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## New dimensions of stress and its numerical modeling

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In the present study we introduce a new stress approach, which completes the transactional theory of Folkman and Lazarus (1984). It is a numerical model in which we consider another variable named PSS (Previous State of Stress) that we estimate necessary to explain why psychological state of stress occurs or not. In our model, stress is presented in the form of a mathematical equation of three variables (PSS, SV, and R). By evaluating each of these components, this equation enables us to evaluate the generated stress intensity of a person. By improving this formula, the present model enables us to consider another type of stimulus (positive stimulus) and to evaluate it. Many instances of daily stress, that takes into account these new dimensions, have been cited. The stress formula efficiency has been tested by applying it on these examples and to some concepts like violence and stress accumulation. RQSI (Required Quantity of Stress Index) is an index that we have introduced in our numerical model. The calculated RQSI enables us to evaluate the average amount of stress (positive or negative) that a person receives from each stimulus he has been exposed to during a period. A new definition of stress phenomena, based on our new numerical data model, is proposed.

## Recent Publications

1. A L Kristjansson, I D Sigfusdottir, S S Frost and J E James (2013) Adolescent caffeine consumption and self-reported violence and conduct disorder. *Journal of Youth and Adolescence*. 42(7):1053-1062. Doi: 10.1007/s10964-013-9917-5.
2. S Khodarahimi, I H M Hashim and N Mohd Zaharim (2012) Perceived stress, positive-negative emotions, personal values and perceived social support in Malaysian undergraduate students. *International Journal of Psychology and Behavioral Sciences*. 2(1):1-8. Doi: 10.5923/j.ijpbs.20120201.01.
3. Meerlo P, Sgoifo A and Suchecki D (2008) Restricted and disrupted sleep: effects on autonomic function, neuroendocrine stress systems and stress responsivity. *Sleep Medicine Reviews*. 12(3):197-210. Doi: 10.1016/j.smrv.2007.07.007.
4. Dahl Ronald E (1999) the consequences of insufficient sleep for adolescents: links between sleep and emotional regulation. *Phi Delta Kappan*. 80 (5):354-359.
5. J Smyth et al. (1998) Stressors and mood measured on a momentary basis are associated with salivary cortisol secretion. *Psychoneuroendocrinology*. 23(4):353-370.

## Biography

Ktiri Fouad is a Clinical Psychologist, a Psychology Teacher, a Researcher and a Yoga Coach. His experiences in Clinical Psychology and Yoga-Relaxation made him publish a book entitled "*Stress - How to prevent and fight it - New psychological, spiritual, body and cognitive techniques*" in 2015. From 2009, he has attended conferences and participated in many radio psychological programs. His experiences as a physics and computer graduate helped him to combine psychology and mathematics, which allowed him to elaborate a new stress numerical model and published it in 2016. He is continuing to do researches in Psychology and writes articles weekly in Moroccan newspapers.

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