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Annotated Bibliography

GENS201Z: Research and Decision Making

Annotated Bibliography

- Coleman, C. A. (1998). *The relationship of daily stress and health-related behaviors to adolescents' cholesterol levels*. Retrieved from:

<http://search.ebscohost.com.ezproxy.stfrancis.edu/login.aspx?direct=true&db=a9h&AN=946838&site=ehost-live>

In this article, 104 high school students participated in a sample related to how stress affects the bodies cholesterol levels. The authors are graduates of Binghamton University who are establishing if lifestyle is related to major health concerns, such as elevated cholesterol levels. The intended audience seems to be for health professionals seeking additional knowledge regarding potential lifestyle changes to prevent future health problems. This article was simple and concise in results and will illuminate if stress affects the body.

- Barney, D. C., Pleban, F. T., & Lewis, T. (2019). Relationship Between Physical Activity and Stress Among Junior High School Students in the Physical Education Environment. *Physical Educator*, 76(3), 777–799. <https://doi-org.ezproxy.stfrancis.edu/10.18666/TPE-2019-V76-I3-8966>

This article is based on a study to determine the effects of those who participated in Physical Education (P.E.) and environmental stress. The authors are professors at Tennessee State University. The study focuses more on youth in comparison to adults. This article covers more information regarding physical activities in comparison to other articles, and illuminate's information youth.

- Alsultan, N. F. M., Alanazi, M. D., Boholigah, A. A., Alshammari, D. O., Alnahwi, K. A., Alsayafi, Z. A., Alzahrani, Y. M., Nasserullah, L. Z., & Nasserullah, L. Z. (2018). The Influence of Stress on Body Mass Index among Female University Students. *Egyptian Journal of Hospital Medicine*, 73(3), 6359–6366.

This article is based on the study of effects of stress on the female BMI. The study was completed those in the Egyptian Journal of Hospital Medicine and seems to be intended to Universities to provide resources to those dealing with stress. In comparison to other studies, this only used female participant samples. It illuminates how stress may negatively affect the bodies BMI.

- Feifel, A. J., Shair, H. N., & Schmauss, C. (2017). Lasting effects of early life stress in mice: interaction of maternal environment and infant genes. *Genes, Brain & Behavior*, 16(8), 768–780. <https://doi-org.ezproxy.stfrancis.edu/10.1111/gbb.12395>

This article focuses on the lasting effects of separating infants from their mothers (IMS). This study seems intended for health professionals who want to learn about how early stress in life can trigger mental disorders, PTSD, and other conditions. This work was supported by the National Institutes of Health grant MH099251 (to C.S.) and the New York State Office of Mental Health (H.N.S. and C.S.). In comparison to other articles, this study does not include human test subjects.

- Bondar, N. P., Lepeshko, A. A., & Reshetnikov, V. V. (2018). Effects of Early-Life Stress on Social and Anxiety-Like Behaviors in Adult Mice: Sex-Specific Effects. *Behavioural Neurology*, 1–13. <https://doi-org.ezproxy.stfrancis.edu/10.1155/2018/1538931>

This study is based on the effects of early life stress on adult mice. This study is intended for professionals interested in how early life stress in humans (such as separation from the

mother at an early age) can affect the body. This work was supported by the Russian Science Foundation [Grant no. 16-15-10131]. In comparison to other articles, this seems very familiar to the last study completed on baby mice, instead of adults. This can give multiple viewpoints in my research if stress affects the body.

- Haider Zaidi, S. M. I., Yaqoob, N., Naveed, A., Gulshan, N., & Hussain, S. (2018). Positive Attitude and Stress among Adults with Coronary Heart Diseases in Faisalabad. *Khyber Medical University Journal*, 10(3), 146–149.

This study is based on how having a positive attitude vs. stress of those with coronary heart disease (CHD). This study is for professional healthcare doctors seeking more understanding of patients suffering with CHD. The authors are of Government College Women University, Faisalabad, Pakistan. In comparison to other articles, this focuses on samples of those who suffer with CHD. This can be implanted into my research by providing information on stress affecting the body from those already dealing with an illness, and the high stress levels they face.

- Lensen, R. C. M. M., Moons, C. P. H., & Diederich, C. (2019). Physiological stress reactivity and recovery related to behavioral traits in dogs (*Canis familiaris*). *PLoS ONE*, 14(9), 1–15. <https://doi-org.ezproxy.stfrancis.edu/10.1371/journal.pone.0222581>

This article focuses on the study of stress and using it to predict a dog's everyday life behavior. The intended audience is geared toward veterinarians or health professionals interested in learning how physiological stress may affect the dog's behavior traits. The authors are from the Veterinary Department, University of Namu. In comparison to other articles, this is the first to include canines in their studies can be

useful to my research by providing insight to the effects of stress to the animal body.

- Dervishi, E., Mujaj, E., & Ibrahim, S. (2019). Early Traumatic Experiences and Their Relationship With the Emergence of Depressive Symptoms in Adulthood. *Psychological Thought*, 12(1), 30–40. <https://doi-org.ezproxy.stfrancis.edu/10.5964/psyc.v12i1.342>

This study focuses on how early traumatic stress affects depressive symptoms in adulthood. The studies intended audience seems to not be geared towards anyone in general. The authors study psychology and seem to be very knowledgeable in the execution of this study. In comparison to other articles, this focuses on traumatic stress, which is a form of stress, nonetheless. This can be utilized in my research by showing a vast variety on stress, and how it may affect us.

- Hanson, J. L., Albert, D., Iselin, A.-M. R., Carré, J. M., Dodge, K. A., & Hariri, A. R. (2016). Cumulative stress in childhood is associated with blunted reward-related brain activity in adulthood. *Social Cognitive & Affective Neuroscience*, 11(3), 405–412. <https://doi-org.ezproxy.stfrancis.edu/10.1093/scan/nsv124>

This study is based on how exposure to Early life Stress (ELS) affects adult motivation. The intended audience seems to be professionals studying neurodevelopment in children to adults. The authors initiated the study through the Laboratory of NeuroGenetics, Department of Psychology & Neuroscience, Duke University, Durham, NC. Compared to other articles, this is unique in regard to focusing on the reward-related brain activity as motivation in adults. This can be used in my research by providing insight on the effects of ELS on adults.

- Powell, L. H., & Matthews, K. A. (2002). New Directions in Understanding the Link Between Stress and Health in Women. *International Journal of Behavioral Medicine*, 9(3), 173–175. https://doi-org.ezproxy.stfrancis.edu/10.1207/S15327558IJBM0903_01

The above article references how stress may affect the health, wellbeing, and the psych of women. The article seems to be geared towards those interested in learning more on women's health and mindset affected by stress. The article does not mention much on the authors background, or qualifications. This article can be used to support my research in regard to the impact of stress on women.



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