

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 10

1990

3rd International Congress on Stress Montreux, Switzerland, February 17-21, 1991

The Third International Congress on Stress will feature state-of-the-art presentations on Stress and Cardiovascular Disease; Stress, Emotions and Health; Mechanisms Mediating the Salubrious Benefits of Social Support Systems and Positive Emotions; Biobehavioral Effects of Electromagnetic Energy: (Clinical Results in Insomnia, Depression, Addictive Disorders, etc.), Stress, Immune System Function and Cancer, Job Stress: (Causes, Health Effects, Medico-legal Implications, Remedies) and much much more. A distinguished and truly international faculty. This meeting has been expanded to provide papers and interactive discussion sessions in the morning, with a variety of interesting workshops in the afternoon. Unbelievably attractive rates for registrants and traveling companions at the elegant Five Star Hotel Excelsior with its spectacular views of the French and Swiss Alps, gourmet dining, swimming pool, beauty salon, massage parlor, sauna and world renowned Biotonus Clinic offering a variety of rejuvenation therapies. Special air fares available. A unique opportunity for shopping, skiing, sightseeing trips to nearby attractions, etc. Attendance is strictly limited and reservations should be made as early as possible to guarantee participation and educational credits. For further information, call (914) 963-1200 or FAX (914) 965-6267 or write to Conference Department, The American Institute of Stress, 124 Park Ave., Yonkers, NY 10703.

CEO STRESS

It is often assumed that once you reach the top rung of the corporate ladder, life becomes much easier and presumably less stressful. Being a CEO implies that you're in control and more apt to give ulcers than get them. However, in one survey of over 300 CEO's of the 1300 largest U.S. corporations, the majority admitted working 60 to 70 hours a week, traveling 6 to 10 days a month, and having to put their work ahead of personal health or family considerations. Two out of three believed that significant personal family sacrifices were essential in order to succeed. One quarter of

those surveyed felt that their physical and mental health had suffered as a consequence of their job duties.

The degree of job stress at the CEO level appeared to be inversely related to the size of the company — the smaller the company, the more frequent the complaints of troublesome job stress. Almost half the CEO's in smaller businesses believed that stress was a major problem affecting their ability to make proper business decisions because of insomnia or an inability to relax at night or while on vacation because of work worries. Many complained of headache, backache, nervousness, stomach distress and high blood pressure which was directly attributed to job stress. A significant percentage admitted that they had often contemplated looking for another position because of the psychological and physical effects of their job pressures.

Harvard Business Review, 5/89

ALSO INCLUDED IN THIS ISSUE

Enjoying the Stress of Leadership.....	2
The Stress of Leadership on the Links	2
— And How to Deal with It.....	2
High Level Executives Feeling More Stress	3
The Halo Effect	3
Summit Stress in the Press	3
Self-Perceived Stress about the Way You Look.....	4
Teen-Age Stress Treated with Mantovani Repellent.....	4
Coping With Christmas.....	5
More Stress Hot Lines	5
Can PTSD Be a License to Kill?.....	5
Is Menopausal Stress a Myth?.....	6
Sex and Stress in China	6
Long Term Non-Drug Treatment of Hypertension	6
Is Parental Stress Increasing?	7
Migraines Linked to Childhood Stress	7

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. Copyright© 1987 by The American Institute of Stress. All rights reserved.

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

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

**Contributing Editors from The Board of Trustees of
 The American Institute of Stress**

Robert Ader, Ph.D., Rochester, NY
Herbert Benson, M.D., Boston, MA
Norman Cousins, Los Angeles, CA
Michael E. DeBaakey, M.D., Houston, TX
Joel Elkes, M.D., Louisville, KY
John Laragh, M.D., New York, NY
James J. Lynch, Ph.D., Baltimore, MD
Kenneth R. Pelletier, Ph.D., M.D., Berkeley, CA
Ray H. Rosenman, M.D., Menlo Park, CA
Charles F. Stroebel, Ph.D., M.D., Hartford, CT
Alvin Toffler, New York, NY
Sue Thomas, RN, Ph.D., Baltimore, MD

Enjoying the Stress of Leadership

In contrast to the complaints of job pressures voiced by CEO's in small companies, the majority of their Fortune 200 counterparts reported being exhilarated by the stressful challenges of their work. There is probably no such thing as a "stressful job" that applies to everybody. Most problems arise because of a mismatch between the personality and goals of the individual and the nature and requirements of the work environment. Some individuals seem to thrive on a hectic pace of life in the fast lane that would overwhelm most of us. Analysis of such stress-resistant personalities reveals that they have a strong commitment to what they are doing, are in control, are creative, and enjoy challenges that would destroy others. Stress is difficult to define because it is different for each of us. However, it does seem clear that the sense or feeling of being out of control or not being able to express your emotions are the greatest sources of job stress. Thus, being able to get things off your chest whenever you need to, and feeling that you are in complete control of your work activities are the greatest buffers for job stress. That applies not only to CEO's, but for all classes of working individuals.

Creative Living, 6-89

"Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon." — Susan Ertz

The Stress of Leadership On the Links

1989 witnessed an unusual "Grand Slam" of stressful

golf. In the PGA championship, Mike Reid played flawless golf, leading all the way until he came to the 71st hole. His chip from the greenside rough, 30 feet from the cup, advanced the ball only ten feet. His first putt rolled 2-1/2 feet past and he missed coming back, finally tapping in for a double bogie and losing the tournament. At the U.S. Open, Tom Kite seemed like a sure winner, but putted a twelve footer eighteen inches past the hole and missed it coming back, enabling Curtis Strange to tie and then beat him. Greg Norman lost the British Open in its unique stroke-play, 4-hole playoff. He had birdied the first two holes and was so pumped up that he hit his drive 300 yards into the edge of a pot-shaped bunker. Instead of pitching it out short of the green and playing for a tie, he daringly decided to go for it. He wound up in another bunker and subsequently knocked it out of bounds. In the Masters, Scott Hoch had been leading but was forced into a sudden death playoff with Nick Faldo (sometimes called "Foldo" because of his history of folding under pressure). On the first hole, Hoch had a two-foot putt for a win. He studied and stood over the putt for almost two minutes, and on one occasion stepped away from it to relieve the tension. However, he missed the hole and eventually lost the tournament. Putting pressures seem to present the biggest problem. Kristi Albers four-putted the last hole in the United State Women's Open on national television — from three feet. And in the final round of the British Open, Bernhard Langer took five putts from three feet! Most authorities agree that good putting is largely a matter of attitude and confidence.

However, it seemed inconceivable that a steady tour veteran like Reid, (who had not had a single three-putt green throughout the whole tournament), took four strokes from 30 feet on the 17th hole when it mattered the most. Sport psychologists who work with professional golfers and Olympic divers often use the term, "mental toughness" to describe the ability to perform well under pressure. There are rare individuals, like Jack Nicklaus, who actually seem to perform better under stress, but most contestants tend to deteriorate or fall apart. Individuals under stress may experience various symptoms, such as perspiration, sweaty palms, feeling of unsteadiness, increased muscle tension, rapid heart rate, or a queasy sensation in the stomach. There may also be associated mental reactions including feelings of loss of control, confusion, indecisive thinking, or as in Greg Norman's case, impulsiveness.

N.Y. Times, 7-15-89

— And How to Deal with It

Paul Runyon, who won the 1934 and 1938 PGA championships and still teaches at 81, advised adopting a realistic attitude, "You've got to take the approach

that everyone else is feeling the same pressure. I always thought in those tough situations, I could afford to make one mistake and do no worse than tie, because everyone was going to make one mistake. With the pressure off, I was more likely not to make any mistakes." David Leadbetter, a respected British teacher, analyzed the four catastrophic losses noted above and commented that in Tom Kite's case, "That short putt seemed to rattle him. His whole game started to unravel. Don't let one bad shot effect another. If you've been putting well and missed a short one, think of it as an aberration. Don't allow doubt to seep through your game." Greg Norman was too impulsive and didn't think clearly, "Under pressure, you want to err on the conservative side. Mike Reid's problem was that "His putting stroke became hurried. His normal putting stroke is metronomic, with a noticeable one-two tempo, but all of a sudden the pace of his putting stroke was shorter and quicker going back and through. It's a common tendency to speed up under pressure, you really have to force yourself to slow down."

However, the best approach to pressure on the links may be the one advocated by Dr. Carey Middlecoff, two-time U.S. Open champion. He said he always reminded himself of two things, "Win or lose, I knew my wife would still love me and I would still eat steak for dinner."

New York Times, 7-15-89

"What we anticipate seldom occurs; what we least expect generally happens."

Disraeli

High Level Executives Feeling More Stress

That was the title of a recent article in *Investor's Daily*, which noted that the "turbulence of mergers and rising work demands add to loneliness near the top." One authority estimates that one out of every five managers surviving a corporate upheaval suffers from what he calls the "success syndrome." Many experience unusual anxiety as a result of having made the cut, but now having to continue under new ownership-management. "The belief that staying on top breeds happiness is a myth . . . in point of fact, it creates stressors. Reaching the top creates new and unique demands instead of complacency." Often senior executives find that they have to do more work in less time with fewer resources, or are expected to achieve high performance in areas outside their field of expertise. It was also noted that "executives these days are expected to interact more with the public. They can't withdraw and let their minions speak for them. The CEO of Exxon found this out during the

Valdez tanker spill off of Alaska."

Investor's Daily, 3-15-90

"Power is the ability to prevail — and if you have it you must, at the same time, assiduously avoid taking the privilege seriously. Best not even to acknowledge it." Barry Diller

The Halo Effect

As noted above, one of the problems confronting leaders is the assumption that they will perform well in any activity they undertake. Often they may be expected to perform exceptionally in totally unrelated fields. This has been referred to as the "halo effect" and is well illustrated by the experience of Appollo II astronaut, Edwin E. (Buzz) Aldren, Jr. Aldren's success was related primarily to his technological abilities. However, when he returned from the moon, "they wanted him to be a hero and chief executive officer." He subsequently suffered serious emotional problems, career setbacks, and two failed marriages. He wrote about these experiences in an appropriately named book, "Down to Earth," which recounted his overriding fears that he would never again equal his youthful successes as an astronaut.

As one authority noted, "this syndrome happens constantly, you get overburdened and are expected to do things beyond your competence, and it's only because of what you are. The person is not looked at." Executives are advised to avoid "the halo effect" by admitting their frailties and areas of ignorance and rejecting the premise that they are infallible. Feelings of self-worth can be strengthened by choosing hobbies different from their professional strengths. "Chief financial officers should not become treasurers of their civic groups, nor should public relations professionals write church newsletters." The loneliness of being at the top can be offset by playing down vocational skills and seeking other activities so that you can be cared for as a person, rather than some sort of celebrity.

Creative Living, Spring '89

"It's only during an eclipse that the Man in the Moon has a place in the sun."

Anonymous

Summit Stress in the Press

Journalists are often under lots of stress because of time urgency, the competitive nature of their jobs, fear of providing information that may subsequently be shown to be inaccurate, travel and time demands that interfere with personal or family life, etc. These problems are apt to intensify if the assignment is particularly important or fast breaking. A survey of (continued on page 4)

(continued from page 3)

journalists covering the recent Bush-Gorbachev summit was designed to examine how they coped with the stress of this important assignment. It was designed by an expert in occupational stress to examine such items as task demand, interpersonal relationships, work environment, etc. While the assignment was admittedly a "plum," long hours, tight deadlines, unrealistic editor expectations, intense competition, and too many locations to cover, proved particularly stressful.

Two out of three of the 58 reporters surveyed depended on what was termed "the three C's" to deal with their summit stress: colleague congeniality, commitment to their job, and psychological control. Only sixteen percent listed relaxation techniques, jogging, exercise, leisure activities, or nutritional strategies as "stressbusters." Others attributed their ability to cope successfully to "good genes," not requiring much sleep, or taking beta blocker drugs which blunt the effects of stress-related hormones. Most were from the United States, and Japanese correspondents comprised the next largest contingent from the six other countries represented. The majority were seasoned TV and newspaper journalists with a minimum of six years experience, five had 26-30 years under their belt, and 11 had covered five or more summits.

H. Nashman Summit International Press Center Survey, 8-90

"The true worth of a man is to be measured by the objects he pursues."
— Anonymous

Self-Perceived Stress About the Way You Look

Are you satisfied with your looks? If so, you're better off than two out of three adult Americans according to a recent poll. In recent years we have increasingly become a more health conscious society, and many have an obsessive concern about diet and fitness. Almost all adults, and especially middle-aged women, seem to be on some kind of diet or exercise program to lose weight, reduce their waist size, or flatten their stomach. A telephone survey of some 1220 adults last July revealed that slightly more than half thought their weight was "about right." However, only 30 percent were satisfied with their looks.

Women of all ages were more overweight than males the same age, and middle-aged women and blacks appeared particularly prone to obesity. While more than two out of three were not happy with their looks, four out of five described their health as good or excellent. Since this was a self-report survey, it is wise to remember that beauty is in the eye of the beholder and that "no woman can be too thin or too rich." Many females with weights well within the normal range for their height and bone structure, and

often some who are actually anorexic, continue to perceive themselves as "too heavy" and are continually on diets. Those with a poor self image should also remember that "beauty is as beauty does."

USA Today, 8-20-90

"Beauty is not caused. It is."

— Emily Dickinson



Teen-Age Stress Treated With Mantovani Repellent

"Music has charms to soothe a savage breast," wrote William Congreve. Now, 300 years later, soothing music is being used to effectively achieve opposite results on some people, much like an insect repellent gets rid of bugs. Southland Corporation, owner of 7-Eleven Stores and Hoagy's Corner Delis had a problem in Tillicum, Washington. Teen-agers used a shopping strip bordering a freeway as a place to hang out, with as many as 100 in cars and bikes gathering in the parking lot of one establishment on weekend nights. This obviously was not good for business, but since no laws were being broken, there was little that could be done. Southland officials investigated a variety of "nonaggressive deterrents" such as the kind of high-intensity halogen lighting that makes people look awful, or garbage cans with pointed lids, but settled on a musical approach.

Getting canned classical music proved to be difficult, and they started out with hits from the 60's and country-western. Teen-agers partial to rap and head-banging heavy metal were turned off. However, nothing was as effective as Mantovani and other "easy listening" music which had "the same effect on the youths as a cross held firmly in front of Dracula." Hanging around in an elevator music environment proved definitely "uncool," with one 14-year-old complaining, "There's no words or anything . . . It's all violins and I don't know what." He and his friends are now eyeing a Kentucky Fried Chicken outlet a few blocks away, declaring, "I'm out of here, dude. If they want to listen to that stuff, they can have it." The strategy has worked so well that 10 of the 7-Eleven stores in British Columbia have now adopted the system.

New York Times, 8-21-90

"After silence that which comes nearest to expressing the inexpressible is music."
— Aldous Huxley

Coping with Christmas

The Christmas season is usually viewed as a time for joyful celebration with family and friends. For some, however, it proves to be a depressingly stressful period because it brings back memories of a departed loved one who can no longer join in the festivities. Others cringe at the prospect of having to send Christmas cards, selecting the right presents for everyone, and attending functions involving relatives and individuals they would rather avoid. Many find that the increased time demands of shopping, family, career and travel obligations create a Christmas collision course that is stressful and exhausting. Helpful coping tips include planning ahead and shopping for presents throughout the year. Try to set limits and schedule your time carefully to allow for adequate sleep and personal needs and avoid excessive eating and drinking. If a traditional family function at some relative's home is usually stressful or depressing, offer your regrets or have it at your house. Learn to be direct and to share your irritation and frustrations with others, rather than keeping your true feelings bottled up. Some individuals suffering from Seasonal Affective Disorder become progressively depressed as daylight hours shorten, and can benefit from professional help and medication.

Gannett Westchester Newspapers 12-12-88

"He is the happiest, be he king or peasant, who finds peace in his home."

— Johann Wolfgang von Goethe

More Stress Hot Lines

Prior issues of the Newsletter have reported on a variety of hot line assistance for stress-related problems. The National Association of Working Women, better known as 9-TO-5, had experimented with a short-term, toll free "survival hot line" for calls on selected issues such as monitoring and spying on computer activities, "bizarre old bosses" who demanded that their secretaries trim their nose hairs or wear bikinis to office parties, and other unreasonable and stressful demands. Because of the unanticipated large response, a general hot line was established last year. It operated from 10 AM to 4 PM on weekdays and one month generated over 12,000 calls because of publicity in various women's magazines. The problem was that some 11,000 other callers couldn't get through to the single line so that the service has now been further expanded.

More and more corporations, recognizing that stress is a high visibility topic, have geared their advertising to take advantage of this including the manufacturers of NIKE shoes, Maalox, Mitchum

deodorant, Ralph Lauren, The Waterbed Factory, etc. The latest to get on the bandwagon is Almay, the leading producer of hypoallergenic skin care and cosmetics. They have formed a "Stress Information Council" to provide information on stress for interested individuals. By dialing 1-800-99-ALMAY, consumers will get a quick helpful tip from one of the advisory board members who come from various fields including psychology, medicine, nutrition, psychiatry, dermatology, ophthalmology, and human resources. In addition, Almay plans to offer a variety of stress information booklets on specific subjects.

Almay Stress Info. Council Compass Readings, June '90

"The best time to make friends is before you need them."

— Ethel Barrymore

Can PTSD Be A License to Kill?

PTSD is receiving increasing attention in medicolegal matters, especially with respect to its use as a defense for a variety of crimes or anti-social behaviors punishable by law. The problem is particularly prominent and associated with Vietnam veterans, many of whom suffer from the disorder and are unaware of their problem. In one recent murder case, the defendant admitted that he was guilty, but claimed that he did not know what he was doing at the time because he was in the throes of a flashback due to PTSD. The incident occurred one night when he saw two men breaking into his sister's Corvette, and ran out into the street with a shotgun. When he heard one of the men shout, "Kill him, Kill him," he flashed back to 1968 when he served as a Marine during the TET offensive in Vietnam. During this incident, he claimed that he thought he was firing at the Viet Cong.

The defense pointed out that even though he had been to the VA for help on several occasions, he had gone undiagnosed for 20 years and that his untreated PTSD made him "trigger ready." He was acquitted by a jury of five men and seven women who said that "he was not responsible" because of "mental disease or defect." As a result, instead of facing 15 years to life in prison, he will probably be free after a month-long psychiatric evaluation with the stipulation that he continue treatment for PTSD. This is believed to be the first time PTSD has been successfully used as a defense for murder. In fifty other criminal cases throughout the United States, a PTSD defense has been successful in only three. There are obvious concerns that some criminals will be tempted to fake a PTSD defense or that PTSD sufferers may take advantage of this and use (continued on page 6)

(continued from page 5)

it as a free ticket to avoid prosecution for various crimes. In one Queens rape case, however, the defendant who clearly suffered from well documented PTSD, was nevertheless convicted, because it was felt that this had nothing to do with the rapes he had committed.

New York Daily News, 7-15-90

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

— Juvenal

Is Menopausal Stress A Myth?

Menopause can be a stressful time for women and not infrequently is associated with various degrees of depression. In the older psychiatric literature, the term, "Involutional Melancholia" was used to describe the sadness and depression which often accompanied the involution or "change" in life. This is often a time when some women may be severely troubled by vasomotor symptoms such as hot flashes, flushes, and sweats. Many are reluctant to take hormones for fear of developing cancer, further adding to the stresses associated with the menopause.

A recent report, however, suggests that menopause doesn't necessarily trigger stress or depression and may even improve mental health for some. Cessation of painful or uncomfortable menstrual periods, or not having to worry about an unwanted pregnancy, may actually relieve stress for some women. Most of the prior studies dealing with menopause and mental health tended to compare pre- and post-menopausal women. Others often included populations taking various medications that can affect mood and behavior. This study obviated such variables by performing physical and personality tests on 541 healthy pre-menopausal women. Three years later, 119 had gone through the change with no menstrual period for at least twelve months. Twenty-five percent had received hormonal replacement therapy.

The repeat battery of tests revealed that the post-menopausal women who did not take hormones (presumably because of few disturbing symptoms), had lower stress scores than those obtained three years earlier, and there was no indication that they were more depressed or angry. Mental health, particularly, revealed significant improvement over premenopausal evaluations. Even those post-menopausal women who had to take replacement hormonal therapy, didn't show higher stress levels than before, although they did tend to exhibit more evidence of depression.

U.S.A. Today, 7-16-90

Sex and Stress In China

Although there may still be problems due to political repression in China, there has apparently been a significant amount of sexual liberation. A large survey recently revealed that the Chinese are engaging in more extramarital sex and becoming "increasingly adventurous" in lovemaking. For centuries, young girls had been forced into arranged marriages shortly after they reached puberty. Now, in an effort to control population overgrowth, women are forbidden by law to marry before the age of 20 and their husbands must be at least 22. However, biological urges are difficult to suppress and despite tradition, a surprising 86 percent now approve of premarital sex and 70 percent condone extramarital affairs.

The government's attitude also appears to have changed. Previously, unmarried pregnant women were automatically fired from their jobs and forced to have a publicized abortion, but now this can be accomplished in privacy. Although homosexuality is still taboo in China, it is apparently not uncommon. Prostitution is also on the increase as are AIDS infections. The survey also revealed that the Chinese are rediscovering the joys of sex described in detail in the banned Ming Dynasty erotic classic, *The Golden Lotus*. Among the other more startling findings were that nearly seven out of ten Chinese surveyed engaged in anal sex with heterosexual partners.

Time Magazine, 5-14-90

"The war between the sexes is the only one in which both sides regularly sleep with the enemy."

— Quentin Crisp

Long Term Non-Drug Treatment Of Hypertension

As noted previously, most of the more than 60 million Americans being treated for hypertension have mild or modest elevations of blood pressure that either do not require drug treatment or respond to non-pharmacologic interventions. Such approaches are often preferred because of the adverse effects of anti-hypertensive medications such as excessive fatigue, mental torpor, sleep disturbances, depression, cold extremities, impotence, blood lipid changes, arrhythmias, and even sudden death. As a consequence, both the National Institutes of Health and the American Heart Association have recommended the non-drug route as the preferred initial step for the treatment of hypertension. In addition to changes in diet aimed to reduce caloric and sodium intake, increased aerobic exercise, and avoiding alcohol and tobacco, stress management, particularly via relaxation-response techniques is urged. Such measures

may provide temporary improvement, but do they provide any long-term benefits?

A recent report followed up on almost 100 patients three to five years after completing a meditative stress-reduction program at Boston's Beth Israel Hospital. All had received instruction in Benson's Relaxation Response and practiced it on a regular basis. 56 percent were female and the mean age was 55.4 years with a range from 24 to 78. There was one black and only three of the patients were cigarette smokers. The mean educational attainment was 16.5 years.

Blood pressure data was collected in the clinic setting and was supplemented by home measurements. In addition to confirmed sustained normotensive values, the patients also reported markedly reduced anxiety and depression and an improved quality of life. This was corroborated by pre and follow-up evaluations of psychological well being on the SCL-90, with little change in the post and follow-up responses. The same was true for systolic and diastolic pressures which had shown an average 6 and 7 mm Hg. reduction respectively which had also been maintained. Most of the patients had been diagnosed as being hypertensive years before entering the study, so that spontaneous improvement was unlikely. In addition, there was a general tendency towards gain in weight from the post to follow-up period, and the patients were three to five years older. Both of these factors would have contributed to higher pressures, so that the sustained benefits observed are even more impressive.

J. Cardiopul Rehab. 9:316-324, 1989

"If I had my life to live over again, I would make it a rule to read some poetry and listen to some music at least once every week. The loss of these tastes is a loss of happiness."

Charles Darwin

Is Parental Stress Increasing?

As a recent *Wall Street Journal* article pointed out, "childhood in the U.S. may be no bed of roses for the kids, but it's no picnic for parents either." Fifty-four percent of parents with children under the age of eighteen gave themselves a grade of B for bringing up their children in a recent Gallup poll. Less than one out of three thought they were doing a grade A job and thirteen percent felt they deserved just an average grade of C. More than four out of five believed that it is much more difficult for them to raise children now than it was when their parents raised them. One thing that hasn't changed much is the notion that boys are easier to raise than girls. In a similar 1947 poll, forty-two percent of adults felt that boys were easier to rear than girls. Twenty-three percent said that girls were easier and twenty-four percent found no difference. The 1990 poll reflected almost an identical consensus.

The Wall Street Journal, October 2, 1990

Migraines Linked to Childhood Stress

About one out of five migraine sufferers appear to have specific associated emotional problems. According to a recent new long-term study, there appeared to be a tendency towards excessive worrying and anxiety during childhood. Migraine headaches began to appear during early adolescence, followed three or four years later by bouts of severe depression. However, anxiety did not seem to be the cause of the migraine nor is it believed that the migraine attacks themselves are responsible for the subsequent depression. Researchers suggest that there are common neurochemical mechanisms and abnormalities which underlie and contribute to this successive anxiety-migraine-depression syndrome. This is supported by the observation that migraine headaches often respond to anti-depressants and conversely, drugs like reserpine, which deplete dopamine and other small brain peptides can precipitate both depression and migraines in some individuals. In a recent Swiss study, almost 500 young adults, most of whom had elevated scores on a checklist of psychiatric symptoms, were interviewed in 1978, 1981, and 1986. Questionnaires eliciting information about headaches and psychiatric symptoms were completed twice a year. By the third interview, 13% of the participants reported having experienced migraine headaches. This occurred substantially more often in women and those with elevated psychiatric symptom scores. A careful review of the questionnaires revealed that about one in five migraine sufferers had experienced excessive anxiety and fears of public situations at around age 12 with the onset of migraine headaches approximately two years later followed by bouts of depression at age 17 or 18. The researchers now plan to follow these individuals through adulthood to determine the course of their headache patterns and emotional complaints to determine other trends and correlations.

Science News, Vol. 138, 9-29-90

Mark 2-17-91

on your calendar . . .

**Third International Montreux
Congress on Stress**

Book Reviews • Meetings and Items of Interest

Computers and Visual Stress, Godnig, O.D. and Hacunda, J.S., Seacoast Information Services, Charlestown, RI, 1990, 109 pp., \$8.95.

This is a timely contribution, extremely comprehensive in its scope, and presented in an attractive and easy to understand format. Forty-six million people in the United States now use computers at work, compared with 675,000 in 1976, and the number is expected to increase by 25% each year. There has been considerable controversy about the adverse health effects of video display terminals. Most of the concerns about dangerous emissions and their possible contribution to miscarriages or birth defects appear unwarranted. However, there is no question that a variety of other problems related to eye strain and musculoskeletal complaints can cause significant stress and disability. According to the Bureau of Labor Statistics, such VDT injuries now represent almost half of all reported workplace illnesses, affecting some 115,400 workers in 1988. At the *Los Angeles Times*, 200 of 1100 editorial workers have filed VDT disability claims; another recent lawsuit involving eight journalists is seeking \$270 million, and such litigation is expected to skyrocket. This volume provides an excellent and comprehensive review of all the visual and related problems that can result from prolonged computer use. It is well referenced and contains a useful glossary of unfamiliar terms as well as a quiz for the reader to determine personal risk for visual computer stress-related problems. A new spray-on product, *Glare-Tech*, may solve some of these because of its ability to block more than 98 percent of ultraviolet radiation, increase screen contrast to make prolonged viewing more comfortable, eliminate static electricity and glare from any angle or distance. Employers are increasingly being held responsible for job stress complaints, and failure to address correctable ergonomic and environmental problems, or utilize products such as *Glare-Tech* may make them even more liable.

Meetings and Items of Interest

Nov. 2-4, The Severely Disturbed Adolescent: Evaluation and Management, Boston, Mass., Massachusetts General Hospital Dept. of Psychiatry, (617) 432-1525.

Nov. 9-11, Society for Human Health Values, Chicago, IL, (703) 556-9222.

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. 5-9, American Psychoanalytic Association, Miami Beach, FL, (212) 752-0450.

Dec. 5-8, Healing the Heart, Orlando, FL, NICABM (203) 429-2238.

Dec. 6-9, American Society of Psychoanalysis, San Antonio, TX, (212) 679-4105.

Dec. 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.

Dec. 12-16, The Evolution of Psychotherapy, Anaheim, CA, The Milton Erikson Foundation, (602) 956-6196.

December 29-Jan 1, 10th Annual Role of Exercise and Nutrition in Preventive Medicine, Breckenridge, CO, ISC Division of Wellness, (813) 686-8934.

1991

Feb. 25-Mar. 1, Physician Heal thyself, San Diego, CA, University of California School of Medicine, (619) 274-4630.

Feb. 26-Mar. 2, The Art and Science of Health Promotion, Hilton Head, SC, American Journal of Health Promotion, (313) 650-9600.

March 6-9, Association for Academic Psychiatry, Tampa, FL, (617) 499-5198.

March 14-16, American Psychosomatic Society, Santa Fe, New Mexico, (703) 556-9222.

March 17-23, American Holistic Medical Association, Breckenridge, CO, (919) 787-5181.

March 20-23, The Society of Behavioral Medicine Twelfth Annual Scientific Sessions, Washington, D.C., (800) 759-5800 or (615) 297-9200.

April 15-19, American Society of Clinical Hypnosis, St. Louis, MO, (708) 297-3317.

May 11-16, American Psychiatric Association, New Orleans, LA, (202) 682-6100.

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