

## CONCEPT CHECK

- What evidence can you cite to show that stress experienced early in life is associated with later mental and physical health problems?
- Although various types of trauma show a relationship to psychopathology, what factors can affect that relationship?
- Our physiological reactions to stress and trauma occur on a variety of levels. What are five important levels?
- Describe an example of how trauma can lead to epigenetic changes.
- In what respects is social pain like physical pain?