



# **Measuring Stress in Humans: A Practical Guide for the Field (Cambridge Studies in Biological and Evolutionary Anthropology)**

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The purpose of this 2006 book is to present non-invasive methods of measuring the biological responses to psychosocial stress in humans, in non-laboratory (field) settings. Following the pathways of Seyle's General Adaptation Syndrome, the text first describes how to assess the psychosocial stressors of everyday life and then outlines how to measure the psychological, behavioral, neurohumeral, physiological and immunological responses to them. The book concludes with practical information on assessing special populations, analyzing the often-complicated data that are collected in field stress studies and the ethical treatment of human subjects in stress studies. It is intended to be a practical guide for developing and conducting psychophysiological stress research in human biology. This book will assist students and professionals in designing field studies of stress.

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