

**Work Stress anxiety and depressive symptoms in
Relation to Cognitive Functions and Cortisol
Level among group of Egyptian Medical
Residents
(A Cross Sectional Comparative Study)**

Thesis

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

{وَمَا أُوتِيتُمْ مِنَ الْعِلْمِ إِلَّا
قَلِيلًا}

صدق الله العظيم

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List of Abbreviations

- **5- TH:** 5- Hydroxy Tryptamine.
- **17-HOCs:** 17- Hydroxyl Corticosteroids.
- **ACTH:** Adrenocorticotropic Hormone.
- **AL:** Allostatic Load.
- **ANS:** Autonomic Nervous System.
- **AR:** Alarm Reaction.
- **ATP:** Adenosine Triphosphate.
- **AVP:** Arginine Vasopressin.
- **BA:** Basal Nuclei.
- **BBB:** Blood Brain Barrier.
- **BDI:** Beck Depression Inventory.
- **BDNF:** Brain Derived Neurotrophic Factor.
- **BLA:** Basolateral Amygdaloid complex.
- **BM:** Basomedial Nuclei.
- **BP:** Blood Pressure.
- **CBG:** Corticosteroid Binding Globulin.
- **CCK:** Cholecystokinin.
- **CeA:** Central Amygdala.
- **CeAL:** Central Amygdala Lateral compartment.
- **CeAM:** Central Amygdala Medial compartment.
- **CNS:** Central Nervous System.
- **CO:** Cardiac Output.
- **COX:** Cyclo-oxygenase.
- **CRF:** Corticotrophin Releasing Factor.

- **CRFBP:** Corticotrophin Releasing Factor Binding Protein.
- **DA:** Dopamine.
- **DHEA:** Dehydroepiandrosterone.
- **DNA:** Deoxyribonucleic Acid.
- **DSM IV:** Diagnostic And Statistical Manual of Mental disorder forth edition.
- **EDs:** Emergency Departments.
- **ELISA:** Enzyme Linked Immuno S Assay.
- **EM:** Emergency Medicine.
- **ENT:** Ear Nose and Throat surgery.
- **FSH:** Follicular Stimulating Hormone.
- **GABA:** Gamma Amino Buteric Acid.
- **GAS:** The General Adaptation Syndrome.
- **GCs:** Glucocorticoids.
- **GFAP:** Glial Fibrillary Acidic Protein.
- **GREs:** Glucocorticoid Responsive Elements.
- **HAM-A:** Hamilton Anxiety Rating scale.
- **HCJSSQ:** Hospital Consultant's Job Stress and Satisfaction.
- **HPA axis:** Hypothalamic Pituitary Adrenal axis.
- **HR:** Heart Rate.
- **HVA:** Homovanillic Acid.
- **IDO:** Indolamine 2,3-dioxygenase.
- **IGF-1:** Insulin like Growth Factor-1.
- **IL:** Interleukin.
- **INF:** Interferon.

- **LA:** Lateral Nuclei.
- **LC:** Lucus Coeruleus.
- **LH:** Lutinizing Hormone.
- **LSD:** Lysergic Acid Diethylamide.
- **LTP:** Long Term Potentiation.
- **MBSR:** Mindfulness-Based Stress Reduction.
- **MeA:** Medial Amygdala.
- **MHPG:** 3-methoxy-4-hydroxyphenyl glycol.
- **mPFC:** Medial Prefrontal Cortex.
- **MQ:** Memory Quotient.
- **m-RNA:** Messenger Ribonucleic Acid.
- **MRS:** Magnetic Resonance Spectroscopy.
- **NAA:** N-acetyl Aspartate.
- **NE:** Norepinephrine.
- **NGF:** Nerve Growth Factor.
- **NK:** Tachykinin.
- **NMDA:** N-methyl-D-aspartate.
- **NPY:** Neuro-peptide Y.
- **PACAP precursor:** Pituitary Adenylate Cyclase-Activating Polypeptide precursor.
- **PFC:** Prefrontal Cortex.
- **PG:** Prostaglandin.
- **PTSD:** Post Traumatic Stress Disorder.
- **PVN:** Paraventricular Neucleus.
- **SAM:** Sympathetic Adrenal Medullary.
- **SP:** Substance P.

- **SRRS:** Social Readjustment Rating Scale.
- **SR:** Stress Response.
- **SVR:** Systemic Vascular Resistance.
- **TDO:** Tryptophan 2,3 dioxygenase.
- **TMS:** Transcranial Magnetic Stimulation.
- **TNF:** Tumour Necrosis Factor.
- **UFC:** Free Cortisol in Urine.
- **VIP:** Vasoactive Intestinal Peptide.
- **WHI:** Work Home Interface.