

STRESS AND SOCIAL SUPPORT:  
INTIMATE RELATIONSHIPS IN CONTEXT  
Interpersonal Relations

---

- I. Stressors and Resources
- II. Behavioral and Cognitive Effects
  - A. Yerkes-Dodson Law
  - B. Levenson & Gottman (1983, 1985) “physiological arousal” study
  - C. Neff & Karney (2004) “longitudinal stress” study
- III. Can Stress Ever be Good? The Benefits of Crises
  - A. Cohan & Cole (2002) “Hurricane Hugo” study
  - B. Conger et al. (1990, 1999) “economic stress” study
  - C. Vulnerability-Stress Adaptation Model (Karney & Bradbury, 1995)
- IV. Q18, My Friends and Family Don’t Like my Partner. Should I Listen to Them?
- V. How Social Networks Harm Intimate Relationships – read in Bradbury & Karney, p. 488-489

**Optional Reading from Lewandowski et al.**

Q12 *Is distance bad for relationships?*