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## Environmental stress, psychological stress and allostatic load

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## **Abstract**

The mechanism by which chronic caregiving stress results in poor health is not well

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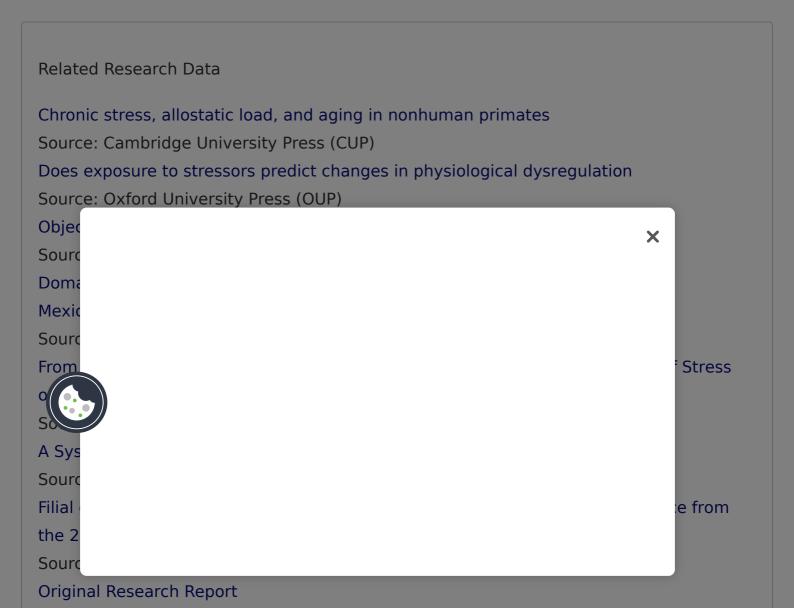
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caregivers who had relinquished their role by the second year, although the level of psychological stress actually declined. Primary mediators are a key component of the relationship between allostatic load and prior stress. When allostatic load is treated as an outcome of stress, it is important to distinguish environmental and psychological stress.

Q Keywords: Stress allostatic load caregiving dementia

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