

## NOVEDADES IDOCAL



### Esta semana:

1. **Publicaciones:** The influence of coping strategies and behavior on the physiological response to social stress in women: The role of age and menstrual cycle phase. Villada et al.
2. **Doctorado:** Convocatoria premios extraordinarios de doctorado
3. **Recursos:** Major change into EJWOP delivery

## 1. Publicaciones: The influence of coping strategies and behavior on the physiological response to social stress in women: The role of age and menstrual cycle phase

Nos complace anunciar que se ha publicado el siguiente artículo:

Villada, C., Espin, L., Hidalgo, V., Rubagotti, S., Sgoifo, A., & Salvador, A. (2017). The influence of coping strategies and behavior on the physiological response to social stress in women: The role of age and menstrual cycle phase. *Physiology & Behavior*, 170, 37-46.



Resumen:

There is information indicating that the variations induced by the menstrual cycle may influence the capacity of young women to respond to stress. The physiological response to stress changes across the stages of the lifespan; however, in spite of the great increase in life expectancy, the way women react after menopause, a period characterized by a dramatic decline in sex hormones, has not been sufficiently studied. The main objective of the study was to examine the capacity to respond to and recover from an acute social stressor in post-menopausal women compared to young women. The second objective was to investigate the consequences of behavior on the self-regulatory systems. We measured behavior, cortisol, and heart rate during a speaking task in front of a committee in sixty-seven women: 36 post-menopausal and 31 pre-menopausal (follicular group  $n = 14$ ; luteal group  $n = 17$ ). No differences in heart rate reactivity between three groups were found. Post-menopausal women showed less cortisol reactivity to stress; they also displayed a higher percentage of Gestures during the speaking task, reflecting a clearer pattern of active coping compared to the young women. In post-menopausal women, behaviors that reflect active coping strategies were related to better autonomic regulation. By contrast, in pre-menopausal women, cortisol changes seemed to be modulated by passive and reactive behaviors such as Submission and Assertion. These results emphasize the importance of considering age and Hormonal Status in coping processes, including reactivity and recovery from stressful situations.

¡Enhorabuena a los autores!

## 2. Doctorado: Convocatoria premios extraordinarios de doctorado

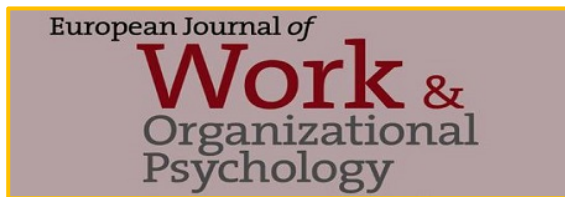
El Rector de la Universidad de Valencia convoca anualmente los premios extraordinarios de doctorado.

De acuerdo con lo establecido en el reglamento regulador de estos premios, en la mencionada convocatoria pueden presentarse, una sola vez, los doctorandos que hayan obtenido la máxima calificación en la defensa de la tesis leída en la Universidad de Valencia en cualquiera de los dos cursos académicos posteriores a la defensa de la tesis.

Para más información, pincha [aquí](#).

### 3. Recursos: Major change in EJWOP delivery

“EAWOP members receive a free subscription to three journals, the European Journal of Work and Organisational Psychology, Organizational Psychology Review and our e-journal EWOP in Practice.



This is to inform our members about a change to the way the European Journal of Work and Organisational Psychology is provided. With the increasing move to digital publishing, the default method for members to access the journal will be switched to the online/electronic version. Our members will have

access to the latest volume of the journal and all the online archive by logging into the EAWOP website, with their EAWOP username and password, and clicking through to the EJWOP link. Our members can also register to receive contents alerts for the journal as new articles and issues become available (members will need to create a separate Taylor & Francis account).

This approach has an environmental benefit saving paper and reducing the carbon footprint of the journal due to distribution of paper copies. However, if any of our members wish to continue to receive paper copies of the journal they can do so by logging into the EAWOP website with their username and password and changing their preference by following the “Edit your profile” link.

There is no change at the moment to the distribution of Organizational Psychology Review or EWOP in Practice.”

The EAWOP Executive Committee

Colaboradores de este número de Novedades (por orden alfabético):

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