

UWP 101 Progress Report 1

To	Bill Sewell
From	PS
Date	4/23/24
Research Topic	Effects of stress on human health and functioning

Fill out the following to the best of your ability. Replace the text in the right-hand column with your text. As you enter text, the cells will expand to accommodate your text. Keep the table formatting. For this week, you are required to summarize only one article.

Activity	Explanation: Details
Work done the past week	This past week, I have been researching to learn more about my topic. At the beginning of the week, I was researching about two different topics to see if I found myself more interested in one rather than the other. Once I decided to focus on stress, I began my research. To begin my research process, I started with a basic Google search about stress to find some key terms. Then, I turned to Google Scholar to enter the key terms. I have been utilizing the Google Scholar platform to find academic, peer-reviewed articles. I have found three academic articles that I think will be helpful for me throughout this process. Two of them are research articles and one is a review, so I have been working through skimming them briefly. Now, I am diving deeper into them to fully annotate. I have worked through and annotated one article fully, so I defined terms, summarized main points, and proposed questions that I had as I went through this process. This process took a while because the article was quite dense, but I worked through it and now have a solid understanding.
What problems have you encountered	So far in the research process, I have encountered minimal problems as I am currently gathering more information. At first, I was split between two topics. So, I decided to research in-depth about both topics to see if I found myself more interested in one over the other. Another problem I ran into was that I have found that lots of the papers are extremely long and written with pretty dense language. The article I annotated was eighteen pages, so I found myself struggling a bit to understand and get through it all. However, I am taking my time reading them and using the techniques we learned in class to break down the complex writing so that I can understand the key findings.

What have you done to address those problems.	To decide which topic I wanted to do for my paper, I decided to research both topics. I found myself more interested in the stress topic, so I stuck with it and am moving forward. To address the problem of the papers being very dense, I have been utilizing the techniques we learned in class, including reading the abstracts first for a general overview and paying especially close attention to the introduction. The introduction acts as a roadmap of what the article will discuss, so I have found it helpful to focus on this. It is taking me some time to work through, but these techniques have been helpful so far!
Optional	I am enjoying the research process so far!
Research Topic	Effects of stress on human health and functioning
First Article Information	
Article Genre or research type	Research paper
Bibliographic entry of first article	Dhabhar, F. S. (2014). Effects of stress on immune function: The good, the bad, and the beautiful. <i>Immunologic Research</i> , 58(2–3), 193–210. https://doi.org/10.1007/s12026-014-8517-0

Discuss the first article.	<p>What did you find and how does this contribute to your knowledge quest? (Some things to think about: research topic [what the investigators were trying to find], findings [results], implications [typically discussed in the Discussion section].) Think about the questions this answers or the pieces it provides to your puzzle.</p> <p>This article was very interesting to read. Although lengthy, this article was incredibly dense with good information that has helped me in my knowledge quest. This article investigated the research question regarding the impact stress has on the immune system. Firstly, it was especially notable how the authors defined key terms such as stress, immunoprotection, immunopathology, immunoregulation, and leukocytes. This article discussed how short-term stress is essential because it is necessary for the evolutionary fight or flight response. It tied in how this is necessary for life and natural selection, which is a concept I agree with and was interested to see being brought up. The key findings that the paper found include how short-term stress changes the leukocyte distribution in the body, which is suggested to enhance the immune function. Additionally, short-term stress was found to result in lower tumor prevalence and fewer early tumors. This article provides me with a variety of benefits to short-term stress, especially those involving cancer and improved immune system defenses. Although the findings do focus on short-term benefits, the author s also mention chronic stress having negative effects including immune dysregulation and supression. For implications, the author pointed towards using these findings to minimize intense stress and included practices to do this, including stress management techniques. This article helped me immensely in my knowledge quest. For my research paper, I definitely will be discussing how the immune system is affected by stress because it is both positively and negatively affected by various amounts of stress. This article gives me benefits to low stress and drawbacks with chronic stress. This paper provided me a solid understanding of how the immune system is affected, which I will use as a branch point to further my research quest.</p>
Immediate Research Plan	
What is next?	<p>For my project, I plan to continue my research process through Google Scholar. I want to keep searching for excellent sources and papers that further build my knowledge. I plan on being flexible an open throughout the rest of my research process. More specifically, I would like to investigate how stress affects the body's functioning in terms of cardiovascular health. I have heard that stress often fosters health issues, so I would like to investigate this further. I also would like to investigate how exercise, which is a form of stress, benefits the body.</p>