



**Thursday, December 10th**  
**1:00pm**

**Azul Deantonio: *Can negative emotions in addition to other factors affect mental and physical health?***

Psychologists, neurologists, psychiatrists, psychophysicists among other professionals have researched the effect emotions joined with other factors can have in our mental and physical health. My main purpose with this thesis was to investigate the health-disease process and enlarge the knowledge of people on this topic that equally affects all humans. My principal objective was to resurface previous investigations and validate my point of view on the critical consequences emotions can have in our bodies. On the procedure of making my statement valid and justified several pieces of information was collected, audiovisual materials were analyzed, and finally surveys and polls were presented. On the background information and researches that were found, I could select some theories on the step by step from health to illness, such as “Disadaptive anxiety, sadness-depression and anger reactions that reach too intense or frequent levels, when maintained over time, tend to produce changes in behavior, so that the possibilities of the subject adopting behaviors that are detrimental to health (such as addictions) and that he forgets healthy habits (physical exercise, etc.)” that can be considered as one of the most significant findings throughout this thesis. To conclude, the answer to the principal question on the possibility of emotions with a number of factors can consequently harm our health, has been answered and proved positive with the help of early investigations.