

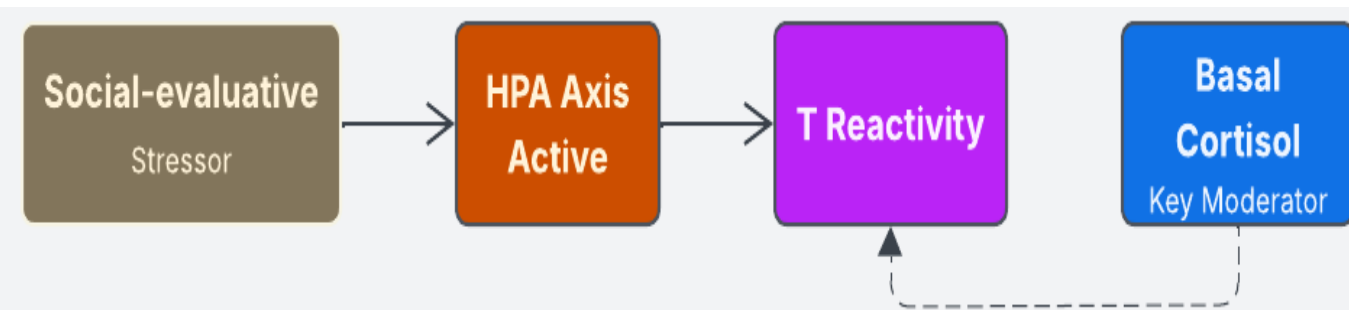
Beyond Suppression: How Social-Evaluative Stress Drives Testosterone Reactivity



PRESENTER:
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BACKGROUND

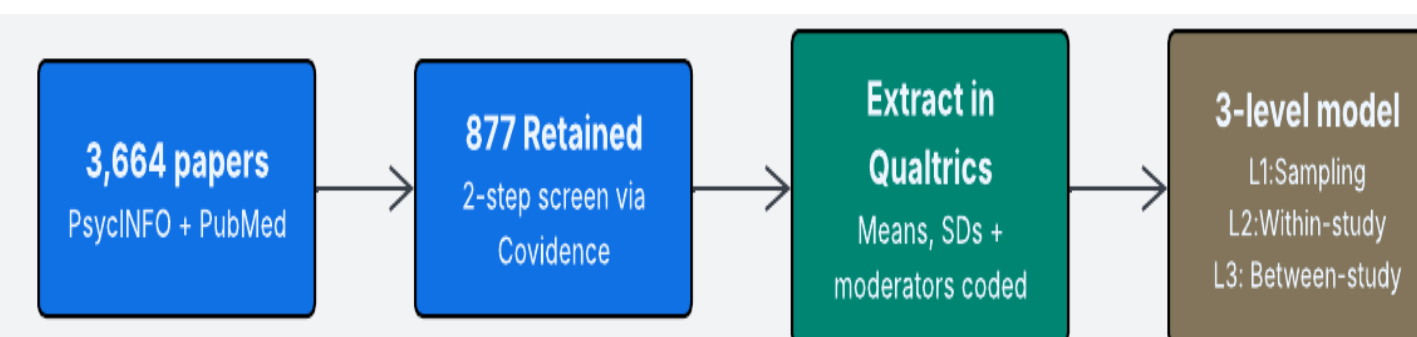
Social-evaluative stressors disrupt the body's hormonal balance, creating a source of physiological disruption. Research suggests that stress does not invariably reduce testosterone and can result in increased concentrations under some circumstances. This meta-analysis examines how stress drives testosterone reactivity and the factors that moderate this relationship.



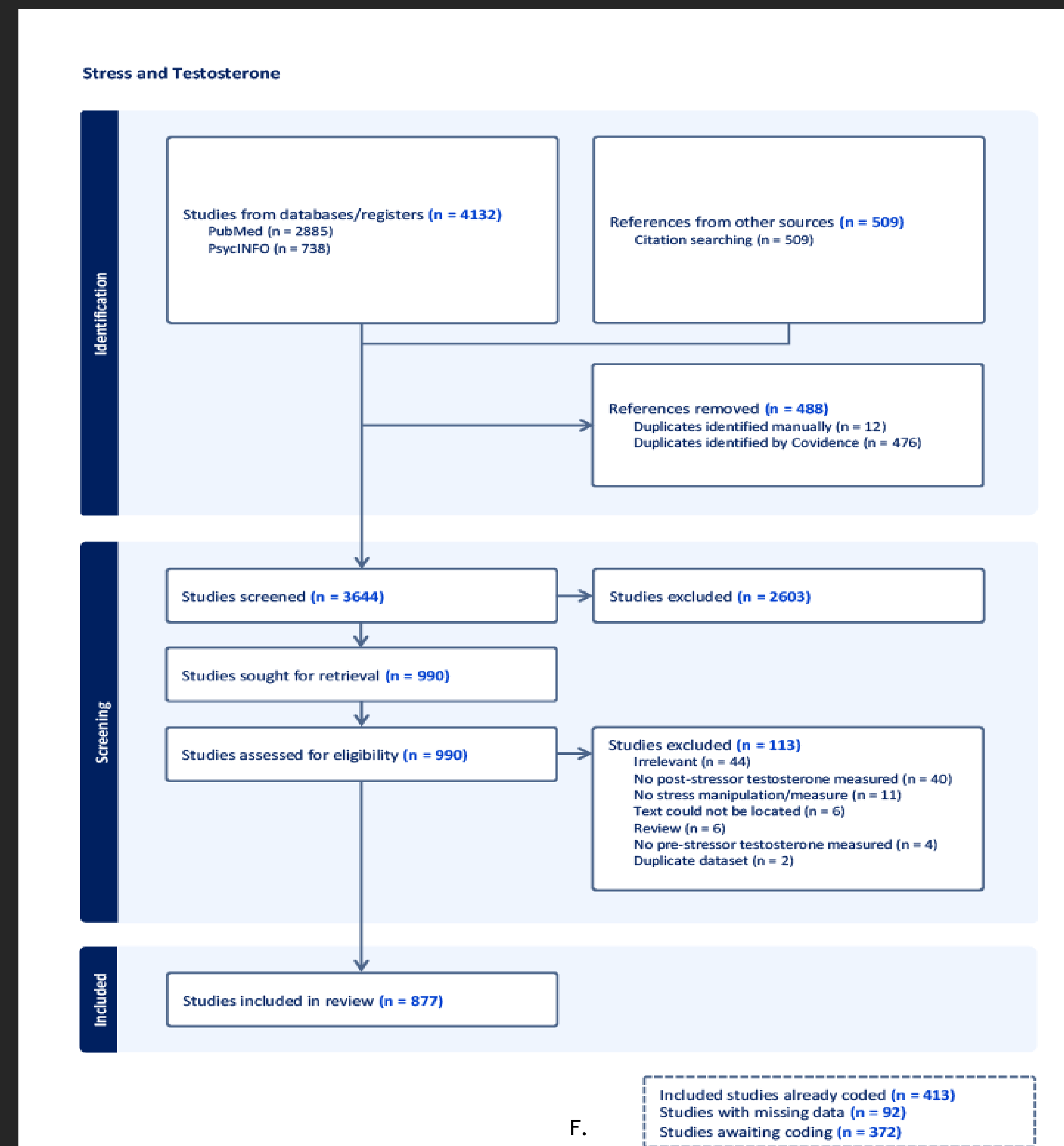
Low cortisol = stronger T reactivity
High cortisol = blunted T reactivity

METHODS

- PsycINFO and PubMed databases were searched, yielding over 3,000 studies, with 877 studies retained. Reviewers screened titles, abstracts, and full texts using Covidence software.
- Testosterone reactivity was coded via Qualtrics as difference scores, residuals, or percent change.
- Three-level multilevel model in R accounted for sampling, within-study, and between-study variance using Pearson's r .



This Meta-Analysis May Show That Testosterone Reactivity To Physical and Psychological Stress Is Stronger when Cortisol Is Low.



DISCUSSION

- The bio-psycho-social framework explains how social-affective distress suppresses nonessential functions like reproduction, driving physiological disruption.
- Social-evaluative threat elicits psychological responses reflected in testosterone reactivity changes.
- Glucocorticoids released from the HPA axis may inhibit metabolically costly status-seeking behaviours, leaving testosterone reactivity strongest only when cortisol is low.
- Dispositional moderators may further shape the magnitude and direction of these hormonal responses.

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