Chapter 11: Psychological, Health and Stress

# Video Title: Researchers Identify Biological Marker That Predicts Susceptibility to the Common Cold

# Video URL: <https://www.youtube.com/watch?v=v_m-K0wNzMY&t=188s>

**Run Time:** 4:46

**Source:** YouTube

**Close Caption Available:** Yes

This video features Dr. Sheldon Cohen from Carnegie Mellon discussing biological markers in the immune system that predicts our ability to fight off the common cold.

Questions:

1. Does telomere length predict susceptibility for catching a cold in young or old populations?
2. True or False. Is telomere length a biomarker of aging?
3. Can chronic psychological stress shorten telomeres?