

MOOC 1 – Unit 3

Stress responses: biopsychosocial perspective

Conclusion

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Chapter 5: CONCLUSION

- Knowledge about **different stress responses** during **different stress phases** from the **biopsychosocial perspective** is very useful for helpers.
- Different stress responses in different stress phases indicate the need for **different interventions**.
- In the **pre-acute stress phase** by applying certain steps, methods, and approaches is possible to **be better prepared** for the stressful event(s).
- Knowledge about different **immediate needs** and **complex reactions** with their neurophysiological background in **acute** and **follow-up stress phases** offers a good **basis for effective interventions**.
- The **Six Cs model** is a well-established **neuropsychology-based** model for **early psychological intervention**.