

Excessive stress can epigenetically alter an individual's DNA and affect mental health. For instance, women who have been exposed to domestic violence have been found to have psychopathological alterations in their behaviors and in their hypothalamus-pituitary-adrenal axis functioning. However, these changes are reversible because people can change their genetic make

April 13, 2022;

April 16, 2022;

June 30, 2022