

Thursday 15th February 4pm – Maynooth University Psychology Department

Dr. Stephen Gallagher (University of Limerick)

The stress of (un) employment and its implications for physiological and psychological health



Stephen is a health psychologist, and Associate Professor and Assistant Dean of Research for the Faculty of Education and Health Sciences at the University of Limerick. He is founder and co-director of study of anxiety stress and health laboratory (SASHLab) in the Department of Psychology in UL. Stephen, graduated with his PhD, in psychoneuroimmunology, from the University of Birmingham in the UK in 2008 and to date he has published over 60 journal articles which are primarily in the area of stress and health in a variety of populations.

Abstract:

Stress is ubiquitous and is essential for survival. However, when it is experienced continuously and for long periods of time it becomes chronic and its effects are damaging to our body. Unemployment is one such chronic stressor and the present talk will present a series of studies linking (un)employment to health. First, the association between history of unemployment and distress after reemployment will be discussed in the context of pre and post-recession. Second, how the stress of unemployment gets inside the body via hormonal dysregulation will be presented. Finally, the last study will focus on bullying in the workplace while at the same time examine whether those on permanent employment contracts had better cortisol patterns than those not permanent.