

# INITIATION À LA PSYCHOLOGIE : LE STRESS

**DIRECTOR**

Bernard Demers

**DURATION**

54:06

**YEAR**

1980

**ORIGINAL LANGUAGE**

French

**CATEGORY**

Documentary

**SERIE**

Initiation à la psychologie

**DESCRIPTION**

This series gives the opportunity to get an overview of contemporary psychology. These 13 one-hour programs each deal with one particular aspect of psychology and together they give an accurate portrait of different techniques, theories and applications of this discipline. Produced in Quebec, this series gives the chance to meet many researchers in the province and discover their subjects and the social preoccupations of our own culture.

Episode #9 - *Le stress* : distinction between stress, anguish and anxiety; the physical and psychological factors of stress; the function of stress in every day life.

**IMAGE FORMAT**

4:3

**SHOOTING FORMAT**

3/4" video

**KEYWORDS**

Theory, Psychology, Stress, Distress, Anxiety

**THEMES**

Health

Science