

# The General Adaptation Syndrome: Selye (1936)



**This activity will help you to:**

- Describe the general adaptation syndrome
- Describe APFCC for Selye's (1936) research study
- Use resources to research psychological material

**Use the resources available to you to supply some elaboration on the APFCC for Selye's (1936) study**

## Selye's (1936) Investigation of the Effect of Chronic Stress

<b>Aims</b>	Selye wanted to investigate the link between long term stress and illness. What had initially made him suspect that there might be such a link?	
<b>Procedures</b>	Selye subjected his experimental subjects (rodents) to a variety of chronic stressors. List some of the types of stressor he used.	
<b>Findings</b>	He discovered the three stages of the GAS: alarm, resistance and exhaustion. What types of physiological changes were evident in the exhaustion stage?	
<b>Conclusions</b>	Selye concluded that chronic stress caused physiological effects that were independent of the nature of the stressor. How do we know that GAS does not depend on the type of stressor applied?	
<b>Criticisms</b>	The main objection to Selye's research is that he used animals. Outline two possible criticisms based on this fact.	