
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.