

Debt can make you sick

By Editor Test *Tue, May 1, 2012*

Being in debt can cause stress, and stress can multiply the risk of illnesses as varied as ulcers, depression and heart attacks, the American Psychological Association claims.

A recent study by the American Psychological Association found that money was respondents' leading source of stress. An Associated Press/AOL, poll comparing those with high debt-stress with those who had low debt-stress, found the following:

- 27% with high debt stress had ulcers or digestive tract problems, compared with 8% with low debt-stress.
- 44% with high debt-stress had headaches or migraines, compared with 4% with low debt-stress.
- 23% with high debt stress felt they were suffering from depression, compared with 4% with low debt-stress.
- The heart attack rate of those with high debt-stress was double that of those with low debt stress.
- 65% more people with high debt-stress suffered from muscle tension or lower back pain than those with low debt-stress.