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Introduction. The psychological modulation of stress-related disorders, such as type 2 diabetes is a well-established phenomenon in psychoneuroimmunology. Aim and objectives. This study analyzes if health outcomes in a type 2 diabetes case are modulated by exposure to psychosocial stressors. Methods. A single case study was conducted for a 38 year-old woman diagnosed with a history of unregulated type 2 diabetes. Results. Lack of control and predictability, lack of outlet for frustration, marital conflict, lack of social support and type A personality were associated with increase in clinical complications. Conclusions. Results of this study point out the role of perceived intensity and chronicity of stressors in the health outcomes in our patient. In particular, interpersonal relationship, social support and personality played a key role in type 2 diabetes.