

Introduction

Peptic stress ulcers are said to be caused by an increase in stress among other factors. Primarily, ulceration of the stomach lining is caused by the *Helicobacter Pylori* Infection or the use of Nonsteroidal anti-inflammatory drugs. Some studies have shown that psychological stress is one of the causes of stomach ulcers while some refute these claims by stating that stomach ulcers are caused by the bacteria and that stress aggravates as opposed to being the root cause. To be able to answer these questions, the paper is an annotated bibliography that will provide insight into the occurrence of stomach ulcers in individuals and the causes of this ulceration. Psychological stress can, however, be perceived as one of the causes of stomach ulceration in individuals.

The sources of the following studies are from credible databases, and they have been peer reviewed which helps in validating the information provided in the studies. Some of the problems encountered in the writing of the paper was being able to select the studies that relate to the topic, and thus the use of an inclusion criterion was helpful.

Levenstein, S., Rosenstock, S., Jorgensen, T., & Kart, R. (2015). Psychological Stress Increases Risk for Peptic Ulcer, Regardless of *Helicobacter Pylori* Infection or Use of Nonsteroidal Anti-inflammatory Drugs. *Clinical Gastroenterology and Hepatology*, 13(3), 498-506.

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Ian Norman



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