

Translation by Patrizia Rustichelli-Stirgwolt

The review of the Italian association of psycho-neuro-endocrine-immunology

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health

**RESTLESS MIND
ILL BODY**

Stress and depression increase diseases and death rates

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INTERVIEW. Stress and Health

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An interview with Andrew Steptoe, psychologist and expert on the relationship among stress, psychological wellbeing and physical health. Andrew Steptoe could be defined as the “epidemiologist with a soul” as his work focuses on understanding the protective effect of happiness on our health. He dispels the commonplaces about epidemiology considered as a cold science, far from the problems of the single patients.

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Neuroimaging studies conducted on patients affected by Posttraumatic stress disorder (PTSD) show cerebral blood changes in the volume of neurons and their density and, more recently, in the brain's electrical signal.

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EDITORIAL

Another rendez-vous in Orvieto: a foremost appointment

David Lazzari – Sipnei President – Organizer for the Master Course on Integrated Stress Management, University of Perugia (Terni Campus).

On the 25th May, different healthcare paths will cross at the Orvieto meeting where Andrew Steptoe will be our guest. The first Master Course on Integrated Stress Management from a Pnei perspective will be concluded and on that occasion awards in memory of Robert Ader will be distributed.

I would like to share a few more thoughts to the events that lead to this appointment.

We started the master course because we wanted to implement the data collected by PNEI in order to achieve an integrated stress management with a biopsychosocial point of view. As we were planning the Master programme, at the end of 2011, we decided to commemorate the 35 years of George L. Engel's article first publication. Soon after we were informed that Robert Ader, one of the founder of PNEI, had passed away. Perhaps not many know that in spite of the age difference, Engel (a physician) and Ader (a psychologist) had developed a long relationship.

The article about Ader's experiment appeared in 1975 while Engel's article was published in 1977, both of them worked at the University of Rochester Medical Center. When Engel retired from teaching in 1980, Ader wrote an article in his honour. Later Rochester University appointed Dr. Bob Ader as the George Engel Professor of Psychosocial Medicine.

This brief excursus shows the link between PNEI and the biopsychosocial model and how barriers between medicine and psychology are most of the times produced artificially! We could not have a better testimonial to prove this point as Andrew Steptoe. Distinguished psychologist and epidemiologist, he collaborated with Robert Ader in writing "Psychoneuroimmunology" (Ader, 2007). Still together with Ader they were part of the board of the "Psychosomatic Medicine" review which published the famous Ader's article (1975) and the article in honour of Engel (1980) and recently a commemoration of Robert Ader.

Steptoe worked in the field of psychology, health, behavioural medicine, developed strategies for the assessment and the change of subjective factors connected to health and disease, focusing especially on the weight of psychosocial factors in health and treatment (Steptoe 2010, 2012). As the head of the English Longitudinal Study of Ageing research group (<http://www.ifs.org.uk>) he investigated "successful ageing" and this will be the theme for our symposium on 25th May.

It will be an extraordinary venue having Steptoe to participate to the awards of Ader Prizes to the best students in the same hall where we had previously held the Stress and Life conference. It is a remarkable experience for teachers and students to deepen and convert into practice. We have learned a lot and the learned lessons will be used on the next Master Course edition.

Translation by Patrizia Rustichelli-Stirgwolt

The content of its themes and the enthusiasm for it will make of Orvieto's meeting a very stimulating day.

I am looking forward to meeting many SIPNEI members and friends.

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