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# The Role of Saliva Cortisol Measurement in Health and Disease

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## About the ebook

This e-book focuses on salivary cortisol in relation to the following topics: psychosocial work environment, psychosocial resources, psychosocial risk factors, sleep quality, biological and somatic outcome

### Contents

- The Role of Saliva Cortisol Measurement in Health and Disease. Introduction Why This Book?
- Socioeconomic Status, Demographic Variables and Salivary Cortisol
- Psychosocial Work Stressors and Salivary Cortisol
- Perceived Stress, Psychological Resources and Salivary Cortisol
- Biological Markers and Salivary Cortisol
- Sleep and Salivary Cortisol
- Mental Health and Salivary Cortisol
- Somatic Disease and Salivary Cortisol

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