

## **Effect of examination stress on serum lipid profile**

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### **Abstract**

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### **Effect of examination stress on serum lipid profile**

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### **Abstract**

The Serum lipid profile was studied in eight male medical students before, near and after their final examinations. Identical observations were also made at the same points in time on eight well matched controls while on the same diet. In the exam going students there was a transient change in serum lipid profile near the exam. As compared to pre-exam levels, serum cholesterol increased significantly near the exam (+26.4%) , and so did low density lipoprotein cholesterol (LDL-C) (+27.2%) and high density lipoprotein cholesterol (HDL-C) (32.2%). Very low density lipoprotein cholesterol (VLDL- C) was also elevated (+18.8%), and rose still further after the exam but these change were not statistically significant. The HDL - C/ Cholesterol ratio remained essentially unchanged (.6.7%) the control subject did not show any significant change near exam as compared to their pre- exam profile. The observations provide an insight into the interaction between mental stress and lipid profile- two factors widely recognized to be associated with hypertension and coronary atherosclerosis