**INTRODUCTION**

Only a fraction of people who experience trauma or stress suffer from a subsequent anxiety disorder. This suggests that resilience, or the capacity for healthy adaptation to life challenges, is a common response to trauma and stress. Chorom (2004) hypothesized that greater resilience modules behavior according to rewarding experiences, reward sensitivity.

We have previously shown that ventral tegmental area neurons undergo reversible inactivation experiments in the rodent model of Posttraumatic stress disorder. This suggests that resilience, or the capacity for healthy adaptation to life challenges, is a common response to trauma and stress. Chorom (2004) hypothesized that greater resilience modules behavior according to rewarding experiences, reward sensitivity.

**METHODS**

Participants

136 students (81 females) with a mean age of 22.0. All participants gave informed consent and the research ethics committee of the University of Arizona approved the study (IRB protocol 9/11-15A-Q).

Protocol

Pre-questionnaires (Behavioral Activation/Behavioral Inhibition Scales, Depression, Anxiety, Stress Scale, negative and positive life events), Trier Social Stress Test (Trier Social Stress Test, Kirschbaum et al. 1988) affects reward sensitivity. (Reward as a resilience factor: responses to psychosocial stress Corra-Frias et al 2010) affects reward sensitivity. 

**RESULTS**

**REWARD TASK**

- **Behavior**
  - Reward task: TSST
  - Control: MID

- **PSYCHOLOGICAL STRESS**
  - TSST
  - Control: MID

**Satisfaction**

All tables samples were assayed for cortisol in duplicate with a commercially available Enzyme Linked Immunosorbent Assay (ELISA). (Salimetrics, LLC).

**Statistics**

All statistical analyses were conducted using Sigldredhtal software (STEDOC, San Jose, California). All what tests were done using a significant difference of behavior by 2-way ANOVA (p<.05) and a significant difference of reward sensitivity by 2-tailed Student’s t-test (p<.05).

**CONCLUSIONS**

- The results show that psychosocial stress significantly increases both physiological and self-rated measures of stress.
- The results indicate that self-reported resilience and self-reported reward sensitivity have a high positive relationship. Moreover, self-reported reward sensitivity has a negative relationship with stress and change in heart rate and self report.
- The data shows that psychosocial stress reduces reward sensitivity (reduced total gains and change in heart rate).
- The results also show that there are sex differences in both the responses to stress and in reward sensitivity.

**REFERENCES**


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