Exposure to chronic stress has cumulative adverse effects on physical and mental health, considered to be the consequence of chronic exposure to high levels of stress hormones. Consequently, there is extensive research in progress to investigate and better understand how the brain organises neuroendocrine stress responses and how interventions may be able to moderate these responses to improve mental and physical health.

Neuroendocrinology of Stress highlights current knowledge of the organisation and physiology of these stress response systems, how the impact of dysregulation of these systems is being investigated, and considers the ways in which contributions to both psychiatric and physical diseases resulting from chronic stress effects can be critically addressed in basic research.

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