1963) *Thinking and depression*, *Archives of General Psychiatry*. Available at: <https://jamanetwork.com/journals/jamapsychiatry/article-abstract/488402> (Accessed: 18 November 2023).

Ackerman S (1992) *The development and shaping of the brain - discovering the brain - NCBI ...*, NCBI. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK234146/> (Accessed: 10 December 2023).

Aikens, K. A., Astin, J., Pelletier, K. R., Levanovich, K., Baase, C. M., Park, Y. Y., & Bodnar, C. M. (2014). Mindfulness goes to work: Impact of an online workplace intervention. *Journal of Occupational and Environmental Medicine*, 56(7), 721-731, <https://pubmed.ncbi.nlm.nih.gov/24988100/>.

Alborzkouh, P., Nabati, M., Zainali, M., Abed, Y., & Shahgholy Ghahfarokhi, F. (2015). A review of the effectiveness of stress management skills training on academic vitality and psychological well-being of college students. *Journal of medicine and life*, 8(Spec Iss 4), 39-44. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5319270/>

(Algorani EB, Gupta V. Coping Mechanisms. [Updated 2023 Apr 24]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan. <https://www.ncbi.nlm.nih.gov/books/NBK559031/>

Algoe, S. B., Kurtz, L. E., & Grewen, K. (2017). Oxytocin and Social Bonds: The Role of Oxytocin in Perceptions of Romantic Partners' Bonding Behavior. *Psychological science*, 28(12), 1763-1772. <https://doi.org/10.1177/0956797617716922>

ANDRY, R. G. (1957). FAULTY PATERNAL AND MATERNAL-CHILD RELATIONSHIPS, AFFECTION AND DELINQUENCY. *The British Journal of Delinquency*, 8(1), 34-48. <http://www.jstor.org/stable/23640589>

American Psychological Association. (2018). Stress and social support, <https://www.apa.org/topics/stress-social-support>

American Psychological Association. (2018, November 1). Stress effects on the body. American Psychological Association. <https://www.apa.org/topics/stress/body>

Ashar, S., Akbar, Z., Tahir, S. Z. B., Chamidah, D., & Retnawati Siregar. (2021). *The Effect of Workload on Performance through Time Management and Work Stress of Educators*.

Bennett, D., McCarty, C., & Carter, S. (2015). The impact of financial stress on academic performance in college economics courses. *Academy of Educational Leadership Journal*, 19(3), 25.

Bhui, K., Dinos, S., Galant-Miecznikowska, M., de Jongh, B., & Stansfeld, S. (2016). Perceptions of work stress causes and effective interventions in employees working in public, private and non-governmental organisations: a qualitative study. *BJPsych bulletin*, 40(6), 318–325. <https://doi.org/10.1192/pb.bp.115.050823>

Bernstein, R. (2023, October 16). How stress affects the Brain: Mental Health: What is stress. Touro University Worldwide. <https://www.tuw.edu/health/how-stress-affects-the-brain/>

Brown, V., Morgan, T., & Fralick, A. (2021). Isolation and mental health: thinking outside the box. *General psychiatry*, 34(3), e100461. <https://doi.org/10.1136/gpsych-2020-100461>

Cardoso-Leite, P., Buchard, A., Tissieres, I., Mussack, D., & Bavelier, D. (2021). Media use, attention, mental health and academic performance among 8 to 12 year old children. *PloS one*, 16(11), e0259163. <https://doi.org/10.1371/journal.pone.0259163>

Carroll, J. E., Gruenewald, T. L., Taylor, S. E., Janicki-Deverts, D., Matthews, K. A., & Seeman, T. E. (2013). Childhood abuse, parental warmth, and adult multisystem biological risk in the Coronary Artery Risk Development in Young Adults study. *Proceedings of the National Academy of Sciences of the United States of America*, 110(42), 17149–17153. <https://doi.org/10.1073/pnas.1315458110>

Causes of stress. Mind. (2022, March). <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/causes-of-stress/>

Cleveland Clinic. "Psychosomatic Disorder: What Is It, Symptoms, Diagnosis & Treatment." *Cleveland Clinic*, my.clevelandclinic.org/health/diseases/21521-psychosomatic-disorder.

Cognitive aging "Mcknight brain institute" university of florida, UF monogram.
Available at: <https://mbi.ufl.edu/research/research-areas/cognitive-aging/> (Accessed: 10 December 2023).

Córdova Olivera, P., Gasser Gordillo, P., Naranjo Mejía, H., La Fuente Taborga, I., Grajeda Chacón, A., & Sanjinés Unzueta, A. (2023). Academic stress as a predictor of mental health in university students. *Cogent Education*, 10(2). <https://doi.org/10.1080/2331186x.2023.2232686>

Deng, Yuwei, et al. "Family and Academic Stress and Their Impact on Students' Depression Level and Academic Performance." *Frontiers in Psychiatry*, U.S. National Library of Medicine, 16 June 2022, www.ncbi.nlm.nih.gov/pmc/articles/PMC9243415/

Eburdurlu. (2023, April 27). Why visiting your elderly loved ones regularly is important. *Assisting Hands Home Care | Chicago, IL and WI*. <https://www.assistinghands-il-wi.com/blog/why-visiting-your-elderly-loved-ones-regularly-is-important/>

Felson, R. B., & Zielinski, M. A. (1989). Children's Self-Esteem and Parental Support. *Journal of Marriage and Family*, 51(3), 727–735. <https://doi.org/10.2307/352171>

Fernández-García, O., Gil-Llario, M. D., Castro-Calvo, J., Morell-Mengual, V., Ballester-Arnal, R., & Estruch-García, V. (2022). Academic Perfectionism, Psychological Well-Being, and Suicidal Ideation in College Students. *International journal of environmental research and public health*, 20(1), 85. <https://doi.org/10.3390/ijerph20010085>

Folkman, S., & Moskowitz, J. T. (2000). Positive affect and the other side of coping. *American Psychologist*, 55(6), 647-654.

Hanson, J. L., Knodt, A. R., Brigidi, B. D., & Hariri, A. R. (2019). *Lower structural integrity of the uncinate fasciculus is associated with a history of child maltreatment and future psychological vulnerability to stress*. *Developmental Cognitive Neuroscience*, 36, 100606.

Hammer, L. B., Kossek, E. E., Anger, W. K., Bodner, T., & Zimmerman, K. L. (2019). Clarifying work–family intervention processes: The roles of work–family conflict and family-supportive supervisor behaviors. *Journal of Applied Psychology*, 104(5), 589-605.

Jamil, A., Gutlapalli, S. D., Ali, M., Oble, M. J. P., Sonia, S. N., George, S., Shahi, S. R., Ali, Z., Abaza, A., & Mohammed, L. (2023). Meditation and Its Mental and Physical Health Benefits in 2023. *Cureus*, 15(6), e40650. <https://doi.org/10.7759/cureus.40650>

Krauss, S., Orth, U., & Robins, R. W. (2020). Family environment and self-esteem development: A longitudinal study from age 10 to 16. *Journal of personality and social psychology*, 119(2), 457–478. <https://doi.org/10.1037/pspp0000263>

Lavoie, J. A., & Pychyl, T. A. (2001). Cyberslacking and the Procrastination Superhighway. *Social Science Computer Review*, 19(4), 431–444. <https://doi.org/10.1177/089443930101900403>

Leshem, W. by: K. *Cognitive distortions: Types, examples, & causes, Choosing Therapy*. Available at: <https://www.choosingtherapy.com/cognitive-distortions/> (Accessed: 18 November 2023).

Lupien SJ, McEwen BS, Gunnar MR, Heim C. Effects of stress throughout the lifespan on the brain, behaviour and cognition. *Nat Rev Neurosci*. 2009;10:434–445.

Lupien, S. J., McEwen, B. S., Gunnar, M. R., & Heim, C. (2013). *Effects of stress throughout the lifespan on the brain, behaviour and cognition*. *Nature Reviews Neuroscience*, 10(6), 434-445

Lupien, S. J., McEwen, B. S., Gunnar, M. R., & Heim, C. (2009, April 29). Effects of stress throughout the lifespan on the brain, behaviour and cognition. *Nature News*. <https://www.nature.com/articles/nrn2639>

Malik, M.A., Singh, S.P., Jyoti, J. *et al*. Work stress, health and wellbeing: evidence from the older adults labor market in India. *Humanit Soc Sci Commun* 9, 204 (2022). <https://doi.org/10.1057/s41599-022-01192-7>

Maselko, J., Kubzansky, L., Lipsitt, L., & Buka, S. L. (2011). Mother's affection at 8 months predicts emotional distress in adulthood. *Journal of epidemiology and community health*, 65(7), 621–625. <https://doi.org/10.1136/jech.2009.097873>

McAdams, T. A., Rijdsdijk, F. V., Narusyte, J., Ganiban, J. M., Reiss, D., Spotts, E., Neiderhiser, J. M., Lichtenstein, P., & Eley, T. C. (2017). Associations between the parent-child relationship and adolescent self-worth: a genetically informed study of twin parents and their adolescent children. *Journal of child psychology and psychiatry, and allied disciplines*, 58(1), 46–54. <https://doi.org/10.1111/jcpp.12600>

McEwen B. S. (2007). Physiology and neurobiology of stress and adaptation: central role of the brain. *Physiological reviews*, 87(3), 873–904. <https://doi.org/10.1152/physrev.00041.2006>

Miknevičute, G., Ballhausen, N., Rimmele, U., & Kliegel, M. (2021, December 9). Does older adults' cognition particularly suffer from stress? A systematic review of acute stress effects on cognition in older age. *Neuroscience & Biobehavioral Reviews*. <https://www.sciencedirect.com/science/article/pii/S0149763421005571#sec0155>

Mushtaq, R., Shoib, S., Shah, T., & Mushtaq, S. (2014, September). Relationship between loneliness, psychiatric disorders and physical health ? A review on the psychological aspects of loneliness. *Journal of clinical and diagnostic research : JCDR*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4225959/>

Nagle, Y. K., & Sharma, U. (2021). Determination of academic stress and coping mechanism among adolescence during pandemic covid-19: An Indian perspective. *Issues and Development in Health Research* Vol. 7, 13–26. <https://doi.org/10.9734/bpi/idhr/v7/5296f>

Omasu, F., Kawano, A., Nagayasu, M., & Nishi, A. (2022). Research on lifestyle habits caused by stress. *Open Journal of Preventive Medicine*, 12(09), 190–198. <https://doi.org/10.4236/ojpm.2022.129014>

Onifade, Titoluwanimi. (2022). Effects of Social Media Validation. https://www.researchgate.net/publication/357606313_Effects_of_Social_Media_Validation

Pedersen, T. (2022) *Effects of stress on Child development*. Psych Central. Available at: <https://psychcentral.com/stress/how-stress-affects-children-how-to-manage-it> (Accessed: 20 October 2023).

Peters R. (2006). Ageing and the brain. *Postgraduate medical journal*, 82(964), 84–88. <https://doi.org/10.1136/pgmj.2005.036665>

Phillips, M.L. (2011) *The mind at midlife*, *Monitor on Psychology*. Available at: <https://www.apa.org/monitor/2011/04/mind-midlife> (Accessed: 10 December 2023).

Pietrangelo, A. (2023) *The effects of stress on your body*. Healthline. Available at: <https://www.healthline.com/health/stress/effects-on-body#Sexuality-and-reproductive-system> (Accessed: 19 October 2023).

Prenderville, J. A., Kennedy, P. J., Dinan, T. G., & Cryan, J. F. (2014, November 24). Adding fuel to the fire: The impact of stress on The ageing brain. *Trends in Neurosciences*. <https://www.sciencedirect.com/science/article/pii/S0166223614001982?via%3Dihub#sec0095>

Rahim, M. S. A., Saat, N. Z. M., Aishah, H. S., Arshad, S. A., Aziz, N. A. A., Zakaria, N. N., Kaur, K., Kamaruddin, M. M., & Suhaimi, N. H. F. (2016). Relationship between academic workload and stress level among biomedical science students in Kuala Lumpur. *Journal of Applied Sciences*, 16(3), 108–112. <https://doi.org/10.3923/jas.2016.108.112>

Reznikov LR, Grillo CA, Piroli GG, Pasumarthi RK, Reagan LP, Fadel J. Acute stress-mediated increases in extracellular glutamate levels in the rat amygdala: differential effects of antidepressant treatment. *Eur J Neurosci*. 2007;25:3109–3114.

Sahakian, B. J., Langley, C., & Kaser, M. (2023, September 18). How chronic stress changes the brain – and what you can do to reverse the damage. *The Conversation*. <https://theconversation.com/how-chronic-stress-changes-the-brain-and-what-you-can-do-to-reverse-the-damage-133194>

Sarahian N, Sahraei H, Zardooz H, Alibeik H, Sadeghi B. Effect of memantine administration within the nucleus accumbens on changes in weight and volume of the brain and adrenal gland during chronic stress in female mice. *Modares J Med Sci: Pathobiology*. 2014;17:71–82.

Sapolsky R. M. (2015). Stress and the brain: individual variability and the inverted-U. *Nature neuroscience*, 18(10), 1344–1346. <https://doi.org/10.1038/nn.4109>

Scatliffe, N., Casavant, S., Vittner, D., & Cong, X. (2019, September 12). Oxytocin and early parent-infant interactions: A systematic review. *International journal of nursing sciences*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6838998/#bib11>

Schneiderman, N., Ironson, G., & Siegel, S. D. (2005). Stress and health: psychological, behavioral, and biological determinants. *Annual review of clinical psychology*, 1, 607–628. <https://doi.org/10.1146/annurev.clinpsy.1.102803.144141>

Seniors and stress. The American Institute of Stress. (2019, August 22). <https://www.stress.org/seniors-and-stress>

Smith et al 2009??

Smith, K. (2019) *6 common triggers of teen stress*. The American Institute of Stress. Available at: <https://www.stress.org/6-common-triggers-of-teen-stress> (Accessed: 20 October 2023).

Shareefah N. Al'Uqdah, Sycarah Grant, Celeste M. Malone, Tyne McGee, & Ivory A. Toldson. (2015). Impact of Community Violence on Parenting Behaviors and Children's Outcomes. *The Journal of Negro Education*, 84(3), 428–441. <https://doi.org/10.7709/jnegroeducation.84.3.04>

Stranks, J. (2005). *Stress at work*. Routledge.

Subramani, C., Venkachatalam, J. (2017). Academic Expectations Stress Among High School Students. 7. 77.

Tang, Y. Y., Hölzel, B. K., & Posner, M. I. (2018). The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, 16(4), 213-225.

Tapolska, M., Spalek, M., Skrypnik, D., Bogdański, P., & Owecki, M. (2019). The influence of meal frequency on lipid profile in the Polish population. *Neuro endocrinology letters*, 40(7-8), 325–328. <https://pubmed.ncbi.nlm.nih.gov/32304369/>

Teicher, M. H., Anderson, C. M., & Polcari, A. (2012). *Childhood maltreatment is associated with reduced volume in the hippocampal subfields CA3, dentate gyrus, and subiculum*. *Proceedings of the National Academy of Sciences*, 109(9), E563-E572.

The National Council on Aging. (2023, March). Stress and How to Reduce It: A Guide for Older Adults. The National Council on Aging. <https://www.ncoa.org/article/stress-and-how-to-reduce-it-a-guide-for-older-adults>

The relation of strength of stimulus to rapidity ... - wiley online library. Available at: <https://onlinelibrary.wiley.com/doi/10.1002/cne.920180503> (Accessed: 18 November 2023).

The Teen Brain: 7 things to know (2023) National Institute of Mental Health. Available at: <https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know> (Accessed: 10 December 2023).

Wang, X., Wu, Y., Shi, X., Yu, C., Xu, Y., Xu, H., Ma, Y., & Zang, S. (2023). Associations of lifestyle with mental health and well-being in Chinese adults: a nationwide study. *Frontiers in Nutrition*, 10. <https://doi.org/10.3389/fnut.2023.1198796>

Yan, H., & Xie, S. (2016). How does auditors' work stress affect audit quality? Empirical evidence from the Chinese stock market. *China Journal of Accounting Research*, 9(4), 305-319.

Yaribeygi, H., Panahi, Y., Sahraei, H., Johnston, T. P., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI journal*, 16, 1057–1072. <https://doi.org/10.17179/excli2017-480>

Zhang, X., Gao, F., Kang, Z., Zhou, H., Zhang, J., Li, J., Yan, J., Wang, J., Liu, H., Wu, Q., & Liu, B. (2022). Perceived academic stress and depression: The mediation role of Mobile Phone Addiction and sleep quality. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.760387>

Websites:

Home. Mind. (n.d.). <https://www.mind.org.uk/>

Kendra Cherry, Mse. (2022, November 14). *What is procrastination?*. Verywell Mind. <https://www.verywellmind.com/the-psychology-of-procrastination-2795944>

Sanfilippo, M. (n.d.). *Undue stress on workers can decrease productivity*. Business News Daily. <https://www.businessnewsdaily.com/8486-effects-workplace-stress.html>

Solving procrastination. *Solving Procrastination.* (n.d.). <https://solvingprocrastination.com/procrastination-statistics/#:~:text=information%20about%20procrastination-,Statistics%20about%20the%20prevalence%20of%20procrastination,95%25%20of%20college%20students%20procrastinate.>

Why you put things off until the last minute. The Real Reason You're Procrastinating | McLean Hospital. (2022, December 4). <https://www.mcleanhospital.org/essential/procrastination>

Work-related stress: Health Information: BUPA UK. Health Information | Bupa UK. (n.d.). <https://www.bupa.co.uk/health-information/mental-health/stress-workplace>

World Health Organization. (n.d.). *Occupational health: Stress at the workplace.* World Health Organization. <https://www.who.int/news-room/questions-and-answers/item/occupational-health-stress-at-the-workplace>