

Mechanisms of Emotion, Stress and Health Study Section (MESH)

The Mechanisms of Emotion, Stress and Health Study Section reviews applications on the interactions of stress, emotion, sleep and circadian rhythms, and their relationships to physical and mental illness and health. Both animal and clinical studies are included.

- Subjective emotional states, emotional expression, regulation of emotion and mood, socioemotional development, emotional consequences of life events and stressful conditions, resilience, and cognitive influences on emotion, stress, and coping.
- Bidirectional relationships of affect and stress with psychological function and health outcomes. Methods include neuroimaging, psychophysiology, immune and inflammatory measures, cardiovascular reactivity and endocrine activity.
- Basic studies of sleep and circadian rhythms and clinical studies of the interactions of sleep and circadian rhythm with physical and mental health, including depression, PTSD, obesity and cardiovascular disorders.
- Effects of stress reduction interventions on physical and mental health and use of complementary/alternative approaches, including tai chi, yoga, acupuncture and mindfulness.
- Influence of personality, affective and cognitive factors, temperament, genetic predispositions, developmental and family experiences, marital status, social relationships, sexual identity, gender, age, ethnicity, culture, and socioeconomic status on affect and stress and their linked biological processes.
- Effects of affect and stress on cognitive and motor function, pain and other symptom perception, participation in daily life activities, subjective well-being and quality of life, and social interaction, coping processes and outcomes.
- Biological responses to acute or chronic psychological stress and their moderation by individual, situational, or environmental factors or physiological factors.

Study sections with most closely related areas of similar science listed in rank order are:

Neuroendocrinology, Neuroimmunology, Rhythms and Sleep [NNRS]
Psychosocial Risk and Disease Prevention [PRDP]
Behavioral Medicine: Interventions and Outcomes [BMIO]
Child Psychopathology and Developmental Disabilities [CPDD]
Psychosocial Development, Risk and Prevention [PDRP]
Adult Psychopathology and Disorders of Aging [APDA]
Social Psychology and Interpersonal Processes [SPIP]

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