

Social Rejection Could Affect Body's Immune System, Study Suggests

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The Huffington Post:

We all know that rejection seriously *hurts* — and now a new study shows how it could actually be bad for our health.

Scientists from the University of British Columbia, Brandeis University and the University of California, Los Angeles have found that social stressors could affect our immune systems.

“Targeted rejection is central to some of life’s most distressing experiences — things like getting broken up with, getting fired, and being excluded from your peer group at school,” study researcher Michael Murphy said in a statement. “In this study, we aimed to examine processes that may give these experiences the ability to affect health.”

The study, published in the journal *Clinical Psychological Science*, included 147 teen girls, all of whom hadn’t been diagnosed with a mental condition in the past, but who were at risk for depression due to others factors.

Read the whole story: [The Huffington Post](#)