

# IGSN - SYMPOSIUM

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## Effects of stress on cognitive function

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### Acute Stress and Psychopathology from the Lab to the Field

We all experience (acute) stress for various reasons (e.g., deadlines, relationship issues, daily hassles), and most of us think of stress as an unpleasant fact of everyday life. Our psychophysiological responses to stress, though, generally serve adaptive purposes. Yet stress reactivity may also constitute a risk factor for psychopathology. For example, stress often precedes emotional eating and is reported by people with a substance addiction as a primary reason for relapsing. In my talk I will review how basic research in the lab can inform us about the mechanisms that underly stress-induced psychopathology. I will also discuss when parallel real-world studies that employ different methodologies (such as experience sampling and data derived from wearables) are needed to complement these lab studies.

#### Host:

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