

Research and Facts About Marriage

Diffuse Physiological Arousal

DPA interferes with information processing. Emotions do not interfere

The Henry-Stephens model of stress suggests that during times of high stress two axes are potentially stimulated.

1. The sympathetic-adrenal axis which involves the **autonomic nervous system**.

The major hormones involved are **adrenaline**, noradrenaline, and dopamine.

This axis is activated by **active coping, anger, aggression and hostility**.

2. The pituitary - adrenal cortical axis, which involves the pituitary gland and the cortex of the adrenal glands.

The major hormone is **cortisol**.

This axis is activated by **passive coping, fear, sadness, helplessness, grief, loss** or threat of loss (particularly of figures people are strongly attached to).

It is the simultaneous activation of both axis, caused by a blending of anger, helplessness and loss - **In other words - a fight with a loved one - that causes DPA.**