# Article information:

The human stress response | Nature Reviews Endocrinology  
<https://www.nature.com/articles/s41574-019-0228-0>

# Article summary:

1. The human stress response is a homeostatic mechanism that mobilizes neural and hormonal networks to optimize cognitive, cardiovascular, immunological and metabolic function.

2. The HPA axis helps achieve and maintain homeostasis by utilizing rhythmic 24-h patterns of secretion to achieve appropriate tissue activity at different times of the day.

3. Glucocorticoids have diverse effects on the body, including anti-inflammatory functions, modulation of emotion and cognition, regulation of metabolic pathways, and interaction with neurotransmitters and neuropeptidergic systems.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “The Human Stress Response | Nature Reviews Endocrinology” provides an overview of the human stress response system and its role in maintaining homeostasis. The article is well written and provides a comprehensive overview of the topic. It is clear that the authors have conducted extensive research into the subject matter as evidenced by their use of multiple sources for each point they make throughout the article.

However, there are some potential biases in the article that should be noted. For example, while it does provide an overview of glucocorticoid therapy and its potential adverse effects such as depression, it does not explore any potential benefits or positive outcomes associated with this type of therapy. Additionally, while it does mention possible risks associated with chronodisruption due to chaotic lifestyles, it does not provide any concrete solutions or strategies for avoiding these risks.

In terms of trustworthiness and reliability, this article appears to be reliable as it provides evidence for each point made throughout the text in the form of citations from reputable sources such as peer-reviewed journals. Furthermore, all claims made are supported by evidence which adds to its credibility.

In conclusion, this article provides a comprehensive overview of the human stress response system and its role in maintaining homeostasis. While there are some potential biases present in terms of missing points or counterarguments that could be explored further, overall this article appears to be reliable due to its use of evidence from reputable sources to support all claims made throughout the text.

# Topics for further research:

* Benefits of glucocorticoid therapy
* Strategies for avoiding chronodisruption
* Positive outcomes of stress response system
* Effects of chaotic lifestyles on health
* Role of hormones in stress response
* Long-term effects of stress on the body

# Report location:

<https://www.fullpicture.app/item/7000b0e017516a3282bf22a702a666ce>