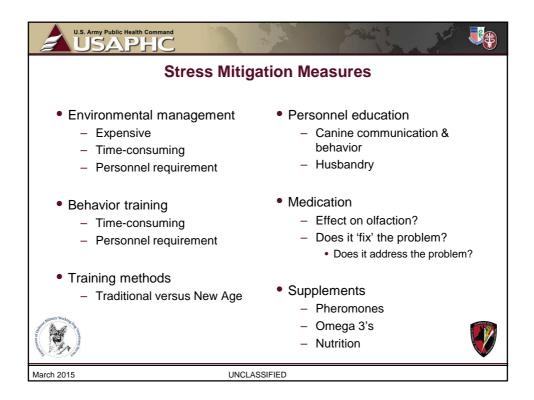
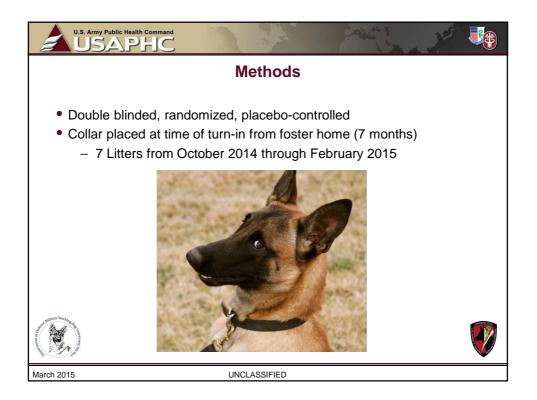


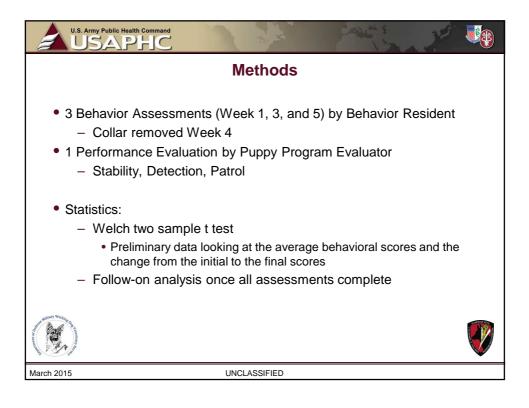


	S. Army Public Health Command	The second se								
Effects of Stress on MWDs										
	Physiologic Effects	Psychological/ Behavioral Effects	Cognitive Effects							
	((Chronic Stress))- generalized weakness & depression-> fatigue and exercise intolerance	Hyperactivity, Hypo activity	Diminish ability to think/understand (training problems)							
	Colitis, recurrent GI upset	Negative conditioning- "bad manners"	Voice understanding (noise)							
	Immune suppression Heat stress	Distress, Destruction, Self-trauma	Physical exhaustion							
	Auditory threshold shifts	Compulsions	Mental exhaustion							
wary Work.	Respiratory irritation	Aggression	Increased reactivity							
	Orthopedic instability	Depression	Ŵ							
March 2015		UNCLASSIFIED								

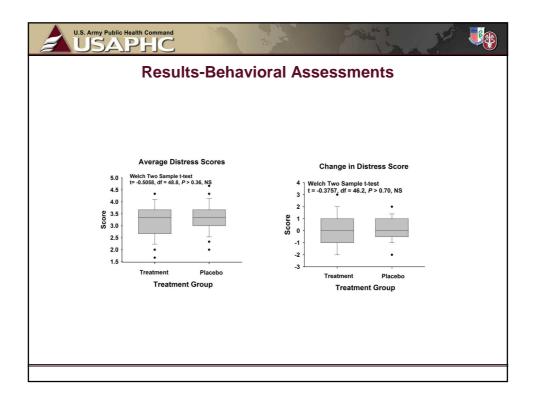












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Variable	Treatment Mean	Placebo Mean	Welch t	df		Sig.
Average Activity	3.268	3.519	-1.440	45.66	0.156	NS
Change in Activity	0.577	0.880	-1.230	36.14	0.226	NS
Average Focus	3.872	3.733	0.595	46.98	0.555	NS
Change in Focus	0.307	0.640	-0.910	48.99	0.367	NS
Average Distress	3.295	3.387	-0.506	48.80	0.615	NS
Change in Distress	-0.038	0.080	-0.376	46.17	0.709	NS
Average Affability	4.320	4.306	0.094	48.07	0.925	NS
Change in Affability	-0.154	0.000	-0.613	48.97	0.542	NS
Average Handling	3.654	3.694	-0.154	48.89	0.878	NS
Change in Handling	-0.683	0.732	0.070	47.50	0.945	NS

