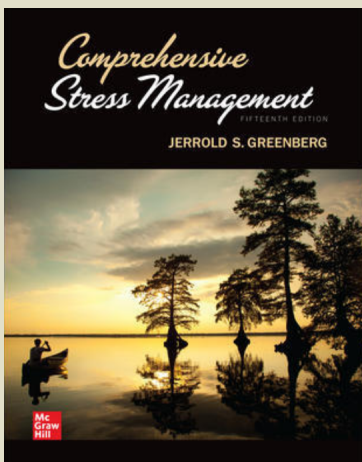




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# List of Changes



## Comprehensive Stress Management 15th Edition Jerrold Greenberg

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# Changes to Greenberg: Comprehensive Stress Management, 15e

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## Chapter 2

- A new Stress and Your Memory box was added that clarifies the role of protein kinase on stress and memory.
- Clarification is provided on the role of cortisol and lymphocytes in relation to the immunological system.
- Lab Assessment 2.2 is replaced with a new scale that measures students' physiological reactions to stress.

## Chapter 4

- A new Internet Resource is added from the American Institute of Stress that discusses the rising stress levels of college students and hints regarding how to respond to that stress.

## Chapter 5

- Examples are added to clarify the concept of stress intervention throughout the chapter.

## Chapter 6

- Two new Internet Resources are added; one of which describes common reactions to stress and healthy ways to cope with stress, and another which presents five ways to make students' lives less stressful and techniques to manage stress.

## Chapter 7

- A new section on cyberbullying is added that discusses the effects of cyberbullying and the role of social media on cyberbullying. In addition, the effects of cyberbullying on the LGBTQ community are discussed.
- Cyberbullying and its definition are added to the Running and End-of-Book glossaries.
- Examples are provided to clarify the direct effect theory and the stress buffering theory as they relate to social support networking.

## Chapter 8

- The concept of co-creator perception deficiency is clarified in response to students' and instructors' suggestions.
- The anxiety management tool of relabeling is elaborated on as requested by students and instructors.

## Chapter 9

- The benefits of volunteering id=s expanded consistent with the latest research findings.
- The National Health Objectives are classified into two categories: mental-health-related objectives and physical-health-related objectives to help readers better understand the purposes of these objectives.

## Chapter 10

- Clarification of the physiological changes that occur during meditation—the relaxation response—is provided.

## Chapter 14

- A new Internet Resource is added form the Office of Behavioral and social Sciences of the National Institutes of Health concerned with making use of social science research.

# Changes to Greenberg: Comprehensive Stress Management, 15e

## Chapter 15

- The latest statistics pertaining to hate crimes was updated with emphasis on race, ethnicity, religion, sexual orientation, disability, and gender.
- Death rates and suicide rates are updated with emphasis on specific populations: African Americans, Hispanics, and American Indian/Alaska Natives.
- Infant mortality rates are updated with the latest data available.
- Data on the leading causes of death are updated for whites, African Americans, Native Americans, Asian/Pacific Islanders, and Hispanics.
- The most current data pertaining to cancer is included to include incidence and death rates for specific cancers and specific populations.
- The most current data pertaining to mental health is included. Suicide and homicide rates for specific populations is highlighted, as is the role of firearms in these deaths.
- Poverty rates are updated for different races and ethnicities.
- The discussion of homelessness is updated with statistics regarding those who stayed in sheltered and unsheltered locations, child and family homelessness, race and ethnicity, and veteran status.
- A new Internet Resource is added from Cancer.Net designed to help families better cope with cancer.

## Chapter 16

- Data regarding Americans' vacation days received and vacation days unused is updated.
- The latest information regarding job satisfaction is included to indicate increased job satisfaction in recent years.
- A reorganization of the discussion of burnout is provided that separates the Five Stage Theory of Burnout into a sub-head to help students better understand this theory.
- The latest data regarding the disparity in jobs and wages between men and women is provided, as are statistics pertaining to working mothers.
- Changes in recent years to the Family and Medical Leave Act are presented with inclusion of leave provided service members and their families.
- The discussion of home-based work and telecommuting is expanded with inclusion of the benefits to workers, employers, and the general society.
- The discussion of work-family balance issues is reorganized to separate the spillover and compensation theories' effects on work-family balance.
- A new Internet Resource is added from the University of Michigan School of Public Health that provides 19 ways to prevent and respond to occupational stress.

## Chapter 17

- The description of family life is updated to include the latest statistics regarding married families with children, those never married, those divorced, and single-parent families.
- The percent of people cohabiting is updated with the latest data available.
- The divorce rate is updated based on government collected data.
- The discussion of single-parent families is updated with the most current data available.
- An introduction to the Dual-Career Family section is provided to elaborate on some of the issues faced by these families.
- State laws pertaining to obtaining adoption records are updated to communicate the availability of these records in most states.

## Changes to Greenberg: Comprehensive Stress Management, 15e

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- The discussion of child abuse and neglect is updated to include the latest statistics on the incidence of child abuse and neglect, and the role of firearms in these situations.
- A new boxed feature is added presenting information and data regarding children's and parents' worries about violence in schools and neighborhoods.
- A new Internet resource is added from WebMD that describes how stress can interfere with getting pregnant and strategies that can be used to counteract that stress.

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