

8.6 THE HYPOTHALAMIC-PITUITARY-ADRENAL AXIS

INTRODUCTION

The hypothalamic-pituitary-adrenal (HPA) axis regulates stress responses. Dysregulation of the HPA is apparent in post-traumatic stress disorder. While cortisol levels are low, corticotropin-releasing factor is high in PTSD. The key to this lies in the feedback that cortisol has on its own release.

COLOURING NOTES 8.6

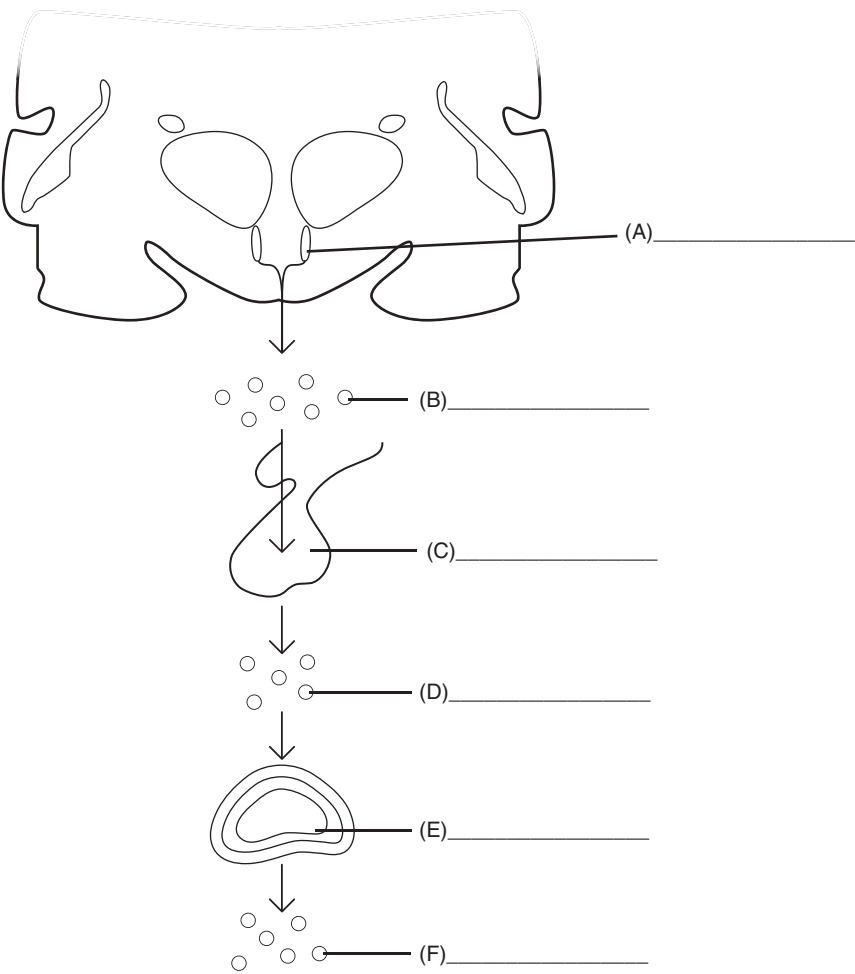
Label and colour:

- ☐ The hypothalamus (blue)
- ☐ The pituitary gland (red)
- ☐ The adrenal cortex (yellow)

Label and colour the released hormones:

- ☐ CRF (green)
- ☐ ACTH (brown)
- ☐ Cortisol (orange)

Draw the feedback loop that cortisol exerts on its own release.



Adapted from Hyman, S.E. (1969). 'How adversity gets under the skin', *Nature Neuroscience*. With permission from the Copyright Clearance Center: Springer Nature.