

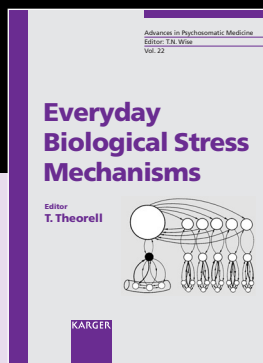
**Update on  
recent  
developments  
in research**

# Everyday Biological Stress Mechanisms

**Editor: T. Theorell**

The book contains articles describing the frontline in research on biological markers of stress in daily life. The stressors inducing biological reactions range from extremely strenuous physical efforts in athletes (Japanese triathlon) to anxiety-provoking situations for children in nursery schools, examinations for students, and daily stressors at work in the form of job strain. The biological parameters discussed are immunological (interleukins and responses to vaccination), endocrinological (cortisol and prolactin) and physiological (blood pressure monitored during daily life). One chapter discusses new developments in research on mechanisms linking stress to atherosclerosis. Assessments are discussed in detail, and possibilities for their use in epidemiological studies are explored. Advantages and drawbacks of using blood pressure monitoring compared to conventional blood pressure assessments of cortisol concentration as an index of the circadian variation in the function of the HPA axis are examples of topics being discussed. The application of saliva cortisol assessment on children's stress reactions is a breakthrough in research development.

This is a book for stress researchers, occupational health care teams and all clinicians involved in work aiming at the prevention and/or rehabilitation of psychosomatic disorders. It gives new insights into stress mechanisms and ways of assessing stress reactions.



**KARGER**

*Fields of Interest: Psychiatry; Psychology;  
Psychosomatics; Immunology, Cardiology,  
Endocrinology, Physiology*

## Contents

**Introduction: Biological Markers of Long-Term Effects of Naturally Occurring Stress**  
*Theorell, T.*

**Finding a Stress Measure in the Literature and Taking It into the Field**  
*Kelly, S.J.; Hertzman, C.*

**Regulatory Disturbance of Energy**  
*Cleare, A.J.*

**Endocrinological Assessment of Extreme Stress**  
*Shimomitsu, T.; Odagiri, Y.*

**Salivary Cortisol Response to Stress in Children**  
*Gunnar, M.R.; Bruce, J.; Hickman, S.E.*

**Multiple Physiological Assessments of Long-Term Stress at Work and in Daily Life: A System Approach**  
*Sudakov, K.V.; Glazachev, O.S.*

**Epidemiological Applications of Long-Term Stress in Daily Life**  
*Marmot, M.; Brunner, E.*

**Long-Term Stress in Daily Life in a Socioepidemiologic Perspective**  
*Siegrist, J.*

**Behavior: The Endocrine-Immune Interface and Health Outcomes**  
*Malarkey, W.B.; Glaser, R.; Kiecolt-Glaser, J.K.; Marucha, P.T.*

**Hypertension at the Workplace – An Occult Disease? The Need for Work Site Surveillance**  
*Belkić, K.L.; Schnall, P.L.; Landsbergis, P.A.; Schwartz, J.E.; Gerber, L.M.; Baker D.; Pickering, T.G.*

**Psychosocial Stress and the Physiology of Atherosclerosis**  
*Knox, S.S.*

## Subject Index

Advances in Psychosomatic Medicine, Vol. 22  
**Everyday Biological Stress Mechanisms**  
Editor: Theorell, T. (Stockholm)  
IV + 156 p., 41 fig., 14 tab., hard cover, 2001  
CHF 113.– / DEM 147.– / USD 98.25  
Prices subject to change  
DEM price for Germany,  
USD price for USA only  
ISBN 3-8055-7191-7

**Balanced information on  
the relationships between  
psychological and  
biological phenomena**

# Advances in Psychosomatic Medicine

Series Editor: **T.N. Wise (Falls Church, Va.)**

ISSN 0065-3268

The importance of psychosomatic research has been greatly reinforced by evidence demonstrating that psychological phenomena may have distinct effects on human health. Recognizing the complexity of interactions between personality and physical illness, this series employs an interdisciplinary strategy to explore areas where knowledge from psychosomatic medicine may aid in the prevention of specific diseases or help meet the emotional demands of hospitalized patients. In each work, the editor has managed to bring together distinguished contributors, creating a series of coherent and comprehensive reviews on a variety of novel topics.

## **Vol. 21 Psychotropic Drug Use in the Medically Ill**

Editor: Silver, P.A.  
(Washington, D.C.)  
VIII + 170 p., 1 fig., 8 tab.,  
hard cover, 1994  
CHF 123.- / DEM 160.- /  
USD 107.00  
ISBN 3-8055-5969-0

*'... clearly written and ...  
an excellent source of  
information ...'*

European Neurology

## **Vol. 20 Methods in Teaching Consultation-Liaison Psychiatry**

Editor: Hale, M.S.  
(Farmington, Conn.)  
VIII + 144 p., 2 fig., 3 tab.,  
hard cover, 1990  
CHF 98.- / DEM 127.- / USD 85.25  
ISBN 3-8055-5080-4

*'This book will be extremely  
useful for practicing psychiatrists  
and academic psychiatrists as they  
attempt to teach and do research  
in the general hospital.'*

Journal of Clinical Psychiatry

## **Vol. 19 Issues in Geriatric Psychiatry**

Editors: Billig, N.  
(Washington, D.C.); Rabins, P.V.  
(Baltimore, Md.)  
VIII + 184 p., 1 fig., 5 tab.,  
hard cover, 1989  
CHF 104.- / DEM 135.- / USD 90.50  
ISBN 3-8055-4972-5

**Vol. 1-18 available,  
please ask for details**

**KARGER**

Prices subject to change  
DEM price for Germany,  
USD price for USA only

To be ordered through:

## Order Form

### Advances in Psychosomatic Medicine

#### Please send:

copy/ies: Vol. 22: **Everyday Biological Stress  
Mechanisms**

CHF 113.- / DEM 147.- / USD 98.25

ISBN 3-8055-7191-7

the book series **Advances in  
Psychosomatic Medicine** on continuation  
beginning with vol. \_\_\_\_\_

information on vols. 1-21

All Karger series are available on continuation.  
Each volume will be sent upon publication until order  
is countermanded.

For easy ordering or further information  
about the series log on to:  
[www.karger.com/bookseries/adpsy](http://www.karger.com/bookseries/adpsy)

Postage and handling free with prepayment

#### Payment

Check enclosed  Please bill me

Please charge this order to my credit card

American Express  Diners

Visa  Eurocard

MasterCard

Card No.: \_\_\_\_\_

Exp. date: \_\_\_\_\_

Name/Address (please print):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date/Signature: \_\_\_\_\_

Orders can be placed at agencies, bookstores, directly  
with the publisher, or with any Karger distributor.

**S. Karger AG, P.O. Box, CH-4009 Basel  
(Switzerland)**

**Fax +41 61 306 12 34**

**E-Mail [karger@karger.ch](mailto:karger@karger.ch)**

**[www.karger.com](http://www.karger.com)**

USA: S. Karger Publishers, Inc., 26 West Avon Road,  
P.O. Box 529, Farmington, CT 06085  
Toll free: 1-800-828-5479

Germany: S. Karger GmbH, Lörracher Str. 16A,  
D-79115 Freiburg

S. Karger GmbH, Querstrasse 18, D-04103 Leipzig

France: Librairie Lugninbühl,  
36, bd de Latour-Maubourg, F-75007 Paris

United Kingdom, Ireland: S. Karger AG,  
58 Grove Hill Road,  
Tunbridge Wells, Kent TN11 1SP (UK)

Baltic States: Klanberg Ltd., Jääraku 67,  
EE-12015 Tallinn (Estonia)

India, Bangladesh, Sri Lanka:

Panther Publishers Private Ltd., 39, 6th Cross,  
Wilson Gardens, Bangalore 560 027 (India)

ASEAN countries, Hong Kong, Taiwan,  
South Korea: APAC Publishers Service Pte. Ltd.  
31, Tannery Lane, 07-01 Dragon Land Building,  
Singapore 347788

Japan: Katakura Libri, Inc., 2F, Marushima Bldg,  
4-6-17 Yushima, Bunkyo-ku, Tokyo 113-0034

Australia: DA Information Services,  
648 Whitehorse Road, P.O. Box 163,  
Mitcham, Vic. 3132