# Stress Inoculation Therapy Research

***Michaenbaum stated:***

* The way we view stressors can help us cope with stress better
* Negative thoughts lead to negative outcomes. E.g. Anxiety & depression
* Positive thoughts lead to positive outcomes

**Sheehy and Horan**

* Studied first-year law students
* Participants received 90 minutes of SIT four times a week
* The participants that received SIT displayed

**Strengths**

* Stress inoculation therapy has been proven to inoculate against future stressful situations and also helps people to cope with current stressors.
* **(Sheehy & Horan)** Participants that received SIT displayed lower levels of stress and anxiety over time.

**Weaknesses**

* Requires lots of time and money.
* Unnecessarily complex

# Hardiness Training

**Salvatore Maddi**

* Aim was to increase self-confidence and sense of control using hardiness training

**Maddi and Kobasa stated the following ways to train hardiness**

* Focusing – Client taught to recognise signs of stress and how to identify the sources of this stress
* Reliving stress encounters – Client relieves stress encounters and is helped to analyse these situations and their response to them.
* Self-improvement – Insights gained can be used to move forward and learn new techniques of dealing with stress.

**Strengths**

* Student support services at Utah Valley State College offers hardiness training to help students graduate. (Hardness Institution Website)
* Used effectively by Olympic swimmers to ensure they’re committed to the challenge and are able to control the stressful aspects of daily life. (Fletcher, 2005)

**Weaknesses**

* Not rapid. Must first address basic aspects of personality and learned habits of coping that are difficult to modify.