The Newsletter of
THE AMERICAN INSTITUTE OF STRESS

Number 8 1990

Hot Line for Women's Job Stress

The National Association for Working Women has installed a toll free "survival hot line" to help with the unique job stress problems faced by many working women. The most common calls come from women who are losing their jobs because they are pregnant. In about half the states, legislation insures that an expectant mother's job will be retained and that she may have a pregnancy leave of up to four months. However, in the rest of the country, the only protection is a rather weak federal law which treats pregnancy the same as any other temporary disability. In addition, this pregnancy discrimination law applies only to workplaces with 15 or more employees.

A new Federal law to safeguard pregnancy rights is currently before Congress but only applies to businesses with more than 50 employees. One secretary complained that her duties included finishing her boss's crossword puzzles and a clerk typist tearfully complained that her "productivity-obsessed supervisor doesn't allow talking in the office." Another was fired for insubordination after she accused her boss of sexual harassment and other secretaries complained that they had to wear bikinis to office parties or trim their boss's nose hairs. Because of recent extensive publicity in women's magazines, the hot line which operates from 10 AM to 4 PM on weekdays became so overloaded one month that 11,000 callers couldn't get through. The service has now been expanded and working women with job stress problems can get assistance by dialing 800-245-9865.

Palm Beach Post, 5-5-90

Stress and Heartburn

A Gallup poll reported that about 61 million adult Americans experience heartburn or other complaints as a result of gastroesophageal reflux. Two out of every three sufferers cited psychologic stress as adversely affecting their symptoms. To investigate this, ten individuals with documented esophageal reflux underwent a variety of psychological tests, including a state of anxiety inventory measure to determine the degree of stress currently being experienced by the individual at that specific moment. They then underwent a "stress day" and "non-stress day," during each of which they consumed a meal of pizza and cola designed to reproduce their uncomfortable complaints. One hour after the meal, they were exposed either to three 45-minute "stress" or "non-stress" tasks during which they rated the severity of their symptoms while acid concentrations were measured in the esophagus. On the "stress day," there were significant increases in anxiety levels, heart rate, and blood pressure. However, there was no correlation with either increased symptoms of reflux or higher esophageal acid levels. Although this was a small and preliminary study, it failed to demonstrate

(continued on page 2)

ALSO INCLUDED IN THIS ISSUE

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.

The Newsletter of THE AMERICAN INSTITUTE OF STRESS NEWSLETTER is published monthly by The American Institute of Stress. Subscription rates: $35.00 annually.

The Newsletter of
THE AMERICAN INSTITUTE OF
STRESS

Paul J. Rosch, M.D., F.A.C.P.
Editor-in-Chief

Stress and Heartburn

(continued from page one)
any significant relationship between stress and esophageal reflux, despite the general belief that there is a strong association between the two.

Gastronterology Observer, July/August, 1989

Tackling Technostress

Technostress refers to a constellation of complaints caused by the stress of living in an increasingly high-tech world. Anxiety, paranoia, overstimulation, depression, social isolation, fatigue, headache, poor self image and burnout are common manifestations. A major culprit is the information overload resulting from the accelerated pace of conducting business afforded by fax machines, call waiting, forwarding and conference telephone enhancements, interactive video meetings, courier and next day express mail services, and particularly computers that permit faster data retrieval and communication capabilities. Many workers are increasingly "tuning in" to machines, rather than people. Some tend to identify with the computer process as they struggle for increasing speed as well as perfection in all their activities. Frustrated by failure to achieve unrealistic goals, they become progressively depressed, withdrawn and starved for human contact.

Prior to computerization, people went to the bank, stood in line, chatted with friends or strangers, and were often on a first name basis with various employees, rather than relying on electronic banking and automated teller machines. Human contact is similarly being increasingly bypassed because of the ability to go shopping, make airline reservations, stock market investments and obtain all sorts of information with a few strokes on a computer keyboard. In some offices, individuals within a few feet of each other communicate almost solely through their computers. The problems associated with living in a nanosecond-paced world have prompted the development of a Technostress Information Network to coordinate research and information on this subject. As its organizer noted "Somebody needs to be designing a technostress first-aid kit for the future —thinking about the glue that will hold people together."

Gannett Westchester 6-1-90, Palm Beach Post 5-22-90

"Grasp the possibility that a truly tough and worthy competitor knows not only how to fight but also when to quit."
Jeffrey Z. Rubin

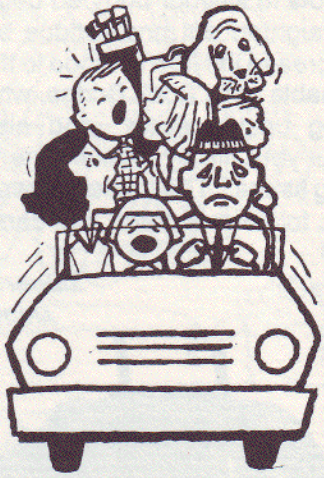
Stress and Racism

In the past few years, there has been increasing evidence that the stress of racism may be responsible for the 100% greater incidence of hypertension in blacks compared to whites. In one study, black college students were shown scenes from movies portraying racial incidents, other anger provoking and neutral scenes. Diastolic blood pressures rose an average of three points during the racial scene compared to only one while watching the anger provoking clip. Studies of 10th graders revealed that blacks were angrier than whites and tended to suppress their hostility more. "The higher the level of suppressed hostility, the higher was their blood pressure." Interviews with black men about sources of stress in their life revealed that job stress was at the top of the list, usually because of racism and that their blood pressure rises while they are talking about it.

According to one authority, high blood pressure is "near epidemic proportions among blacks and is chiefly responsible for their high mortality rates from heart and kidney disease and strokes." In most people, the kidneys tend to increase the excretion of sodium during stress. However, about

25% of blacks tend to retain sodium in response to stress which could cause an elevation of blood pressure and ultimately sustained hypertension. This tendency, as well as the greater incidence of obesity in blacks, may be inherited traits. It has been suggested that in the early trading days, many slaves perished on the long boat trip from Africa to America due to dehydration. Those who survived would more likely represent a population with a greater ability to retain salt and water to prevent dehydration, or who had greater fat body stores to retain fluid and provide nutrition during periods of prolonged food and water deprivation. U.S. black descendants of these survivors would have inherited such tendencies, both of which predispose towards blood pressure elevation. It is not unlikely that the stress of racism and suppressed anger and hostility activate such harmful genetic traits, essentially pulling the trigger of a loaded gun.

New York Times, 4-24-90



Stress and Kids

A recent study of over a thousand school children, age 7-16 in the United States and Australia revealed that girls reported more fears than boys and younger children had more fears than those who were older.

The five major types of fears were failure and criticism, the unknown, minor injury and small animals, danger and death, and medical fears.

The top ten most stressful situations reported were: 1) being hit by a truck, 2) being unable to breathe, 3) bombing attack, invasion, 4) fire, getting burned, 5) falling from a high place, 6) burglar breaking in, 7) earthquake, 8) death, dead people, 9) getting poor grades, 10) snakes.

In general, these types of stress tended to decline with age, but at all ages girls were more significantly affected than boys. For 7-10 year olds, "getting lost in a strange place" made the top ten, and snakes were replaced in older age groups by "being sent to the principal," "having my parents argue," and "taking a test." Older girls were not as afraid of snakes as "getting lost in a strange place"' and older boys were more fearful of "getting an illness" than "poor grades."

Gannett Westchester Newspapers, 5-16-89

"Ask yourself, will it really matter five years from now?"
Anon.

More on Caretaker Stress

Most physicians have had the experience of treating a chronically ill patient whose care is constantly being provided by an attentive spouse. Not infrequently, it is the healthy caregiver who becomes ill and dies before the presumably much sicker mate. The task of caring for a relative with Alzheimer's disease can take an unusual toll, as noted in a prior issue of the Newsletter. A recent Canadian study reported that, after a husband's heart attack, most wives who provided continuing care had to consult a physician about their own health in the next three months. A report from Great Britain revealed that the psychological reactions of wives of patients with heart attacks were apt to be even more severe than those of the patients. Some feel guilty about the feeling, which they obviously cannot express, that if only the event had been fatal, it would have "relieved them of a lifetime of matrimonial servitude."

The problem may be even greater for the wives of accident victims. In one study of men with closed head injuries, wives were found to be under much more stress five years later than a year after the event. While a variety of research has been devoted to studying the psychological reaction of patients to physical illness, there is increasing interest in the adverse emotional and psychological repercussions on spouses and other family members.

Sexual activity is another concern. Even after receiving instructions and reassurance, many wives often fear that sexual activity will be harmful to their husbands. In one study, 50 percent of couples had failed to resume sexual activity as long as a year after the event. In some instances, this may be related to depression or concerns on the part of the patient or it may have exacerbated a pre-existing marital problem. Studies have shown that patients with prior high levels of marital discord were more likely to experience residual disability with respect to sexual activity.

Lancet, 6-30-90, Medical Aspects of Human Sexuality, 7-90

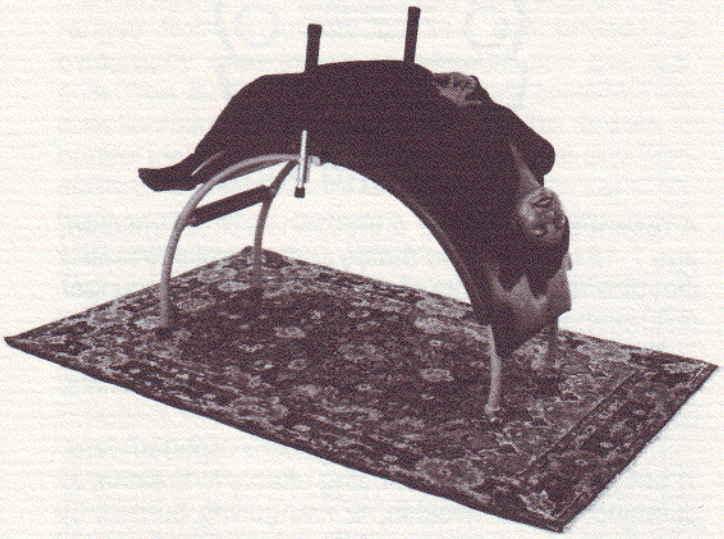
"It isn't the burdens of today that drive men mad. Rather, it is regret over yesterday or fear of tomorrow. Regret and fear are twin thieves who would rob us of today."
Robert J. Hastings

Stress Reducing Massagers And Furniture

As noted previously in the Newsletter, stress reducing gadgets, toys and devices have become hot sellers. Massage therapy services to reduce stress have also been increasingly introduced into the workplace to reduce stress. It is no surprise, therefore, to find that the latest high-tech approaches include all sorts of touchy-feely stress reducing furniture. Currently being offered is "The Getaway Chair" with its three independent massaging motors and dual massaging rollers. These travel slowly back and forth from the base of the spine to the head. Other controls allow you to focus the activity on a specific area to intensify the degree of massage and to change the angle of recline. There is also a vibrator to relax your back and legs, a timer to control the duration of massage, and a built-in stereo AM/FM cassette player, all of which can be purchased for a little more than $2,000.00. The "Shiatsu Massager" is "an age old Japanese remedy for modern-day stress." In ancient Japan, the Samurai warriors had their personal Shiatsu masseurs and the massager simulates the circular, kneading technique of this centuries old therapy by using a heavy duty motor which powers teflon-coated "massage nodes" to pinpoint and relieve deep muscle strains spasm and tension. This is accomplished by propping the Shiatsu against a chair or resting on a bed and leaning back and feeling the muscle tension dissolve and the circulation in the affected area revive. Or you can share it with a friend and work it up and down each other's spine and split the $2000.00 cost.

There is also the Acu-Node Massager from Japan which focuses concentrated vibrations that "quickly calm knotted muscles and tension caused by stress." You can choose between two vibrating speeds and the manufacturer claims that these are the same professional massagers used in *Playboy's* "Secrets of Euro Massage" videotape. You can enjoy the same soothing relief provided by the skillful fingers of a masseur for less than $100.00. The Acu-Vibe rubdown machine reduces stress much like a good spa rubdown. There are hand grips or contours so that you can alternate between horizontal and vertical strokes and select low- or high-speed full-bodied massages for yourself or a friend. Unlike other devices, the quiet commercial motor directs the vibrations into the vinyl-covered massaging pad rather than your hands, all for $150.00. If you want a serious rubdown, you have a choice of full-bodied massagers to choose from: the Hardwood Massage table and the electronic Accu-Massage table. The Hardwood Massage table is crafted "to withstand a masseur's repeated force without loosening or wobbling." It has a resilient, double thick polyfoam pad, a special indentation contoured to accommodate your face, folds in two minutes, can be carried with one hand, and only costs $400.00. The Accu-Massage table unfolds on the hardwood table, the floor, or a bed. It employs the ancient principles of Shiatsu to work on 44 *tsubo* (accupressure) points in your neck, shoulders, back, thighs, and calf muscles. There's also a penetrating warmth provided by two carbon heaters to relieve sore back muscles. The built-in microcomputer lets you select a full body massage by remote control, or to concentrate on a specific area using the eight rollers that move up and down your spine. For $2,000, you can also get an attractive carrying case, weighted pillows and vinyl pads. Or you might prefer the Somnus Massage System which you can mount in your bed. The gentle drone of its motors "helps turn off the 'mind chatter' that can be a major contributor to insomnia while it massages you to sleep and gently wakes you up in the same fashion. Years ago, the health and relaxation benefits of using inversion boots to tilt your body 90 degrees were in vogue to straighten out and reduce stress on the spine and increase the flow of blood to the brain. Now there is Archable - the Body Bridge, which is "better than hanging upside down" and also "helps to straighten out your life by relieving nervous tension and releasing stress." The model shown here weighs forty pounds, folds for storage and can be yours for only $285.00

Sharper Image Catalogue
ARCH-EEZ INST. INC.



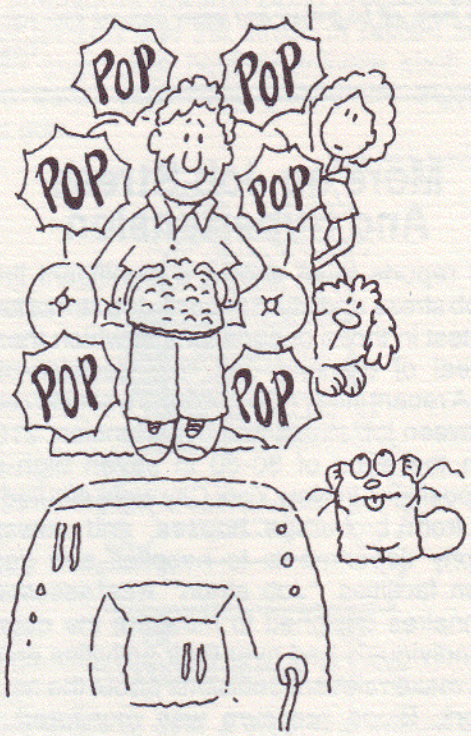
What You Don't Know Can Hurt You

Despite all the hoopla, in a Gallup poll of 1,000 adult Americans, almost half had never had their cholesterol levels checked. Although almost all individuals with a family history of heart disease agreed that the test should be performed, forty percent had not done so. Smokers, who represented 29 percent of the total, had an even poorer record despite their significantly

increased risk. More than half of the women smokers and 44 percent of the men in high risk families actually "preferred to stay in the dark about their levels." This may provide an important clue as to why these people still smoke despite peer pressure and clearer proof of other health risks. Despite this, more than three out of four of the responders indicated that they had made an effort to eat less fat in their diet, although the magnitude of change is not known.

MD Magazine, July 1990

"A fact without a theory is sad, but a theory without a fact is a disaster." — J. Arthur Burns, PH.D.



Low Budget Stress Reducers

If you can't afford the devices noted above, you can always invest in some Chinese worry beads to rub together although that has recently been replaced with the plastic bubbles often found in shipping containers. The employers of a novely firm, who were all self-proclaimed intense Type A personalities, found themselves sitting around popping the bubbly plastic used to wrap their imported products. They decided it had great stress-reducing properties and are now marketing it in gift shops and drug stores. For $2.95, you can buy four pieces of the tension-relieving wrap complete with instructions.

For only $18.50, you can purchase a magic moon ball which consists of various kinds of grains enclosed in latex spheres which "just beg to be squeezed." They also provide good exercise for arthritic hands and the manufacturer claims, "They are very addictive in a positive way." His theory is that our hands really need to be doing something all the time, which is one of the reasons people get so addicted to smoking. The hands are very expressive, and if they're left with nothing to do, we get anxious." On the other hand, "Please don't squeeze the Charmin" might be cheaper and have other uses.

AFP, May, 1990, Prevention Magazine, July 1990

"When you are talking to yourself, watch your language. — Dennis Waitley

Can PTSD Be an Adequate Defense for Crime?

Accused individuals, who can be shown to have committed a crime without any evil intent, may be acquitted unless there is obvious liability such as occurs in a motor vehicle accident. This is somewhat analagous to the defense claim of "not guilty by reason of insanity," in which the sentence is usually hospitalization and treatment for a specified period of time. In England, a plea of non insane "automatism" can also be an adequate defense, if there is some external influence such as a blow on the head or an adverse reaction to insulin or other medication which results in the individual not recognizing that an illegal act is being performed. (This does not apply to alcohol or illicit drugs). The issue is complicated since "insanity," for legal purposes, is not synonymous with its medical meaning and could apply to complications of epilepsy or diabetes which result in loss of reason or control.

In one recent British case, a 23-year-old French woman was charged with robbery and causing bodily harm. The defense argued that at the time of the crime she was suffering from Post Traumatic Stress Disorder caused by a rape three days previously. She had been arrested on a charge of robbing two women of their handbags and stabbing one in the stomach with a pen knife. When apprehended, she was described as "passive and indifferent to what was happening" and unable to remember the event in question. She complained that three days before her arrest she had been raped, but had not told anyone about it. She was interviewed on three occasions by a psychiatrist who diagnosed Post Traumatic Stress Disorder and offered the opinion that at the time of the incident, she had not been acting consciously and had no control over her actions. She was also examined by a doctor who confirmed that her hymen was ruptured and bleeding. (Some months earlier, the hymen had been reconstructed to restore the wo-

(continued on page 6)

Can PTSD Be an Adequate Defense for Crime?

(continued from page 5)
man's virginal status).
At the trial, the defense submitted that the rape represented a shocking and severely stressful event to the patient resulting in Post Traumatic Stress Disorder that caused her irrational and unconscious behavior. Temporary insanity as a consequence of severe behavioral changes associated with menses has previously been used as a temporary insanity defense for a variety of crimes including murder. In a landmark murder case, a New York State Supreme Court also ruled that a Vietnam veteran defendant "was in the throes of a violent flashback and mentally in Vietnam" at the time he committed the crime. The jury felt he "was not responsible" because of "mental disease or defect." As a result, instead of getting 15 years to life, "he will probably be free after a month-long psychiatric evaluation" and a promise to continue treatment for post-traumatic stress disorder.
The presiding judge in the English case indicated that although there had been no previous case in which rape had been held to be a causative factor for mental dysfunction, the particular circumstances in this case did make such a possibility plausible on the basis of PTSD. The jury failed to agree and the defendant was convicted on a majority verdict, but her sentence was lighter than it might otherwise have been.

Lancet, 6-2-90, Daily News, 7-15-90

"Man's mind, once stretched by a new idea, never regains its original dimensions. Oliver Wendell Holmes

---

Helping Type A Kids

A variety of studies have suggested that Type A behavior has its origins in childhood and a new report confirms that this trait can be detected as early as age 3. Much of it may have to do with parental influences, especially in those children who are pushed to succeed on the basis of unrealistic expectations and who get little reward for their efforts. Type A kids are apt to be the first born and other early warning signs are impatience, fierce competitiveness, being easily upset by problems or when under pressure, and usually having little time to play because of the imposition of structured activities. Although Type A parents don't necessarily have Type A children, a link has been found between Type A fathers and sons. The psychologist who performed the study recounted a personal example, noting that when he got home from a Little League game and told his father that he went three for four and got a triple, he'd say, "But you made an error in the third."
Parents should be advised to be more realistic and instead of urging their kids to win at all costs, should just encourage them to "do the best you can." They should also make an effort to provide meaningful feedback and not to hesitate to give praise frequently, rather than long after some achievement. It's also important to separate praise from constructive criticism to avoid confusion. Children need to be able to assess their own abilities and develop their goals, and not those imposed on them by overly ambitious parents. If Johnny comes home with the sixth best grade in the class, it's sometimes better to think of it in terms of being better than 54, rather than inferior to 5. A final word of advice is to "remember the first rule of childhood: Kids need to goof off."

USA Weekend, July 13-15, 1990

"If you compare yourself with others, you may become vain and bitter: for always there will be greater and lesser persons than yourself."
"Desiderata"

More on Job Stress And Hypertension

Several reports have shown a significant link between job stress and heart attacks. Job stress tends to be greatest in those occupations in which there is a great deal of demand, but little decision-making latitude. A recent study now confirms a similar relationship between job stress and hypertension. 215 men between the ages of 30-60 in seven high-stress clerical positions in New York City were studied. Jobs ranged from brokerage houses, and newspaper typography departments to hospital, and garbage collection facilities. "Job strain" was assessed by questionnaires designed to measure the degree of control individuals had over their activities and their ability to make relevant decisions about the nature of their work. Blood pressure was monitored using ambulatory measuring devices.
The high-stress group was three times more apt to suffer from hypertension and those between the ages of 30 and 40 also showed evidence of enlargement of the heart due to thickening of the left ventricle, an important complication of hypertension. There are more than 60 million people with hypertension, most of whom work, and often attribute their high blood pressure to their jobs. Rising health care costs and greater liability for job stress complaints are growing major problems for employers. As a consequence, stress management training has now become the leading priority for many employee assistance programs. Such programs are being increasingly oriented towards evaluating the person/environment fit since this is more often the source of problems rather than the job per se. In many instances, finding innovative ways to increase participation in decision making provides the best approach to alleviating job stress and its adverse health consequences.

Medical Tribune, 5-3-90, J.A.M.A., 4-11-90

Stressed Out Stock Markets

That was title of a recent New York Times article about the repercussions of the 190-point drop in the Dow Jones Industrial Average last October. A panel created by the New York Stock Exchange to restore investor confidence recommended that the government require a cessation in stock trades "during times of stress in markets." A coordinated halt in trading on the cash futures, and options markets for various periods of time would be mandated if the Dow rose or fell more than 100 points. All trading would be stopped for an hour if there were a 250-point fall and an additional two hours for another 150-point fall the same day. If a 400-point swing occurred, the market would be closed for the entire day. At the Chicago Mercantile Exchange, a recent 12-point fall in the futures contract for the Standard and Poors 500 - stock index stopped trading for 30 minutes.

It was pointed out that U.S. financial markets have changed drastically over the past two decades due to the rise of institutional investing, the development of index derivative products, and increased trading of large stock portfolios. Consequently, "coordinated circuit breakers should be introduced to limit trading in times of market stress." Computer driven program training has been blamed since sudden large movements in stock prices could leave individual investors at the mercy of large institutional traders. Those who are apt to suffer the most are short-term traders who attempt to time market swings rather than steady investors who buy and hold for the long term.

The New York Times, 6-15-90, 6-13-90, 7-29-90

"Happiness is an inside job."

— Anon.

Computerized Windows For ICU Stress

A number of hospital studies have shown that an absence of natural light can interfere with patient recovery and, in some instances, even result in a psychosis or severe depression. As a consequence, a 1979 Federal law requires that all inpatient hospital rooms which are constructed or remodeled, must include a window or a skylight. The problem can be particularly severe in intensive care units where patients lose track of time and have their sleep-wake cycles disrupted. One innovative approach to this problem was provided by a California nature photographer who created an artificial 4′ x 5′ window to simulate the passage of time. It consists of a wall-mounted blown-up transparency of an outdoor scene set in a frame and utilizes a computerized quartz iodide lamp to cast various shades of light from behind the landscape. At sunrise, red rays very slowly start to traverse the screen from the left and progressively intensify till noon. By dusk, the glow of the sun fades out on the right and murky blue hues take over as the last of the 600 lighting changes end. A selection of scenes including desert and seascapes are available or a specially designed picture can be made from a 35mm slide blowup. Stanford University Hospital installed the windows in three recently renovated windowless rooms "despite the off-the-wall price of $20,000 each." The State Health inspectors have allowed the ICU's to be occupied on a trial basis until their stress-reducing effects can be tested. They have also been ordered to use in an underground U.S. base in Turkey, and for a naval air station in Iceland and volume production will probably lower the cost to $9,000.

AFP, June, 1990 and Fortune, 5-21-90, MD, July, 1990

"New medicines and new methods of cure always work miracles for a while."

— William Heberden

Smoking and Immunity

The health hazards of smoking are well known, particularly with respect to cancer of the lung, bladder, cervix, and other organs. The relationship between smoking and cancer of the lung is easy to understand in view of the repetitive direct irritation of lung tissue by carcinogens in inhaled smoke. However, a different mechanism must to invoked to explain the strong positive correlation between smoking and other tumors, or with Histiocytosis X, in which lesions occur in skeletal and soft tissue sites in various parts of the body. A recent *Lancet* editorial reviewed evidence suggesting that cigarette smoking may have widespread effects on the body's immune system, including depression in salivary immune factors which normally protect against malignant growth. Smokers also have a reduction of cells in the lining of the cervix which produce a cancer-resisting protein. A similar effect can be achieved by administering known cancer-causing agents. Smoking also hastens the development of AIDS. In a study of 387 HIV-infected men, many of whom were asymptomatic, smokers were nearly twice as likely to develop clinical AIDS when followed for almost five years.

Lancet, June 30, 1990, Science News, July 7, 1990

"Skepticism is the charity of the mind. Do not surrender it to the first comer."

— Santayana

Book Reviews • Meetings and Items of Interest

"Hypertension: Pathophysiology, Diagnosis and Management," Laragh, J., Brenner, B.M., eds., Raven Press, New York, 2,592 pps, $325.00.
This is an awesome undertaking and easily the most comprehensive publication on hypertension that has ever been attempted or achieved. The senior editor is the leading authority in the field and his extensive experience is vividly illustrated by the titles of the 150 chapters which have been contributed by more than 250 authorities. As noted in the preface, unlike other disciplines in medicine such as cardiology, or gastroenterology, hypertension is not organ oriented. It is better viewed as a marker common to a variety of pathophysiologic disturbances affecting different homeostatic mechanisms and producing a panorama of pathologic changes. Although there is no chapter devoted to stress and hypertension per se, the subject is amply covered in discussions dealing with white coat hypertension, racism and black hypertension, psychosocial factors related to job stress, urbanization, and even the role of magnesium in stress-induced hypertension. The lead chapter by the late Sir Thomas Pickering is particularly compelling. Reprinted from a 1973 volume previously assembled by the senior editor, it is still on the money. None of the discoveries and advances made in the interim have done anything but reinforce the wisdom of this pioneer and his emphasis on the iatrogenic aspects of the problem should be heeded by more physicians and the media, who tend to be swayed by pharmaceutical advertising. This 17 lb., 2,600 page tome is a bargain despite its hefty price. It is attractively presented, illustrative material is of high quality, and the bibliographic references are exhaustive. Highly recommended for all physicians and those interested in any aspect of this complex subject.

"Psychological Managements for Psychosomatic Disorders," Paulley, J.W., and Peiser, H.E., eds., Publishers: Springer-Verlag, New York, 1989, $59.50.
This is an attractive, meaty little volume which is quite practical in its approach and comprehensive in its scope. It deals with the psychological management of psychosomatic disorders which are defined as physical problems, "in whose pathogenesis, emotional stress has had a *major* role." As noted in the introduction, the editors originally had no difficulty in listing 130 such conditions in less than an hour. Some 80 of these are discussed from the standpoint of psychological interventions which can produce significant benefits or even remission. There is a valuable historical overview of psychosomatic medicine and the major contributions made by Dunbar, Alexander, Engel, Wolf, Wolff and other pioneers. Psychodynamic concepts and mechanisms are reviewed and readers are taken through a step by step process of what questions should be asked during the first interview and subsequent visits. As noted previously, a wide variety of disorders are discussed under the headings of alimentary tract, respiratory tract, cardiovascular disorders, immune system, endocrine and musculoskeletal complaints, neurologic, hematologic, gynecologic problems, and eating disorders. It is extremely well referenced and particularly valuable because of the contributions of European authors whose research may not be familiar to physicians in the U.S. The distinctions between the psychosomatic assessment approach and that provided by personality inventories, behavioral science, and holistic approaches are carefully differentiated. Suggestions are offered with respect to how the biopsychosocial model should be implemented in future teaching and practice. Transcripts of interviews with patients are included and are particularly helpful. This book is highly recommended to all physicians and indeed all those involved in the delivery of health care services.

Meetings and Items of Interest

Sept. 5-19, Women's Health for the 1990's, Kenya, East Africa, Temple University School of Medicine, (215) 221-4787.
Sept. 12-13, Psychology and Health: The Science of Coping Applied to Issues on Health Care. Cleveland, OH 800-762-8173.
Sept. 13-16, Workshops on Clinical Hypnosis, Kansas City, KA, American Society of Clinical Hypnosis, (708) 297-3317.
Sept. 14-16, Introduction to Medical Hypnosis, New York, NY, Society for Clinical and Experimental Hypnosis, (315) 652-7299.
Sept. 21-22, Cardiac Wellness and Rehabilitation, Atlantic City, NJ, Medical Education Resources, (800) 421-3756.
Sept. 22-24, The Healing Brain: Using the New Science of Mood Medicine, New York, Boston Institute for the Study of Human Knowledge, 1-800-222-4745.
Sept. 23-27, Second European Conference on Traumatic Stress, Noordwijkerhout, The Netherlands, National Institute for the Victims of War. Contact Mirjam Bossink, P.O. Box 13362, 3507 LJ Utrecht, The Netherlands +31-30-730811.
Oct. 19-20, Cardiac Wellness and Rehabilitation, New Orleans, LA, Medical Education Resources, (800) 421-3756.
Nov. 2-4, The Severely Disturbed Adolescent: Evaluation and Management, Boston, Mass., Massachusetts General Hospital Dept. of Psychiatry, (617) 432-1525.
Nov. 15-18, Psychiatric Medicine in the 90's, Phoenix, AZ, Academy of Psychosomatic Medicine, 5824 N. Magnolia, Chicago, IL 60660, (312) 784-2025.
Dec.5-8, The Psychology of Health, Immunity, and Disease, Orlando, FL. NICABM (203) 429-2238.
Dec. 5-8, Healing the Heart, Orlando, FL. NICABM (203) 429-2238.
December 12-14, International Conference on Healthy Lifestyles, Leningrad, USSR, N. Bederova, Kirov 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, (813) 686-8934.

ISSN # 1047-2517

The Newsletter of
THE AMERICAN INSTITUTE OF
STRESS
124 Park Ave., Yonkers, New York 10703

Non-Profit Organization
U.S. Postage
PAID
Yonkers, NY
Permit No. 400