

*Cohen S, et al. Psychological Stress and Antibody Response to Immunisation: A Critical Review of the Human Literature. Psychosomatic medicine 63(2001), 7-18*

A review evaluating the evidence for the hypothesis that psychological stress influences antibody response to immunisation in humans.

The authors suggest a relationship between psychological stress and secondary immune function (response to subsequent exposures to antigen) rather than primary immune function (response to initial exposure to antigen).

### **Comment**

The large variation in measures used for assessing the mental well-being of individuals across the studies reviewed prevented any firm conclusions from being drawn. No mechanisms were identified explaining the effect of the stress experience on the immune system.

This work adds to general perception that the experience of stress is bad for the immune system, however does not appear to offer any specific information.

