Area of Research

• Daily Stress & Caregiving
  – Defined as routine everyday challenges
  – Have minor but immediate and direct effects on one’s well-being (Zautra, 2003)
  – Pile up over time and form foundations for major health outcomes (Lazarus & Folkaman, 1984)
  – Little is known about immediate impact of daily stressors and its spillover onto other areas of life & health

Savla (Center for Gerontology & Dept. of Human Development)
Findings to Date

Outcomes of Distress

• Behavioral Aspects
  – Spillover of Stressors in Other Life Domains, Poor Health Behaviors

• Psychological Aspects
  – Depression, Anxiety

• Physiological Aspects
  – Physical Symptoms, Changes in Immune System, Imbalance of the Allostatic Load, and Metabolic Syndrome

Savla (Center for Gerontology & Dept. of Human Development)
Specific Ideas

• Biopsychosocial Study of Everyday Stress Process
  – Caregivers of Older Parents
  – Caregivers of Nonnormative Children (Children with Mental or Developmental Disability)

• Caregiving may accelerate aging (e.g. telomere shortening).

Savla (Center for Gerontology & Dept. of Human Development)
Current working relationships and resources

• Gerontologist
• Stress Researchers
• Daily Diary Researchers
• Researchers studying Short-term Physiological Markers (Stress-Reactive Hormones and Enzymes)
• Researchers studying Long-term Markers of Health (Cardiovascular, Metabolic)
Needed

• Cell biologist?
• Geneticist?
• Participant Pool
• Funding for Pilot

Savla (Center for Gerontology & Dept. of Human Development)