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Diurnal Cortisol Slopes and Mental and Physical Health Outcomes: A Systematic Review and
Meta-analysis

Running Head: Adam et al., Diurnal Cortisol Slopes and Health

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Highlights

- Meta-analysis shows flatter diurnal cortisol slopes are associated with worse health
- Results are significant for 10 out of 12 health outcomes and across multiple age groups
- Strongest effects are found for Inflammation and immune system outcomes
- Effects are found across most types of diurnal cortisol slope measurement
- Use of objective compliance monitors is associated with larger effect sizes

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