

ABSTRACT

Chronic stress triggers a series of allostatic mechanisms and possibly to disease in humans and mammals. The molecular basis of the reaction to chronic stress is the adrenal cortex hormones, as human hydrocortisone. Epinephrine and norepinephrine are protagonists for survival in acute stress. In psychosocial stress, condition with variability, the expected damage is hippocambal remodeling, with subsequent negative effects in learning and memory. The hippocambal alterations seem to be caused by chronic exposure to hypercortisolism, caused by chronic or repeated stress. The reduction of hippocambal volume a common result of chronic stress conditions and is also present in depressive disorders. The socioeconomic status is an unchanged risk factor and bad prognostic factor for almost every kind of disease arising in conditions of chronic stress. Chronic diseases, psychosomatic diseases and cancer are more often and more difficult to treat in poor people and the same phenomenon appears for mental health disorders. Depression, suicidal or risk-taking behavior and criminality have acquired an epidemic character and in practice indicate a society's pictures of sickness. What is more disappointing; the trans-parental transfer of sick genes makes the hope for rehabilitation less probable for the expanding reality of sick populations.

Key-words: *psychosocial stress, quality of life, disease, chronic stress*