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Simultaneous measurement of salivary cortisol and alpha-amylase: Application and recommendations

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Highlights

- sCort and sAA reflect the activity of the two most prominent stress response systems.
- Similar and unique potential determinants of sCort and sAA may act as confounders.
- Physiological confounders are age, sex, health, medication.
- Behavioral confounders are smoking, food, caffeine, alcohol, physical activity, sleep.
- Potential confounders should be considered in the study design and data analysis.

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