

## **Bibliography: Stress and susceptibility to URTIs (in date order)**

1. Smith AP, Tyrrell, DAJ, Coyle KB, Higgins, P G, Willman, J S. 1990. Individual differences in susceptibility to infection and illness following respiratory virus challenge. *Psychology and Health*, 4, 201 – 211. <https://doi.org/10.1080/08870449008400390>
2. Cohen S, Williamson G M. 1991. Stress and infectious disease in humans. *Psychological Bulletin*, 109(1), 5–24. <https://doi.org/10.1037/0033-2909.109.1.5>
3. Cohen S, Tyrrell D A J, Smith, A P. 1991. Psychological stress in humans and susceptibility to the common cold. *New England Journal of Medicine*, 325, 606-612. [www.nejm.org/doi/full/10.1056/NEJM199108293250903](http://www.nejm.org/doi/full/10.1056/NEJM199108293250903)
4. Smith AP. 1992. Influences of psychosocial factors on upper respiratory infections. In: *Psychologie in der medizin*. eds G Huppmann & S Fishbeck Wurzburg : Koninghausen Neumann pp 121 ISBN 3-88479-733-6
5. Smith AP. 1992. Stress, health-related behavior and susceptibility to experimentally- induced upper respiratory viral infections and illnesses In: *Stress and Adaptation*. Eds Berkenbosch F, Tilders FJH & Frankhuijzen AL. Amsterdam: Free University.
6. Cohen S, Tyrrell DAJ, Russell M, Jarvis, MJ, Smith, AP. 1993. Smoking, alcohol consumption and susceptibility to the common cold. *American Journal of Public Health*, 83, 1277-1283 <https://dx.doi.org/10.2105/AJPH.83.9.1277>
7. Cohen S, Tyrrell DAJ, Smith, AP. 1993. Negative Life Events, Perceived Stress, Negative Affect and Susceptibility to the Common Cold. *Journal of Personality and Social Psychology*, 64, 131 - 140 doi: 10.1037//0022-3514.64.1.131
8. Cohen S, Tyrrell DAJ, Smith AP. 1994 Psychological stress and susceptibility to the common cold. In: *Psychosocial processes and health*. Eds A Steptoe & J Wardle Cambridge University Press Pp171-187.
9. Cohen S, Doyle W J, Skoner D P, Fireman P, Gwaltney J, Newsom J. 1995. State and trait negative affect as predictors of objective and subjective symptoms of respiratory viral infections. *Journal of Personality and Social Psychology*, 68, 159-169. <https://doi.org/10.1037/0022-3514.68.1.159>
10. Cohen S, Smith AP. 1996. Psychology of common colds and other infections In: *Viral and other infections of the human respiratory tract*. pp 447-462. Eds S Myint & D Taylor- Robinson London : Chapman Hall
11. Cohen S, Line S, Manuck S B, Rabin B S, Heise, E, Kaplan J R. 1997. Chronic social stress,

social status and susceptibility to upper respiratory infections in nonhuman primates. *Psychosomatic Medicine*, 59, 213-221. DOI: 10.1097/00006842-199705000-00001

12. Cohen S, Doyle WJ, Skoner DP, Rabin BS, Gwaltney, J M, Jr. 1997. Social ties and susceptibility to the common cold. *Journal of the American Medical Association*, 277, 1940-1944. doi: 10.1001/jama.1997.03540480040036
13. Cohen S, Tyrrell DAJ, Smith, AP. 1997 Psychological stress in humans and susceptibility to the common cold. In: *Clinical disorders and stressful life events*. Ed TW Miller International Universities Press Pp 217 – 235.
14. Cohen S, Frank E, Doyle WJ, Skoner DP, Rabin BS, Gwaltney, JM, Jr. 1998. Types of stressors that increase susceptibility to the common cold in healthy adults. *Health Psychology*, 17, 214-223. doi: 10.1037//0278-6133.17.3.214
15. Cohen S, Doyle WJ, Skoner DP. 1999. Psychological stress, cytokine production, and severity of upper respiratory illness *Psychosomatic Medicine*, 61, 175-180. doi: 10.1097/00006842-199903000-00009
16. Smith AP, Thomas M, Borysiewicz L, Llewelyn M. 1999. Chronic fatigue syndrome and susceptibility to upper respiratory tract illnesses. *British Journal of Health Psychology*, 4, 327-335. <http://dx.doi.org/10.1348/135910799168678>
17. Smith AP, Rees G. 2000. Stress, breakfast cereal consumption and susceptibility to upper respiratory tract illnesses. *Nutritional Neuroscience*, 3, 339-343. doi: 10.1080/10284150290018946
18. Smith AP, Nicholson KG. 2001. Psychosocial factors, respiratory viruses and exacerbation of 2020, asthma. *Psychoneuroendocrinology*, 26, 411-420. [https://doi.org/10.1016/S0306-4530\(00\)00063-9](https://doi.org/10.1016/S0306-4530(00)00063-9)
19. Smith AP. 2002. Stress, breakfast cereal consumption and objective signs of upper respiratory tract illnesses. *Nutritional Neuroscience*, 5, 145-148. <https://doi.org.abc.cardiff.ac.uk/10.1080/10284150290018955>
20. Smith AP. 2003. Breakfast, stress and catching colds *Leader: The Journal of Family Healthcare*, 13, 2.
21. Cohen S, Doyle WJ, Turner RB, Alper CM, Skoner, DP. 2004. Childhood socioeconomic status and host resistance to infectious illness in adulthood *Psychosomatic Medicine*, 66, 553-558. doi: 10.1097/01.psy.0000126200.05189.d3
22. Cohen S, Alper, CM, Doyle WJ, Treanor JJ, Turner RB. 2006. Positive emotional style predicts

resistance to illness after experimental exposure to rhinovirus or influenza A virus *Psychosomatic Medicine*, 68, 809-815. doi: 10.1097/01.psy.0000245867.92364.3c

23. Doyle WJ, Gentile DA, Cohen S. 2007. Emotional style, nasal cytokines, and illness expression after experimental rhinovirus exposure. *Brain, Behavior, and Immunity*, 20, 175-181.  
doi: 10.1016/j.bbi.2005.05.005
24. Janicki-Deverts D, Cohen S, Doyle WJ, Turner RB, Treanor JJ. 2007. Infection-induced proinflammatory cytokines are associated with decreases in positive affect, but not increases in negative affect. *Brain, Behavior, and Immunity*, 21, 301-307. doi: 10.1016/j.bbi.2006.09.002
25. Smith AP. 2007. Common Cold and Stress. In: Fink G, Chrousos G, Craig I, de Kloet R, Feuerstein G, McEwen B, Rose N, Steptoe A. (eds). *Encyclopaedia of Stress*, Second Edition. Academic Press: Oxford ISBN: 978-0-12-088503-9 pp 533-535
26. Faulkner S, Smith, A. 2008. A longitudinal study of the relationship between psychological distress and the recurrence of upper respiratory tract infections in Chronic Fatigue Syndrome. *British Journal of Health Psychology*, 13,177-186.  
<https://doi-org.abc.cardiff.ac.uk/10.1348/135910706X17146>
27. Doyle WJ, Casselbrant ML, Li-Korotky H, Cullen Doyle A P, Lo C, Turner R, Cohen, S. 2010. The interleukin 6 -174 C/C genotype predicts greater rhinovirus illness. *The Journal of Infectious Diseases*, 201, 199-206. <https://doi-org.abc.cardiff.ac.uk/10.1086/64955>
28. Cohen S, Janicki-Deverts D, Doyle WJ, Miller GE, Frank E, Rabin BS, Turner RB. 2012. Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. *Proceedings of the National Academy of Sciences*, 109, 5995-5999.  
<https://doi.org/10.1073/pnas.1118355109>
29. Cohen,S, Janicki-Deverts, D, Turner, R B, Casselbrant, M L, Li-Korotky, H, Epel, E S, & Doyle, W J. 2013. Association between telomere length and experimentally induced upper respiratory viral infection in healthy adults *Journal of the American Medical Association*, 309, 699-705. doi: 10.1001/jama.2013.613
30. Cohen S, Janicki-Deverts D, Turner RB, Marsland AL, Casselbrant ML, Li-Korotky H-S, Epel ES, Doyle WJ. 2013 Childhood socioeconomic status, telomere length, and susceptibility to upper respiratory infection. *Brain, Behavior and Immunity*, 34, 31-38.  
<https://doi.org/10.1016/j.bbi.2013.06.009>
31. Smith AP, Thomas MA. 2015. Chronic fatigue syndrome and increased susceptibility to upper respiratory tract infections and illnesses. *Fatigue: Biomedicine, Health & Behavior* 3(3), 156-163.

<http://dxdoiorg/101080/2164184620151033271>

32. Cohen S, Janicki-Deverts D, Turner RB, Doyle WJ. 2015. Does hugging provide stress- buffering social support? A study of susceptibility to upper respiratory infection and illness. *Psychological Science*, 26(2), 135-147. doi: 10.1177/0956797614559284
33. Prather AA, Janicki-Deverts D, Hall MH, Cohen S. 2015. Behaviorally assessed sleep and susceptibility to the common cold. *Sleep*, 38(9), 1353-1359. doi: 10.5665/sleep.4968
34. Cohen S, Janicki-Deverts D, Doyle, WJ. 2015. Self-rated health in healthy adults and susceptibility to the common cold. *Psychosomatic Medicine*, 77 (9), 959-968.  
doi: 10.1097/PSY.0000000000000232
35. Janicki-Deverts D, Cohen S, Turner RB, Doyle WJ. 2016. Basal salivary cortisol secretion and susceptibility to upper respiratory infection. *Brain, Behavior, & Immunity*, 53, 255-261.  
doi: 10.1016/j.bbi.2016.01.013
36. Miller, GE, Cohen, S, Janicki-Deverts, D, Brody, GH, & Chen, E Viral challenge reveals further evidence of skin-deep resilience in African Americans from disadvantaged backgrounds. *Health Psychology*, 2016, 35, 1225-1234. doi: 10.1037/hea0000398
37. Janicki-Deverts D, Cohen S, Doyle WJ. 2017. Dispositional affect moderates the stress- buffering effect of social support on risk for developing the common cold. *Journal of Personality*, 2017, 85, 675-686. doi: 10.1111/jopy.12270
38. Murphy MLM, Cohen S, Janicki-Deverts D, Doyle WJ. 2017. Offspring of parents who were separated and not speaking to one another have reduced resistance to the common cold as adults. *Proceedings of the National Academy of Sciences*, 114, 6515-6520.  
doi: 10.1073/pnas.1700610114
39. Prather AA, Janicki-Deverts D, Adler NE, Hall M, Cohen, S. 2017. Sleep habits and susceptibility to upper respiratory illness: the moderating role of subjective socioeconomic status. *Annals of Behavioral Medicine*, 51, 137-146. doi:10.1007/s12160- 016-9835-3
40. Song H, Fall K, Fang F, et al. 2019. Stress related disorders and subsequent risk of life threatening infections: population based sibling controlled cohort study. *BMJ*, 367: 15784.  
doi:101136/bmj15784

### **Behavioral Effects of the Common Cold and Influenza (in date order)**

1. Smith AP, Tyrrell DAJ, Coyle K, Willman JS. 1987. Selective effects of minor illnesses on human performance. *Brit J Psychol*, 78, 183 – 188.  
[doi:101111/j2044- 82951987tb02238x](https://doi.org/10.1111/j2044-8295.1987.tb02238x)
2. Smith AP, Coyle, KB. 1987. Minor illnesses and performance efficiency. In: E D Megaw (ed), *Contemporary Ergonomics 1987*. London: Taylor & Francis, 83 – 88.
3. Smith AP, Tyrrell DAJ, Al-Nakib W, Coyle KB, Donovan CB, Higgins PG, Willman J S. 1987. Effects of experimentally-induced virus infections and illnesses on psychomotor performance. *Neuropsychobiology*, 18, 144 - 148 [doi: 101159/000118408](https://doi.org/10.1159/000118408)
4. Smith AP. 1988. The socioeconomic and behavioral effects of influenza. In: *Influenza: Strategies for Prevention*, (ed) C Wood. Royal Society of Medicine, 46 – 52
5. Smith AP, Tyrrell DAJ, Al-Nakib W, Coyle KB, Donovan CB, Higgins PG, Willman JS. 1988. The effects of experimentally induced respiratory virus infections on performance. *Psychol Med*, 18, 65 – 71. [doi: 101017/s0033291700001896](https://doi.org/10.1017/s0033291700001896)
6. Smith AP, Tyrrell DAJ, Coyle KB, Higgins PG. 1988. Effects of interferon alpha on performance in man: A preliminary report. *Psychopharmacology*, 96, 414 – 416.  
<https://doi.org/10.1007/BF00216072>
7. Smith AP, Tyrrell DAJ, Al-Nakib W, Barrow GI, Higgins PG, Leekam S, Trickett S. 1989. Effects and after-effects of the common cold and influenza on human performance. *Neuropsychobiology*, 21, 90 – 93. [doi: 101159/000118558](https://doi.org/10.1159/000118558)
8. Smith AP. 1989. Minor illnesses and performance. In: *Different Aspects of Performance*. (eds) W Rohmert & H G Wenzel Frankfurt: Peter Lang, 300 – 306.
9. Smith AP. 1989. A review of the effects of colds and influenza on human performance. *Journal of the Society of Occupational Medicine*, 39, 65 -68.  
<https://doi- org.abc.cardiff.ac.uk/10.1093/occmed/39.2.65>
10. Smith AP. 1990. Respiratory virus infections and performance. In: *Human Factors in Hazardous Situations*, (eds) D Broadbent, A D Baddeley and J Reason. Oxford Science Publications
11. Barrow G I, Higgins PG, Al-Nakib W, Smith AP, Wenham R BM, Tyrrell DAJ. 1990.

The effect of intranasal nedocromil sodium on viral upper respiratory tract infections in human volunteers. *Clinical & Experimental Allergy*, 20, 45 – 51.

doi: 10.1111/j.1365-2222.1990.tb02774.x

12. Smith AP, Tyrrell DAJ, Barrow GI, Coyle KB, Higgins PG, Trickett S, Willman JS. 1990. The effects of experimentally induced colds on aspects of memory. *Percept Mot Skills*, 71, 1207 – 1215. doi: 102466/pms1990713f1207
13. Smith A P. 1990. Respiratory virus infections and performance. *Phil Trans R Soc, London, B* 327, 519 – 528. <https://doi-org.abc.cardiff.ac.uk/10.1098/rstb.1990.0095>
14. Smith AP. 1990. Viral infections, immune responses and cognitive performance. *International Journal of Neurosciences*, 51, 355–356.  
doi: 10.3109/00207459008999742
15. Smith AP, Tyrrell D A J, Coyle K B, Higgins PG. 1991. Effects and after-effects of interferon alpha on human performance, mood and physiological function. *Journal of Psychopharmacology*, 5, 243 – 250. doi: 10.1007/BF00216072
16. Smith AP, Tyrrell DAJ, Al-Nakib W, Barrow G I, Higgins P G, Wenham R. 1991. The effects of zinc gluconate and nedocromil sodium on performance deficits produced by the common cold. *Journal of Psychopharmacology*, 5, 251–254.  
<https://doi.org/10.1177/026988119100500312>
17. Smith AP. 1991. Sleep, colds and performance. In: *Sleep, Arousal and Performance: A tribute to Bob Wilkinson*. Eds: R Broughton & R Ogilvie. Boston: Birkhauser, 233-242.
18. Smith AP. 1991. Respiratory illnesses and performance. In: *Contemporary Ergonomics 1991*. (ed) E J Lovesey London: Taylor & Francis, 203 – 207.
19. Smith AP. 1992. Colds, influenza and performance. In: *Handbook of Human Performance, Vol2: Health and Performance*. (eds) A P Smith & D M Jones London: Academic Press pp 197-218.
20. Smith AP, Tyrrell DAJ, Barrow GI, Higgins PG, Willman JS, Bull S, Coyle KB, Trickett S. 1992. Mood and experimentally induced respiratory virus infections and illnesses. *Psychol Health*, 6, 205-212. doi: 101080/08870449208403184
21. Smith AP, Tyrrell DAJ, Barrow GI, Higgins PG, Bull S, Trickett S, Wilkins AJ. 1992. The Common Cold, pattern sensitivity and contrast sensitivity. *Psychol Med*, 22, 487-

494. doi: 101017/S0033291700030427

22. Smith AP, Tyrrell DAJ, Barrow GI, Higgins PG, Willman JS, Bull S, Coyle KB, Trickett S. 1992. Mood and experimentally induced respiratory virus infections and illnesses. *Psychology and Health*, 6, 205-212. <https://doi.org/10.1080/08870449208403184>
23. Smith AP. 1992. Effects of influenza and the common cold on the Stroop colour-word test. *Perceptual and Motor Skills*, 74, 668-670. <https://doi.org/10.2466/pms.1992.74.2.668>
24. Smith A P. 1993. Viral illnesses and performance. In: *Attention: Selection, Awareness and Control: A tribute to Donald Broadbent*. Eds A Baddeley & L Weiskrantz. Clarendon Press: Oxford. pp 307-327.
25. Smith AP, Thomas M, Brockman P, Kent J, Nicholson KG. 1993. Effect of influenza B virus infection on human performance. *British Medical Journal*, 306, 760 – 761.  
doi: 10.1136/bmj.306.6880.760
26. Smith AP, Thomas M, Brockman P. 1993. Noise, respiratory virus infections and performance. *Proceedings of 6th International Congress on Noise as a Public Health Problem. Actes Inrets*, 34, Vol 2, 311-314.
27. Smith AP, Harvey I, Richmond, P, Peters TJ, Thomas M, Brockman P. 1994. Upper respiratory tract illnesses and accidents. *Occupational Medicine*, 44, 141 – 144.  
<http://dx.doi.org/10.1093/occmed/44.3.141>
28. Smith AP, Whitney H, Thomas M, Brockman P, Perry K. 1995. A comparison of the acute effects of a low dose of alcohol on mood and performance of healthy volunteers and subjects with upper respiratory tract illnesses. *Journal of Psychopharmacology*, 9, 225 -230. <https://doi.org/10.1177/026988119500900310>
29. Hall SR, Smith AP. 1996. An investigation of the effects and after-effects of naturally occurring upper respiratory tract illnesses on mood and performance. *Physiology and Behavior*, 59, 569-577. [https://doi.org/10.1016/0031-9384\(95\)02112-4](https://doi.org/10.1016/0031-9384(95)02112-4)
30. Smith AP. 1996. Psychological studies of the common cold. In: *The Common Cold – The condition and its treatment*. pp 89-111. Ed DAJ Tyrrell. Stuttgart: Gustav Fischer (In German)
31. Smith AP, Thomas M, Perry K, Whitney H. 1997. Caffeine and the common cold. *Journal of Psychopharmacology*, 11 4, 319-324.

<https://doi.org/10.1177/026988119701100406>

32. Smith A, Thomas M, Kent J, Nicholson, K. 1998. Effects of the common cold on mood and performance. *Psychoneuroendocrinology*, 23, 733-739.  
[http://dx.doi.org/10.1016/S0306-4530\(98\)00042-0](http://dx.doi.org/10.1016/S0306-4530(98)00042-0)
33. Smith AP, Sturgess W, Rich N, Brice C, Collison C, Bailey J, Wilson S, Nutt DJ. 1999. Effects of idazoxan on reaction times, eye movements and mood of healthy volunteers and subjects with upper respiratory tract illnesses. *Journal of Psychopharmacology*, 13, 148-151. doi: 10.1007/s00213-013-3339-7
34. Smith A, Rich N, Sturgess W, Brice C, Collison C, Bailey J, Wilson S, Nutt D. 1999. Effects of the common cold on subjective alertness, simple and choice reaction time and eye movements. *Journal of Psychophysiology*, 13, 145-151. doi: 10.1027//0269 - 8803.13.3.145
35. Drake CL, Roehrs TA, Royer H, Koshorek G, Turner RB, Roth T. 2000. Effects of an experimentally induced rhinovirus cold on sleep, performance and daytime alertness. *Physiol Behav*, 71, 75-81. doi: 10.1016/S0031-9384(00)03222-x
36. Smith AP, Thomas M, Whitney H. 2000. Effects of upper respiratory tract illnesses on mood and performance over the working day. *Ergonomics*, 43, 752-763.  
<http://dx.doi.org/10.1080/001401300404724>
37. Smith AP, Thomas M, Whitney, H. 2000. After-effects of the common cold on mood and performance. *Ergonomics*, 43, 1342-1349. <http://dx.doi.org/10.1080/001401300421789>
38. Matthews G, Warm JS, Dember WN, Mizoguchi H, Smith, AP. 2001. The common cold impairs visual attention, psychomotor performance and task engagement. *Proceedings of the Human Factors and Ergonomics Society 45th Annual Meeting*. Santa Monica, CA: Human Factors and Ergonomics Society pp 1377-1381.
39. Mahoney T, Ball P. 2002. Common respiratory tract infections as psychological entities: A review of the mood and performance effects of being ill. *Australian Psychologist*, 37, 86-94. doi: 10.1080/00050060210001706726
40. Smith AP, Brice C, Leach A, Tiley M, Williamson S. 2004. Effects of upper respiratory tract illnesses in a working population. *Ergonomics*, 47, 363-369.
41. Nichol KL, D'Heilly S, Ehlinger E. 2005. Colds and influenza-like illnesses in university

- students: impact on health, academic and work performance, and health care use. *Clin Infect Dis*, 40, 1263-1270. doi: 101086/429237
42. Nichol KL, D'Heilly S, Ehlinger E. 2006. Burden of upper respiratory illnesses among college and university students: 2002-2003 and 2003-2004 cohorts. *Vaccine*, 24, 6724-6725. doi: 101016/jvaccine201005011
  43. Smith A. 2006. Effects of the Common Cold on simulated driving. In *Contemporary Ergonomics 2006*. Editor: PD Bust. Pp 621-624. ISBN10 0415398185
  44. Bucks RS, Gidron Y, Harris P, Teeling J, Wesnes KA, Perry VH. 2008. Selective effects of upper respiratory tract infection on cognition, mood and emotion processing: A prospective study. *Brain Behav Immun*, 22, 399-407. doi:101016/jbbi200709005
  45. Palmer LA, Rousculp MD, Johnston SS, Mahadevia PJ, Nichol KL. 2010. Effect of influenza-like illness and other wintertime respiratory illnesses on worker productivity: The child and household influenza-illness and employee function (CHIEF) study. *Vaccine*, 28, 5049-5056. doi: 101016/jvaccine201005011
  46. Smith, AP. 2011. From the brain to the workplace: research on cognitive fatigue in the laboratory and onboard ship In: *Cognitive Fatigue: Multidisciplinary perspectives on current research and future applications*. Ed P Ackerman. American Psychological Association. Chapter 14 pp 291-305. ISBN: 978-1-4338-0839-5
  47. Smith AP. 2012. Behavioral effects of upper respiratory illnesses: A consideration of possible underlying cognitive mechanisms. *Behavioral Sciences*, 2, 38-49. doi:103390/b2010038
  48. Smith AP. 2012. Sleep and the common cold. *Journal of Behavioral Health*, 1, 114-117. ISSN 2146-8346. doi:105455/jbh20120322073850
  49. Smith AP. 2012. Effects of the common cold on mood, psychomotor performance, the encoding of new information, speed of working memory and semantic processing. *Brain, Behavior & Immunity*, 26, 1072-1076. <http://dxdoior.org/101016/jbbi201206012>
  50. Smith AP. 2012. Upper respiratory tract illnesses and fatigue. In: Matthews, G, Desmond, PA, Neubauer, C, & Hancock, PA (Eds), *The Handbook of Operator Fatigue*. Farnham, Surrey, UK: Ashgate Publishing. ISBN: 978-0-7546-7537-2. Chapter 20, Pg 321-332.
  51. Smith AP. 2013. Effects of upper respiratory tract illness and stress on alertness and

reaction time. *Psychoneuroendocrinology*, 38, 2003-2009.

<http://dxdoiorg/101016/jpsyneuen201303012>

52. Smith AP, Nutt DJ. 2014. Effects of upper respiratory tract illnesses, ibuprofen and caffeine on reaction time and alertness. *Psychopharmacology*, 231, 1963-1974. doi: 101007/s00213-013-3339-7
53. Matthews G, Warm JS, Smith AP. 2017. Task engagement and attentional resources: Multivariate models for individual differences and stress factors in vigilance. *Human Factors*, 59 (1), 44-61. doi: 101177/0018720816673782.