

**Discuss research into the relationship between stress and illness (18 marks).**

*Many psychologists believe that stress can lead to illness. This can happen in two ways. The body's stress responses can have a direct effect on the body, leading to illness. Also, stress might lead people to adopt unhealthy lifestyles, like drinking or smoking.*

*One way stress can lead to illness is by causing stomach secretions that damage the lining of the stomach, leading to ulcers.*

**Evidence, commentary and evaluation**

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*Another way stress can lead to illness is by increasing strain on the heart and circulatory system, leading to high blood pressure and coronary heart disease.*

**Evidence, commentary and evaluation**

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*A third way that stress can lead to illness is by affecting the immune system. Selye (1953) claims that once stress had gone on long enough, a person goes into the exhaustion phase of the GAS, and the immune system starts to fail.*

**Evidence, commentary and evaluation**

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*Finally, some people respond to stress by adopting unhealthy lifestyle choices. Drinking alcohol, smoking and taking illegal drugs often makes a person feel better in the short term, because it helps them forget about the stressor. However...*

**Comment**

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*In conclusion,*

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