

How Depression and Stress Could Dampen Efficacy of COVID-19 Vaccines

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Health behaviors and emotional stressors can alter the body's ability to develop an immune response to vaccines, including—potentially—the new COVID-19 vaccines. Simple interventions, including exercising and getting a good night's sleep in the 24 hours before vaccination, may maximize the vaccine's initial effectiveness. We interview Annelise Madison of The Ohio State University about a recently accepted paper in [*Perspectives on Psychological Science*](#) explaining the mind-body connection and the COVID-19 vaccine.