

STRESS AND ANXIETY

Understanding how the brain is impacted by stress in animals can help researchers develop better treatments and preventative strategies for anxiety disorders in humans.



Humans share similar neuroanatomy with certain species of animals. The amygdala is found in humans, nonhuman primates and rodents and is an important brain region for fear and anxiety.

Through animal research, scientists have found that chronic stress results in abnormal hyperactivity of brain cells located in the amygdala.