

1. Record Nr.	UNINA9910454914103321
Titolo	Measuring stress [[electronic resource]] : a guide for health and social scientists // edited by Sheldon Cohen, Ronald C. Kessler, Lynn Underwood Gordon
Pubbl/distr/stampa	New York, : Oxford University Press, c1997
ISBN	0-19-802474-6 1-280-75998-4 9786610759989
Descrizione fisica	xii, 236 p. : ill
Altri autori (Persone)	CohenSheldon <1947-> KesslerRonald C GordonLynn Underwood
Disciplina	616.9
Soggetti	Stress (Psychology) - Measurement Stress (Physiology) - Measurement Medicine, Psychosomatic - Research - Methodology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"A project of the Fetzer Institute."
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	Measuring Stress is the definitive resource for health and social scientists interested in assessing stress in humans. With contributions from leading experts, this work provides for the first time a unified conceptual overview of the intricate relationship between stress and a variety of disorders. Its interdisciplinary approach to the selection of appropriate environmental, psychological, and biological measures includes comprehensive evaluations and practical advice regarding a wide range of measurement approaches. For environmental stress, techniques such as checklists and interviews that measure life event, daily event, and chronic stress are discussed. An analysis of psychological measurements includes methods for assessing stress appraisal and affective response. Neuroendocrine, cardiovascular, and immune measures are examined as important biological stress

assessments. Contributors also uncover the conceptual underpinnings of each approach as well as the various costs and benefits of available assessment techniques. Reflecting the diversity of theoretical conceptions of stress, *Measuring Stress* masterfully provides integrative, incisive guidelines that will prove invaluable to students, clinicians, and researchers in health and social psychology, medicine, nursing, epidemiology, sociology, and psychiatry.
