

## Stress, coping, and their influence on blood glucose and blood pressure

### Abstract

Stress is considered a factor that may influence or trigger different types of diseases, including hypertension and diabetes; however, it becomes chronic just when individuals' coping strategies fail. The main study aims were to verify whether employees of a public agency are stressed, if there is a correlation between stress and blood pressure and blood glucose level and what are the coping strategies used. Blood pressure and postprandial blood glucose were measured, and the Lipp Stress Symptom Inventory for Adults and the Occupational Coping Scale were applied. The results showed that 27.41% of the participants are affected by stress. The predominant type of coping strategy adopted was "control". There was no significant correlation between stress and age, stress and blood pressure, or stress and glucose level. The different types of stress coping strategies used by the subjects had little influence on blood pressure and blood glucose levels.

*Key-words:* Stress; Coping; Blood pressure; Blood glucose.