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An Examination of Moderators of Perceived Stress and Illness Behavior

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ABSTRACT

The purpose of this study was to examine multiple psychosocial factors (social support, negative affect, coping skills, and perceived health status) as moderators of perceived stress on illness behavior. College students recruited from undergraduate psychology courses completed measures in an on-line survey. Hierarchical multiple regression analyses indicated that commonly investigated psychosocial factors such as affectivity, coping, and social support moderated the relationship between perceived stress and one illness behavior (report of illness without visits to the doctor). However, other moderator variables less investigated, such as perceived health status had a significant effect on both illness behaviors (self-reported incidents of illness with and without visits to the doctor). Our findings highlight the role of behavioral health in primary care and the importance of educating individuals on the relationship between psychosocial factors and health.

KEYWORDS

Illness Behavior, Psychosocial Factors, Patient Education

Cite this paper

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