
STRESS RELATED-DISORDERS. A SINGLE CASE STUDY FOCUSED ON THE INFLUENCE OF LIFE STRESSORS ON GASTROINTESTINAL COMPLICATIONS

P. RUISOTO PALOMERA¹, I. ALVAREZ FERNANDEZ¹, M.L. ALVAREZ MERIDA¹, P. GUTIERREZ REDONDO¹

¹Department of Basic Psychology Psychobiology and Methodology of Behavioral Sciences, University of Salamanca, Salamanca, Spain

Introduction. The psychological modulation of stress-related disorders, such as gastrointestinal complications, is a well-established phenomenon in psychoneuroimmunology. Recent studies of stress have highlighted the effects of chronic psychological and environmental stressors to health and well-being, but the evidence is still minimal. *Aim and objectives.* This study analyzes health outcomes in a clinical case modulated by exposure to psychosocial stressors, focusing on gastrointestinal function, but also evaluating how those stressors are related to anxiety, depression and hypochondria. *Methods.* A single case study was conducted for a 66 years-old woman diagnosed with gastric carcinoma. In addition, stressful life events and social support were registered. *Results.* Characteristics of stressors, such as intensity and chronicity, and type A personality were associated with increase gastrointestinal complications. *Conclusions.* Results of this study point out the role of perceived stress in health outcomes.