
In 2000, Catherine Monk, William Fifer, Michael Myers, Richard Sloan, Leslie Trien, and Alicia Hurtado published ?Maternal stress responses and anxiety during pregnancy: Effects on fetal heart rate,? in which the authors conducted a study on how pregnant women?s stress and anxiety affects the health of their fetuses. Previous studies had shown that stress and anxiety during pregnancy could cause fetal abnormalities. In their article, Monk and colleagues reported that the fetuses of anxious pregnant women were more likely to have elevated heart rates and increased stress when exposed to stressors than fetuses of non-anxious women. The authors? findings indicated that fetuses of anxious women display more biological markers of stress than fetuses of non-anxious women.

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