

Abstract Submitted
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Study on the Psychological Stress and Chemical Imbalances Caused by Social Factors JOON PARK, Blair Academy — Psychological stress in modern times can be associated with various social factors, characterized by inadequate social interactions, depression, and chemical imbalance. Researchers have demonstrated that socially isolated individuals are more likely to experience symptoms of stress and depression, particularly if they are without close confidantes or strong supporting social networks. This study is intended to identify the barriers to treating stress and focuses on how psychological stress is associated with depression, loneliness, and social isolation due to socio-behavioral factors and the development of media and technology. In diagnosing stress and depression, it is clear that technological advancements, such as reducing an individual's chemical imbalance, have played a significant role. With the help of technology and science, quantifiable assessment of neurotransmitters has become essential for observing social and behavioral impact. The current trend of studies is also highlighted, assessing effective therapeutic strategies to increase socialization with depressed individuals and to decrease psychological stress.

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