

The relationship between stress, depression and the immune system research paper ...

[Health & Medicine](#), [Stress](#)



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Contemporary Policing

Abstract

The immune system denotes the human body's emplacements against any contagious entities that might be in a position to attack and weaken the body. Any disarrays to the human immune system would results to various ailments that would eventually result to death. The system is encompassed of various cells, tissues, and organs that work collectively in defending the body. It is imperative to note that the components mentioned ought to be functional for the objective to be attained. Evidently, there are various aspects that hinder the effective functionality of the human immune system with stress and depression not an exception. The paper will give further details on the relationship between stress and depression on the immune system.

Introduction

The immune system denotes the human body's emplacements against any contagious entities that might be in a position to attack and weaken the body. They do so through a series of steps that is known as an immune

response. It is, consequently indubitable that any disorders to the human immune system would result to various ailments that would eventually result to death. The system is encompassed of various cells, tissues, and organs. They work collectively in defending the body. It is imperative to note that the components mentioned ought to be functional for the objective to be gained (Rathus, 2014). Evidently, there are various aspects that hinder the effective functionality of the human immune system with stress and depression not an exception. It is from that rationale that this paper will be endeavoring at elucidating and expounding on the relationship between stress and depression on the immune system.

It is of substance to indicate that the immune systems are all over the body thanks to the lymphocytes that move them. Without going into details, they are entitled to trace unwanted particles in the body and destroy them something that they do through swallowing the unwanted antigens. They as well link through the cytokines that are chemical messengers ensuring that the immune system communicate effectively to attain their objective; fighting the antigens (Hussain, 2010). According to Hussain (2010), a branch of science termed as “ psychoneuroimmunology” offers a clear connection between the psychological conditions of the human body and the immune system (Hussain, 2010).

Under the branch of science, it was deduced that the immune system works in various stages in protecting the human body. For instance, there was the alarm phase that represented the stage where the human body would prepare for the fight/flight response once a threat was detected. The second phase was the resistance stage, and it only takes place when the threat

detected persists. At this stage, all those factors responsible in fighting the threat are channeled to the threat location. The third phase denotes the exhaustion, and it happens when the threat has failed to be contained. It is at that point when an individual is pronounced sick. From the exceeding elucidation, it is worth noting that the immune system does not stand a chance of initiating the first phase of protection in case stress or depression exists within the body.

It is imperative to give further details between stress, depression, and the immune system itself. The various studies conducted indicate that situations that are stressful might force people to engage in activities such as alcohol consumption or disassociating from other people. Evidently, such situations all play a major role in influencing the immune system of a person (Kiecolt-Glaser, McGuire, Robles, & Glaser, 2002). Moreover, those persons that are stressed out as well as those that are dejected become less likely to engage in physical exercises that are known to boost the immune system.

Similarly, the fact that stressed and depressed persons are less likely to have enough sleep. As a result, the immune system turns out to be feeble and incapable in defending the body from maladies not forgetting to mention that enough sleep is among the boosters that the immune system requires to function properly. By illustration, there are stressful and depressing situations that clearly indicate the relationship with the immune system. A case in point would be an individual who is stressed out before treatment would take a longer time in recovery. That would be as a result of a lower numbers of lymphocytes that are responsible for boosting the immune system, and hence, the recovery process after treatment.

Equivalently, depression relationship with the immune system might be substantiated through the fact that despair results to the production of stress hormones such as cortisol and adrenaline (Kiecolt-Glaser, & Glaser, 2002). Such hormones significantly reduce the immune's capability of protecting the body, and as a result, leaving the body venerable to diseases and unwanted germs. That explains why various readings concur that the immune systems of those individuals that are highly anxious as well as depressed happen to take a longer period to respond to diseases.

In closing, therefore, it is clear from the elucidations given herein that it would be truthful to conclude without uncertainty that there is a close relation between stress, depression, and the immune system. As revealed, good health would be attainable through the application of various stress management techniques. That assumption would be deduced from the notion that as long as stress and depressions that are chronic or long-term are managed effectively, the body of a human being would be in a better position to combat germs.

That implies that the immune system would be at their best to enable them fend off the germs. Henceforth, the supposition that stress management as well as interpersonal relationship enhances the immune system of the body, and hence the association. Moreover, that explains why it is worthwhile to ensure sick persons are stress-free for their recovery is fastened. That signifies that the immune system is enhanced to take its role of protecting the body form diseases.

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