

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 4

1990

Biggest Test for 1988: Surviving Stress

Time magazine labeled "Stress: The Epidemic of the 80's" and a *Wall Street Journal* article and the above title appears to confirm that. The problem is particularly apparent in the workplace because of increased stress-related "blunders on the job" and a variety of symptoms ranging from migraine and tension headaches to temper tantrums. Much of this is attributed to "an uncertain business environment" because of corporate streamlining and its effects on reducing productivity and sense of loyalty to the company. "Senior managers are the toxic carriers of stress," according to one consultant, because they are increasingly placed in the position of having to ask fewer people to do more work. One executive who was forced to disband a staff of 100 was confronted by deliberate acts of sabotage, theft, as well as a frustrating inability to respond to questions such as "What did I do wrong?" Stress management programs are increasingly being offered to Fortune 500 companies, although as noted in prior issues of the Newsletter, the word "stress" is often avoided and replaced by euphemisms such as exercises in "renewal" or "hardiness."

Wall Street Journal, 2-01-88

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Bright Teen Girls Stressed for Success

That was the title of a recent *USA Today* article that reported on a study suggesting that the stress of competitive testing affects teenage girls more than boys. Researchers measured stress hormone levels and gave stress evaluation questionnaires to high achieving teenagers prior to final exams. In general, girls reported more stress than boys. The difference was slight at age 13 but increased in older age groups. Curiously, stress in high-achieving boys actually seemed to decline over the same age sampling. These observations were supported by concomitant hormonal studies which revealed that as final exam day approached, the girls' levels of the stress hormone cortisol rose almost 50% and were three times that seen in boys, who demonstrated little increase.

The researchers suggested that as girls mature, and become more sensitive to the roles played by females in societal and personal relationships, they may feel more uncomfortable or increasingly threatened by competition. Competition is certainly very much apparent in teenage males, but is more apt to be demonstrated in sports and games than scoring high on tests. That makes sense, since most pubescent teenage males would probably rather be appreciated as the school's best football or basketball player, than being a better bookworm.

USA Today, 3-26-90

For further information on the original source of abstracts and other reprints available on similar subjects, please send a self-addressed stamped envelope to: Reprint Division, American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703.

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The Newsletter of
**THE AMERICAN INSTITUTE OF
 STRESS**

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Lawyer Stress Escalating

What do you get when you cross the Godfather with a lawyer? — An offer you can't understand. What do you have when you've got two lawyers up to their necks in sand? — Not enough sand. Why are scientists using lawyers instead of rats in medical experiments? — There are more lawyers, they multiply faster. Lab personnel become less attached to lawyers. And lawyers will do many things rats won't.

Those are some of the lawyer jokes cited in a *USA Today* cover story on the trials and tribulations of the legal profession. Lawyer bashing is hardly new. Shakespeare suggested in *King Henry VI*, "The first thing we do, let's kill all the lawyers." However, it seems to have been resurrected with a great deal of vigor. A joke book, *Skid Marks*, recently finished nine consecutive weeks on the best seller list. The title describes the distinction between a lawyer and a skunk, when both are found dead on the highway. The difference is that there are skid marks in front of the skunk. In last year's Christmas hit *The War of the Roses*, a question asked was "What do you call 500 lawyers on the bottom of the ocean?" with the response being "A good start." In *Back to the Future Part II*, the world is depicted as being a better place years from now because lawyers will have been abolished.

A variety of books have echoed this theme. *Full Disclosure: Do You Really Want to Be a Lawyer?*, and *Running from the Law: Why Good Lawyers Are Getting Out of the Legal Profession* are two recent works that confirm the growing stresses associated with being a lawyer. Job stress has become an increasingly serious problem, and *Time*

recently reported that 40,000 stressed-out lawyers leave the profession annually. One of the reasons is that lawyers are often paid according to the number of hours they bill. Because it now costs \$100,000 a year or more to support a lawyer for staff, equipment, rent, research, etc., many firms are tightening the screws. One lawyer, who left his practice after 20 years to become a counseling psychologist, noted that he had watched nine of his lawyer friends die between the ages of 40 and 55, at the height of their earning capacities, with two committing suicide. *The Wall Street Journal* recently reported that one out of five lawyers surveyed in affluent Connecticut complained of being subjected to excess stress mainly because they didn't have enough time for their personal lives and were "frozen out of the inner workings of their law firms."

The American Bar Association says its average member makes \$107,000 a year and the median income or middle point is allegedly \$68,900 — a far cry from the incomes and lifestyles portrayed in *L.A. Law*, *Perry Mason*, and the media. The average individual perceives the lawyer as a "fat cat," but an unavoidable necessity or luxury. 50% of everyone who employs a lawyer is bound to lose, and "if you're on the losing side, your lawyer is a son of a bitch." Lawyers are generally first encountered during unusually stressful times, like divorce, prenuptial agreements, buying a house, etc., and often have to take "the emotional heat," regardless of the merits of the argument. Many lawyers leave the profession because they really never wanted to be there in the first place and recognize that their choice of a profession was dictated by parental or peer pressure. Some "went to law school because they were not sure what else they wanted." Others were attracted because they wanted to do some good but quickly found out that this was not compatible with making a living. Public opinion also tends to be low since Federal and State legislatures are viewed as being intrusive and incomprehensible because they are driven by lawyers with self-serving interests. In addition, "The public has finally perceived just how all-pervasive lawyers are in society," says the lawyer author of *What to Do with a Dead Lawyer*. They are also concerned about how all these more than 750 thousand lawyers are going to maintain the superior lifestyle associated with their profession. In *Trials and Tribulations*, another lawyer author predicts in his fourth work about the legal profession that "By the year 2000, this country will have more lawyers than people."

While it may be that lawyers are currently "the professionals everyone loves to hate," and a necessary evil, others point out that they preserve civil rights and the freedom of the press and "help people make money." And, as one commentator notes, "the next time you're sued, try calling an investment banker."

Can Being Sociable Make You Live Longer?

There seems to be increasing evidence that it does. A strong social support system and close family and personal relationships appear to have powerful cardioprotective benefits, as demonstrated by Stewart Wolf's masterful report on the inhabitants of Roseto. A recently reported 20-year study of 1,700 elderly Americans revealed that "those who participate in formal social networks tend to live longer than healthy persons who don't take part in such activities." That conclusion is based on more than 20 years of interviews with 1,700 elderly individuals living in rural and culturally diverse towns in Missouri. Irrespective of their health problems, those individuals who in 1966 belonged to "formal social networks, such as church and community groups" were much more likely to both survive and retain their independence. As one might expect, death rates also showed a correlation with age, sex and health. The researchers suggest that people involved in community efforts feel needed, and remained actively involved because their lives are more purposeful. As one respondent noted, "When people are counting on you, you have a reason to get up in the morning." All of which goes back to Selye's principle of altruistic egoism. Doing something that you enjoy that benefits others appears to provide significant benefits not only with respect to longevity, but also quality of life. Elderly people are often urged to have regular checkups. In addition to medications, doctors should also encourage and prescribe involvement in volunteer work or other community activities that will improve their sense of purpose and self worth.

Modern Maturity, February 1990

"Most people would succeed in small things if they were not troubled by great ambitions."

— Henry Wadsworth Longfellow

Stress, Yips and Putting

"The yips" is a common term used to describe an involuntary motor disturbance causing cramps, jerks, tremors, shakiness and indecision. The term is most commonly used in golf, especially while putting or trying to execute delicate short chip shots. It is particularly prevalent in older golfers and has seriously affected the performance of such super stars such as Ben Hogan and Sam Snead. President Bush recently complained in a television interview that it had ruined the game for him, stating "when my putting is really bad . . . it's humiliating." There is little question that the yips

seem to be worse during tournament play or other stressful situations, such as a lot of money riding on the shot. The magnitude of the problem is not known but was recently investigated by means of a 69-item questionnaire devised by neurologists. Of the 360 top amateur and professional golfers who responded to the survey, 28 percent reported having suffered significantly from the yips at some point in their career. Whether this is a representative sample is not clear since the reserchers pointed out that those affected might have been more motivated to answer the questionnaire. The average onset of the yips began at 36 years of age and about 21 years after starting to play golf. More than half complained that their putting was most often affected when the ball was one to four feet from the hole. Only a small percent felt that it had affected other parts of their game, but when it did, it was usually in the form of a "freezing sensation" during the downswing. More than 3 out of 4 reported that the problem became worse as anxiety and stress levels increased. Ninety-nine percent said that yips occurred mainly during tournaments. Some had tried tranquilizers and beta blockers to help control the symptoms, but in the vast majority there was no appreciable benefit. Older golfers and those who had played for a longer period of time were most likely to be affected, especially if they showed evidence of obsessive-compulsive behavior.

The Medical Tribune, 9-21-89

"Experience is the name everyone gives to their mistakes."

— Oscar Wilde

The Effect of Stress on PMS

Recent survey results reveal that the severity of premenstrual problems can be predicted in at least one out of five women, simply by measuring their stress levels. The percentage increases when the source of stress stems from family problems. The husband's behavior and attitude is particularly related to the sufferer's degree of anxiety and depression and job stress is another factor. More importantly, reducing stress results in a marked improvement in symptoms. Both men and women in the survey rated stress, poor dietary habits, and lack of sleep as the three major factors which contributed to the severity of PMS symptoms. 62 percent of women and half of the men listed stress as the most important factor. Despite this, only 8% of those with severe PMS complaints had attempted to obtain assistance from a stress management training program although 12% did seek psychological counseling. Almost a quarter of the interviewed couples complained that the degree of PMS symptomatology had a "severe or extremely severe" effect on their relationship.

Medical Aspects of Human Sexuality, 10-89

Stress, Adrenalin, and Alcoholism

Relationships between stress and alcohol are varied and complex. Some people tend to drink more when they are under stress and problems associated with alcoholism may also generate stress. Some individuals under the influence tend to be sociable, lovable, and happy in a giddy sort of way, whereas others respond with a behavior that is aggressive and violent. Alcohol addiction presents still other problems and appears to have strong genetic influences. In a recent study, a group of male and female alcoholics between the ages of 18 and 36, who had been adopted at birth and had a biological parent, sibling, or grandparent known to be an alcoholic, were compared with a similar group without any such family history. None of the adoptive parents were alcoholics so that this confounding influence was eliminated. Both groups were subjected to mental stress induced by the playing of a competitive video game and blood adrenalin levels were measured. While adrenalin rose in all the subjects, it went up only one-third as much in those with alcoholic relatives. In another experiment, each of the subjects was given three shots of vodka, and again the disparity in a subsequent rise in adrenalin was noted.

As the researchers noted, "alcohol is a two-edged sword, because it is known as a sedative drug, but it is also a stimulant which raises the pulse and blood pressure in most people." They suggest that in patients who are genetically predisposed to alcoholism, alcohol acts only as a sedative. In non-alcoholics who drink, the elevation in blood alcohol causes a release of adrenalin which discourages further alcohol consumption. In alcoholics, a substantial rise in adrenalin fails to occur and there is no such deterrent. It has often been anecdotally observed that individuals can be quite intoxicated, but sober up almost immediately when suddenly confronted by an extremely stressful or life threatening situation. Presumably, this would be accompanied by a maximum release of adrenalin so that there may be some scientific support for this observation. Other time-tested techniques, such as drinking lots of black coffee, may also work because caffeine stimulates and potentiates adrenalin-like effects.

Insight, December 14, 1987

"An expert is a man who has made all the mistakes in a very narrow field."

— Niels Bohr

Type A's, Exercise, Endorphins and Angina

It's well known that Type A's secrete more norepinephrine when under stress than Type B controls.

This is particularly true with respect to mental stress and cognitive challenges. A recent report now indicates that when *physically* stressed, hard-driving Type A's also secrete more beta endorphin, a brain neurotransmitter with powerful influences on pain perception and mood. The large amounts of beta endorphin produced during severely stressful situations are thought to explain why soldiers in active combat conditions often experience little or no pain despite serious wounds and injuries. A similar phenomenon has been noted in marathon runners whose increased endorphin levels allow them to continue running despite broken bones and other injuries which would normally cause them to quit because of pain. Doctors are concerned that a similar problem may exist in some Type A's with increased endorphins since this may block anginal pain, an important warning signal signifying that the heart is not getting enough blood for its needs. It is conceivable that this also might explain why Type A's have a higher rate of silent ischemia and sudden death.

In a recent study, maximal exercise capacity of Type A and Type B males and females was determined on a stationary bicycle. The subjects then exercised at 40%, 60%, and 80% of that value, although not necessarily in that order. There was little difference between the two groups at rest, but at 80% of exercise capacity, the Type A's produced a third more of the catecholamines and twice as much beta endorphin as Type B's. Measurements of serotonin, a neurotransmitter which counteracts the effect of catecholamines, were also measured, and it was found that Type A's had extremely low levels of serotonin when compared with Type B's and there was no increase during exercise. Serotonin more than doubled in Type B's at 80% of exercise capacity and these significantly higher levels may explain why Type B's generally have a more relaxed nature. On the other hand, low levels in Type A's may allow them to achieve greater degrees of arousal and stimulation, which they cannot appreciate because of increased beta endorphins which block pain and unpleasant sensations. It would be instructive to determine whether or not similar responses are seen in mentally stressful situations.

Cardiology World News, March, 1990

"Intelligence is to intellectual as chicken is to chicken soup, a desirable but not inevitable ingredient."

— Thomas P. Millar

Are You Hostile?

Hostility has become the latest buzz word in behavioral medicine, with some claiming that this is the real toxic core component of Type A behavior. Few would argue that hostile, angry behavior, and how anger is dealt with does seem to be a crucial factor in the personality-heart attack equation. The real problem is one of semantics, and how "hostility" is being defined and measured. The most popular measure is the Cook-Medley subscale derived from the 50-year-old MMPI. However, this hostility scale was originally designed to measure different attitudes and personality characteristics in teachers as they related to students rather than hostility per se. Critics believe that such self-report questionnaires are not accurate since hostility should be evaluated on the basis of personal observation, and such assessments do not correlate well with the questionnaire approach. While the latter may be cost effective and appealing, it may denigrate the real importance of the hostility component of Type A behavior. There are also harmful personality traits such as aggressiveness, antagonism, cynicism, disagreeableness, etc. which may be more relevant to the problem and require different assessments. Finally, the Cook-Medley scale really correlates best with all cause mortality, rather than coronary deaths per se, providing further confusion. Many feel that this important subject is being trivialized by various short, snappy quizzes increasingly appearing in the popular media. The inference is that by examining the answers to only three or six questions, it is possible to measure hostility and therefore the reader's likelihood of death from a heart attack. While such quick quizzes may heighten public awareness of the important relationship between personality and coronary heart disease, they do little to increase our understanding of this complex subject and may cause confusion and unwarranted apprehension. Most pop writers who use this approach usually also offer equally simplistic advice to correct the problem. Some samples are: "face up to your behavior, avoid cynical, mean thoughts, try and look at things from the other individual's perspective, learn to relax, try to meditate while standing on a line, don't let yourself get too upset, and learn to forgive, forget, and trust." All of this sounds very much like the biblical admonition "learn to love thy neighbor as thyself" or "do unto others as you would have them do unto you." Few would argue with such suggestions, but they are hardly new. It's difficult to change the spots on a leopard, and it's still not clear

whether vigorous efforts to change such ingrained habits will produce a beneficial effect. The bottom line is that hostility is difficult to measure with a self-report questionnaire, as opposed to various dimensions of anger and the ability to express it, and this seems to be a much more promising area of research.

USA Today, July 7-8, 1989

"When we all think alike, then no one is thinking."

— Walter Lippmann

Exercise and The Immune System

Exercise is thought to have a variety of positive health benefits including cardiovascular conditioning and improved resistance to infection. However, the more you exercise may not necessarily mean that your health will correspondingly improve, and after a point, there may be some disadvantages. Some studies suggest that marathon running may increase susceptibility to infection. 13% of the 2,300 runners in the 1987 Los Angeles marathon came down with colds in the next few weeks. While some might attribute this to exposure to the elements, support for lowered resistance as a result of rigorous running comes from treadmill simulations in ten athletes. Each showed decreased levels of natural killer cell activity, an important immune system component responsible for resistance to infection. Marathon runners who had completed three weeks of heavy training, ran vigorously on a treadmill and immune system function was measured before and after the exercise period. The results confirmed a "significant suppression" in components responsible for resistance to infection. Moderation in everything still seems the best advice. 45 minutes of daily jogging seems to be optimal both for reducing heart disease risk and susceptibility to infection. It would also appear that after strenuous running activities, athletes should make certain that they get adequate rest and nutrition and avoid exposure to possible sources of infection.

Runner's World, Vol. 25, page 18

"Mankind is a gregarious animal, and much more so in his mind than in his body. He may like to go places alone for a walk, but he hates to stand alone in his opinions."

— George Santayana

More Stress Found In the Workplace

That was the title of a recent *Wall Street Journal* article noting that symptoms of job stress have increased in recent years. Some employers have developed innovative ways to deal with the problem. A few of these are rather bizarre such as, "establishing days when workers can wear jeans and unwind." The head of one executive recruiting campaign noted that "stressed managers are more prone to anger after small frustrations" and become more susceptible to colds and incidental infections. They also have a lot of emotional problems and tend to complain of exhaustion, have problems in making decisions, and "a feeling of sense of guilt when leaving uncompleted work at the desk even after a full day." It has been previously noted that stress was more noticeable around the age of 55, but now it is surfacing in younger employees. While it had been predicted that "corporate life in the 80's would be easier, with shorter work days because of the new technology," that prediction seems not to have been fulfilled. A decade ago, people were talking about a three-day work week, but the fact is that for middle and top managers work days are longer and often extend into the weekend. There is also a trend towards more travel, especially over longer distances because of mergers, acquisitions, and globalization. As a result, there is often less personal time for family and social obligations, further increasing stress levels. The "merge and purge" syndrome has also taken its toll. With growing acquisitions and buyouts, the net result is that middle and upper level managers find that they have more work to do and fewer employees to rely on. In general, Americans with income levels of \$50,000 or more had less stress than those with lower earnings. It was also found that "stress levels are consistently higher for women than men, and whites report less stress from those classified as minorities."

New York Times, 9-12-89

"At a certain age some people's minds close up: they live on their intellectual fat"

— William Lyon Phelps

Stress and Maalox Moments

Stress has become a high profile topic, and everyone seems to be jumping on this buzzword's bandwagon. Revlon sponsored the recently released "The Mitchum Report on Stress in the 90's," a nationwide survey which confirmed that Americans perceive they are under much more stress now than five years ago. The tie-in with Mitchum antiperspirant is that sweating is a common manifestation of stress and, when excessive or inappropriate, can also be an embarrassing source of stress that

Mitchum might prevent. Manufacturers of pain relievers have also capitalized on the stress-headache and stress-pain link. Nike is currently running a glossy four-page color ad in several popular magazines, starting off with a list of 20 stressful situations and a full page with only the following two lines: **STRESS MANAGEMENT FROM NIKE — Just Do It!** The purpose is to promote their walking shoes so that you can "walk away from it all" with cushioned shoes that "relieve the stress and impact of each step." Vidal Sasson ("If you don't look good, we don't look good") is now pitching ads for some of its products as the answer to "stressed-out hair."

Last summer, Rorer began promoting its antacid Maalox as the solution to stressful "tummy troubles." A series of TV ads depicted stressful situations causing stomach complaints, indicating that the product provided "strong relief" for all these "Maalox Moments." Viewers were invited to write in about their own "Maalox Moments," with more than 20,000 letters received in a few weeks. The best of these are now being made into commercial ads with actors re-enacting the embarrassing situation. Sample "Maalox Moments" are: "One man lets another go ahead of him in the line to buy lottery tickets — the courtesy costs him the winning ticket. A woman races home because she left a meat loaf in the oven hours previously, and finds five huge fire engines parked in front of her house." While Maalox moments are meant to portray stressful events, they usually have happy endings. The two men agree to split their lottery winnings and the firefighters were just rescuing a cat from a tree. Successful letter writers get paid a comfortable fee if their contributions are used for advertising purposes. There also seems to be a happy ending for Maalox. Already number 1 in its market share at 15%, with 215 million dollar annual revenues, unit sales in February were up 17 to 18 percent over the previous year. (You can enter the competition by writing to: Maalox Moments, P.O. Box 8388, Philadelphia, PA 19101.)

USA Today, 4-3-90

"Never does nature say one thing and wisdom another."

— William Lyon Phelps

Sex Holidays for Stress Reduction?

An Associated Press report from Finland indicated that researchers there are recommending a novel way "to alleviate the stress of everyday life." All too often it appears that sex is identified with lewdness and problems related to sexually transmitted diseases like AIDS and herpes. The authors suggest that there should be more of a focus "on the joys of sex and the sense of well being it brings" and, it should (continued on page 7)

Sex Holidays for Stress Reduction?

(continued from page 6)

be engaged in more frequently and not while under pressure. Accordingly, their recommendation is that people should be "given the possibility of having sex holidays during which they can forget pressing matters and concentrate on relaxing in erotic pleasure and satisfaction."

Palm Beach Post, 7-26-89

"Wisdom is the abstract of the past, but beauty is the promise of the future."

— Oliver Wendell Holmes

Police Officers and Job Stress

Police work can be extremely stressful for a variety of obvious reasons such as dangerous assignments which carry the potential for serious injuries and death in soaring drug and crime neighborhoods. Police officers in New York and Los Angeles who suffer a heart attack are automatically assumed to have a job stress-related disability, even if it occurs while on vacation, and are compensated accordingly. Surveys have shown an increased incidence of alcoholism, marital and other psychosocial problems in police officers as a group, but it is not clear whether this is more prevalent in those with high demand positions, as opposed to low work loads. On the other hand, for some, routine tedious forms and paper work is a greater source of job stress than dealing with the public. Evaluations of police job stress also vary depending upon whether the criteria are self-report ratings, illness consequences, or some of the social problems noted above. These and other issues were addressed in a recent study that included male and female patrol officers. Participants completed a variety of questionnaires designed to measure state and trait anxiety, job anxiety, general mental health, drinking and social problems, etc. Blood pressure and general health were monitored, as were disability, sick days, accidents, and citizen complaints. Job stress was rated in terms of difficulty and challenge, and life change events were recorded using a specially designed self-report measure based on the Holmes-Rahe scale. Estimates of self-esteem, job satisfaction, and interpersonal relationships were also obtained.

Although high and low work load officers did not differ in overall levels of stress, their sources were quite different. For low work load individuals, there was much more stress from difficulties in interpersonal relationships with peers, the public and especially superiors. This was most evident

from self evaluation scores. In high work load officers, stress was much more apt to come from self evaluation scores. In high work load officers, stress was much more apt to come from difficulties in their personal lives and dealing with crime-related problems. In contrast with other reports, strong social support relationships did not appear to be an important stress buffer for either group. It was suggested that this discrepancy may result from the fact that police officers may particularly tend to view their worth in terms of how successful they are in their career (crime solving, number of arrests, and relationships with the public) rather than the opinions of family and friends.

Behavioral Medicine 15:5-12, 1989

Stress and Panic Disorder

Panic disorder can be a debilitating disability because of its severe and life-threatening symptoms and the unpredictability of the attacks. Many authorities believe that its origins are more biological than psychological since it is quite distinct from anxiety attacks and apt to occur without any obvious precipitating factor. Some episodes can occur after major life change stresses, as noted in the original description of post traumatic stress disorder following natural disasters, severe accidents, and personal assaults. However, many patients with panic disorder cannot recall any obvious antecedent stressful event, nor does the presence of prior trauma influence the magnitude of the stereotyped clinical and physiological responses. Selye's research demonstrated that cortisol levels are higher in stressed subjects, but since natural panic attacks are unpredictable, it is not always possible to obtain such measurements. In some patients, cortisol levels have been found to be elevated after the attack, especially in subjects who feel out of control. Panic attacks can be induced in susceptible individuals by injecting adrenalin, sodium lactate, or inhaling carbon dioxide rich air. Very high doses of caffeine can also produce a similar effect.

In one recent study using lactate to induce panic attacks, subjects were separated into those who reacted immediately and others whose response was delayed. It was found that the late responders had significantly higher cortisol levels. The reason for this is not clear but some researchers have described panic as a "catastrophic response to loss of control of anxiety symptoms." They suggest that patients who exhibit higher levels of anxiety in panicky situations can cope better with the challenge and produce more cortisol because it takes longer for the attack to occur.

Lancet, June 17, 1989

Book Reviews • Meetings and Items of Interest

"Strangers at Home: Vietnam Veterans Since the War," Figley, C.F., and Leventman S., eds., Brunner/Mazel, New York, 1990, 416 pages, \$26.95, (paper).

This is an unique volume about Vietnam veterans' problems, originally published in 1980, before the magnitude of Post Traumatic Stress Disorder was appreciated or even identified. It received several awards at the time because it touched upon a variety of subjects that had previously been taboo or avoided by the American public. For example, one chapter is entitled, "Gook Syndrome: The Vietnam War as a Racial Encounter." In addition, the hazards faced by our own soldiers from within rather than the enemy are carefully presented. This reprinted edition is dedicated to Dean Phillips, who contributed the last two chapters dealing with the various legal and social problems faced by injured Vietnam War veterans. This seems especially appropriate since he died in 1985 from cancer that many believed was linked to Agent Orange, to which he was exposed in Vietnam. Numerous Vietnam Veteran books have been published in the past ten years both for professional and popular audiences and there have been at least two dozen major films which focused on either the war or post-war adjustment problems. This volume presents the National Vietnam Veterans Readjustment Study findings which played an important part in the formation of The Society for Traumatic Stress Studies which now has more than 1200 members. The 20 or so contributors to this 1980 volume have graphically captured the picture of the Vietnam Veteran as a study in loneliness and isolation not likely to be surpassed. The publishers of this valuable Psychosocial Stress Series are to be congratulated for deciding to make this landmark volume available again to many who did not appreciate its significance at the time of its original publication.

Meetings and Items of Interest

June 1-3, Treating the Co-dependent Emotionally Dysfunctional Patient, Big Sky, MT, David Watkins Associates (615) 672-3027.

June 3-18, Creativity and Madness Psychological Studies of Art and Artists, American Institute of Medical Education, London, Stratford, York (England), Edinburgh (Scotland), (818) 842-8818.

June 8-10, Treating the Co-dependent Emotionally Dysfunctional Patient, Jackson Hole, WY, David Watkins Associates (615) 672-3027.

June 9, Healthy Pleasures: The New Science of Mood Medicine, The Institute for the Study of Human Knowledge, New York, NY (1-800-222-4745).

June 15-16, Cardiac Wellness and Rehabilitation, San Francisco, CA, Medical Education Resources (800) 421-3756.

June 15-17, Treating the Co-dependent Emotionally Dysfunctional Patient, Hilton Head, SC, David Watkins Associates (615) 672-3027.

July 5-8, 9th Annual Role of Exercise and Nutrition in Preventive Medicine, Snowmass, CO, ISC Division of Wellness (813) 686-8934.

July 11-14, 9th Annual Role of Exercise and Nutrition in Preventive Medicine, Orlando, FL (813) 686-8934.

July 15-20, National Wellness Conference, Stevens Point, WI, National Wellness Institute (715) 346-2172.

July 16-20, Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions, Kyoto, Japan (215) 566-1054.

July 16-20, A Holistic Approach to the Immune System: Nutritional, Environmental and Stress-Related Factors, Rhinebeck, NY, Omega Institute, RD2, Box 377, Rhinebeck, NY 12572, (800) 862-8890.

July 22-27, Balancing Commitments to Family and Profession, The Meninger Clinic, Crested Butte, CO. Contact Jayne Roberts (1-800) 288-7377.

July 23-27, Providing Stress Management Training to Individuals and Groups, Atlantic City, Mid-Atlantic Educational Institute, 309 North Franklin Street, West Chester, PA 19380, (215) 692-6886.

August 8-22, Humanism and Caring in Medical Care, Kenya, East Africa, Temple University School of Medicine, (215) 221-4787.

August 13-17, Family and Marital Dynamics; Advances in Treatment of Anxiety/Depressive Disorders, North Falmouth, MA, Massachusetts Mental Health Center, Harvard Medical School, (617) 743-1300.

August 16-19, Workshop on Clinical Hypnosis at Basic, Intermediate and Advanced Levels, Reno, NV, American Society of Clinical Hypnosis, (708) 297-3317.

August 20-24, Hormonal Modulation of Brain and Behavior, Buffalo, NY, International Society of Psychoneuroendocrinology, (716) 877-7965.

August 27-29, Tutorial in the Tetons: Stress and the Heart, Moran, WY, American College of Cardiology, (800) 253-4636.

August 27-31, 7th Annual Cape Cod Summer Symposia: Group Psychotherapy: Healing Through Relationships, Cape Cod, MA, New England Educational Institute, (413) 499-1489.

December 12-14, International Conference on Healthy Lifestyles, Leningrad, USSR, N. Bedrova, Korov Institute of Advanced Medical Studies, Leningrad 193015, (812) 2725206 or University at Penn, Des Moines, IA 50316, (515) 263-5582.

December 29-Jan. 1, 1991, 10th Annual Role of Exercise and Nutrition in Preventive Medicine, Breckenridge, CO, ISC Division of Wellness, (913) 686-8934.

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