

UNIVERSITY OF BIRMINGHAM

University of Birmingham
Research at Birmingham

Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides

Gallagher, Stephen; Phillips, Anna; Ferraro, Alastair; Drayson, Mark; Carroll, Douglas

DOI:

[10.1016/j.biopsycho.2008.01.001](https://doi.org/10.1016/j.biopsycho.2008.01.001)

Document Version

Peer reviewed version

Citation for published version (Harvard):

Gallagher, S, Phillips, A, Ferraro, A, Drayson, M & Carroll, D 2008, 'Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides', *Biological Psychology*, vol. 78, no. 2, pp. 211-5. <https://doi.org/10.1016/j.biopsycho.2008.01.001>

[Link to publication on Research at Birmingham portal](#)

General rights

Unless a licence is specified above, all rights (including copyright and moral rights) in this document are retained by the authors and/or the copyright holders. The express permission of the copyright holder must be obtained for any use of this material other than for purposes permitted by law.

- Users may freely distribute the URL that is used to identify this publication.
- Users may download and/or print one copy of the publication from the University of Birmingham research portal for the purpose of private study or non-commercial research.
- User may use extracts from the document in line with the concept of 'fair dealing' under the Copyright, Designs and Patents Act 1988 (?)
- Users may not further distribute the material nor use it for the purposes of commercial gain.

Where a licence is displayed above, please note the terms and conditions of the licence govern your use of this document.

When citing, please reference the published version.

Take down policy

While the University of Birmingham exercises care and attention in making items available there are rare occasions when an item has been uploaded in error or has been deemed to be commercially or otherwise sensitive.

If you believe that this is the case for this document, please contact UBIRA@lists.bham.ac.uk providing details and we will remove access to the work immediately and investigate.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides

Stephen Gallagher^{1,*}, Anna C. Phillips¹, Alastair J. Ferraro², Mark T. Drayson², and Douglas Carroll¹

¹ School of Sport and Exercise Sciences, University of Birmingham, Birmingham, England

² Division of Immunity and Infection, Medical School, University of Birmingham, England

Word count (excl. abstract, references, figures/tables): 2403

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Abstract

Evidence shows that psychosocial factors are associated with immunoglobulin G response to medical vaccinations. As yet, there are no reports of whether the earlier immunoglobulin M response is similarly susceptible. This study examined the association between psychological stress, social support and the immunoglobulin M response to vaccination with pneumococcal capsular polysaccharides. Stressful life events in the previous year and customary social support were measured by standard questionnaires at baseline in 74 healthy students (41 females). The response to five common pneumococcal serotypes was assessed at baseline and five-days following vaccination. Social support, particularly tangible social support, was positively associated with the antibody response to two of five serotypes, after controlling for baseline titre. These associations survived adjustment for demographics and health behaviours. There was no association between life events stress and immunoglobulin M response. It appears that psychosocial factors affect both the immunoglobulin M and immunoglobulin G responses to vaccination.

Keywords: Antibody response; Immunoglobulin M; Life events; Pneumococcal vaccination; Social support.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

1. Introduction

It is well documented that psychosocial factors are related to the antibody response to medical vaccinations (for reviews, see Burns et al., 2003b; Cohen et al., 2001; Vedhara et al., 1999). Psychological stress, as measured by negative affect, exposure to negative life events or high perceived stress, is negatively associated with the response to a range of vaccines (Burns et al., 2003a; Burns et al., 2002; Marsland et al., 2001; Phillips et al., 2005). In contrast, social support variables such as network size, functional support and marital satisfaction have been found to be positively associated with the response to vaccination (Phillips et al., 2005; Phillips et al., 2006; Pressman et al., 2005).

The humoral response to most pathogenic challenges is characterized by an early rise in antigen-specific immunoglobulin (Ig) M, followed by affinity maturation, isotype switching, and the eventual peak production of mainly IgG antibodies (Boes, 2000). Thus, the earliest and consequently key aspect of adaptive immunity to rapidly progressing infection, whether in individuals primed or unprimed by previous exposure, is the generation of IgM antibodies. Antigen specific IgM, therefore, plays a key role in the clearance of infection (Baumgarth et al., 2000).

However, it is the IgG response and its decay over time that has been studied almost exclusively in the context of psychosocial factors. To date, there are no published studies we know of on the association between psychosocial factors and the IgM response to vaccination challenge in humans. Clues to the sensitivity of the IgM response to psychosocial factors can be found in animal research. Adult rats exposed to an acute stressor either immediately before or following immunization with a benign thymus-dependent protein antigen, key limpet hemocyanin, showed a suppressed IgM response (Fleshner et al., 1996; Kennedy et al., 2005; Moraska and Fleshner, 2001).

Vaccination with pneumococcal polysaccharides has received little attention in the context of psychosocial factors. This is perhaps surprising given that infection with pneumococci is a major cause of serious disease, responsible for 1 million deaths per year globally (Fedson and Scott, 1999). Further, spousal caregivers of dementia patients have been reported to show lower IgG titres to the pneumococcal vaccine six months after vaccination (Glaser et al., 2000). However, as yet the IgM response to the pneumococcal vaccine remains unstudied. Accordingly,

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

the present study examined the association between psychological stress and social support and the IgM antibody response to vaccination with pneumococcal polysaccharides. Further, it would seem important to examine individual serotypes rather than the aggregate response, as was the case in this previous study of pneumococcal IgG (Glaser et al., 2000). Examination of individual pneumococcal serotypes allowed testing of whether psychosocial factors preferentially affect serotypes particularly implicated in disease. It was hypothesized that psychological stress would be negatively associated and social support positively associated with the IgM response to pneumococcal vaccination.

2. Method

2.1. Participants

Participants were 74 (41 women) University of Birmingham students. Mean age was 23 ($SD = 3.89$) years. In terms of ethnicity, 89% described themselves as “white,” 3 % as “Asian,” 1 % as “black,” and 7% as “other”. Ninety-two percent of the sample reported being non-smokers. Participants were excluded if they reported receiving the pneumococcal vaccination previously, were suffering from medical conditions that could affect antibody response (e.g., acute infection, glandular fever), were pregnant, or taking prescribed medication, excluding oral contraceptives. The study was approved by the appropriate Research Ethics Committees.

2.2. Study design

The study comprised of two testing sessions: baseline and a 5-day follow-up (range 3-7 days; mean = 5 and $SD = 0.72$ days). At baseline, participants completed questionnaires and provided a single venous blood sample to determine baseline antibody levels. They were then vaccinated with the 23-valent pneumococcal polysaccharide vaccine (Pneumovax II; Sanofi Pasteur MSD). At the follow-up session, blood samples were again taken to assess antibody levels.

2.3. Questionnaires

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

2.3.1. Psychological stress

The Life Events Scale for Students (Linden, 1984) was used to assess stressful life events exposure. This is a student-specific inventory, and participants were required to select, from a list of 36, those life events that they had experienced in the previous year. It includes both major (e.g., death of your best friend) and minor (e.g., getting an unjustified low mark on a test) events. The inventory includes mainly major life events that are likely to be recalled accurately over such a time frame. Each event has a pre-determined weighting for severity (Linden, 1984) with major events having a higher weighting. Thus, stress exposure can be represented as either a simple frequency count of events or a score which is the aggregate of weighted events.

2.3.2. Social support

Participants completed the Medical Outcomes Study Social Support Survey (Sherbourne and Stewart, 1991). This provides an overall measure of structural support (number of close friends), and functional support, the aggregate of scores on four functional support dimensions: emotional/informational (e.g. someone to listen to you when you need to talk); tangible (e.g. someone to help you if you were confined to bed); affectionate (e.g. someone who hugs you); and positive social interaction (e.g. someone to get together with for relaxation). The questionnaire has a 5-point Likert-type format with higher scores indicating higher social support. In the present study, the Cronbach's α for each of the subscales ranged from 0.88 to 0.92, indicating acceptable internal reliability.

2.3.3 Health behaviours

As in our previous studies (Burns et al., 2002; Phillips et al., 2005), typical health behaviours were assessed using a questionnaire adapted from the Whitehall II study (Marmot et al., 1991). Participants were asked, on average how much they smoked (0, 1–5, 6–10, 11–20, and 21+ cigarettes per day); how much alcohol they drank (0, 1–5, 6–10, 11–20, 21–40, and 40+ units per week); how long they slept (0–3, 4–5, 6–7, 8–9, 10–11, and 12+ h per night). A simple categorical scoring system was used in all cases. Participants also reported how much time they

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

spent in activities of light, moderate and vigorous exercise intensity, which were summed to yield a composite exercise score. Finally, they indicated how regularly they ate certain foods from a standard list; this yielded measures of fruit and vegetable consumption and fat intake.

2.4. Blood sampling and antibody analysis

Blood specimens were collected from an ante-cubital vein into 7-ml plain tubes (BD Vacutainer, Meylan Cedex) to assess antibody titers. Samples were allowed to clot at room temperature for 1 h and centrifuged at 3500 rpm for 5 min. The separated serum was frozen at -20°C until assayed. Luminex technology was used to assess specific IgM responses against five common pneumococcal (Pn) serotypes (types 1, 3, 14, 19 and 23) contained in the pneumococcal vaccine. Assessment and selection of these specific Pn serotypes were based on clinical observations linking these common serotypes to invasive disease in Europe (Henriques et al., 2003; Denham and Clarke, 2005; Sleeman et al., 2001). Further details of this assay are described elsewhere (Ferraro et al., 2007; Lal et al., 2005). Serum IgM anti-Pn levels are reported in $\mu\text{g/ml}$.

2.5. Data reduction and analysis

Given the skew of the data, antibody titres were subjected to \log_{10} transformation. Repeated measures analysis of variance was used to confirm that the vaccine elicited an antibody response for each of the targeted serotypes. Partial eta-squared (η^2) is reported as a measure of effect size. Hierarchical linear regression analyses were then applied to determine whether psychosocial factors predicted \log_{10} antibody level at follow-up. In all regression models tested, antibody levels for the individual Pn serotypes at baseline were entered at step one. The psychosocial variables were then entered separately at step two. Further, regression analyses were undertaken to adjust for possible confounders. Age, sex and health behaviour variables were entered into these models at step two, and the psychosocial variables at step three.

3. Results

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

3.1. Questionnaire data

The mean (*SD*) number of life events was 7.2 (3.36). The mean (*SD*) number of close friends was 10.7 (7.07), and mean (*SD*) total functional social support score was 78.6 (14.45). Means (*SD*) on the functional support dimensions were: positive social interaction 16.9 (3.42), tangible, 15.5 (3.96), emotional 16.8 (3.23), and affectionate, 12.4 (3.03).

3.2. Vaccination response

The geometric mean (*95% CI*) antibody titre for each Pn serotype at each time point is displayed in Table 1. Participants responded with an increase in antibody titre from baseline to 5-day follow-up for all five serotypes.

[Insert Table 1 about here]

3.3. Associations between psychological stress, social support, and antibody response

Taking into account baseline antibody status, no associations emerged between life event stress and antibody response to any of the measured Pn serotypes. This was the case irrespective of whether the number of life events or weighted score was used. However, aggregate functional support was positively associated with antibody response to Pn serotype 3, $\beta = .18$, $t = 2.21$, $p = .03$, $\Delta R^2 = .03$; the greater the support the better the antibody response. For serotype 23, the positive association between aggregate functional support and response to the Pn serotype 23 did not quite meet the conventional criteria for statistical significance, $\beta = .10$, $t = 1.63$, $p = .10$, $\Delta R^2 = .01$. No associations emerged for the other serotypes. Subscale analysis for serotype 3 revealed that tangible, $\beta = .17$, $t = 2.01$, $p = .05$, $\Delta R^2 = .03$, emotional $\beta = .18$, $t = 2.21$, $p = .04$, $\Delta R^2 = .03$, and affectionate, $\beta = .19$, $t = 2.35$, $p = .02$, $\Delta R^2 = .04$, support were all positively related to antibody response (see Figure 1); participants with greater access to these different types of support mounted a better antibody response. For serotype 23, only tangible support was associated with antibody response, $\beta = .13$, $t = 2.07$, $p = .04$, $\Delta R^2 = .02$ (see Figure 1). Age was not associated with response to any of the serotypes. However, women showed a better response to Pn serotype 1 than men, $F(1, 73) = 5.72$, $p < .02$, $\eta^2 = 0.491$. In addition, health behaviours

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

(e.g., smoking, exercise, caffeine, and alcohol consumption) were unrelated to antibody response. The associations reported above withstood adjustment for these demographic and health behaviour variables in regression analyses.

[Insert Figure 1 about here]

4. Discussion

To our knowledge, this is the first demonstration in humans of an association between social support and the IgM response to vaccination. Participants who had greater access to tangible support mounted a better antibody response to Pn serotypes 3 and 23 of the pneumococcal polysaccharide vaccine. In addition, those with greater access to emotional and affectionate support had a better antibody response to the Pn 3 serotype. This finding is broadly in line with existing studies which have found positive relationships between social support and IgG response to influenza vaccination (Phillips et al., 2005; Pressman et al., 2005). Also consistent with the results of other studies using polyvalent vaccinations (e.g. influenza), the present association between psychosocial variables and antibody response emerged only for some serotypes. One explanation for this specificity could be that antigens which are less immunogenic are more susceptible to exogenous influence (Cohen et al., 2001). It is worth noting in this regard that by far the smallest antibody titres at 5-day follow-up were observed for the Pn 3 and 23 serotypes.

The absence of any significant association between psychological stress and IgM response seemingly contrasts with the results from animal research (Fleshner et al., 1996; Kennedy et al., 2005; Moraska and Fleshner, 2001). However, the acute stress manipulations in these animal studies cannot be compared to the present conceptualization of stress based on human exposure to negative life events. In a human vaccine study, elderly caregivers were observed to show a less sustained IgG response to pneumococcal vaccination (Glaser et al., 2000). This was interpreted as reflecting the chronic stress of caregiving. However, in this study, caregivers did not differ significantly from controls on perceived stress, but did report poorer social support. Accordingly, it may have been social support that was driving the observed differences between caregivers and controls in IgG response, and so the discrepancy in results

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

may be more apparent than real. It is worth noting that in the present study the 4-week IgG response to pneumococcal vaccination was also associated social support, but not with psychological stress (Gallagher et al, in press).

The present study has a number of limitations. First, the sample size was small. However, it was of the same order of magnitude as samples in many previous vaccination studies (Burns et al., 2002; Marsland et al., 2001; Pressman et al., 2005). Second, this was an observational study and it remains possible that the observed relationships were a result of confounding. Nevertheless, statistical adjustment for age, sex, and health behaviours failed to attenuate the associations. Third, life events checklists of the sort used in the current study are not without their limitations, nevertheless in the present context such checklists are a common means of stress assessment and the alternatives, such as perceived stress scales, are not without difficulties (Brief et al., 1988). Further, life events temporally distant from vaccination have been shown to affect the IgG response to numerous vaccinations (Burns et al., 2003a; Phillips et al., 2005). Nevertheless, it remains possible that a more proximal measure of psychological stress might have influenced vaccination response. Finally, the selection and assessment of specific Pn serotypes, as previously discussed, could also be viewed as a limitation. However, the serotypes chosen represent some of the most common strains linked to invasive disease in Europe (Denham and Clarke, 2005; Sleeman et al., 2001). Further, the serotypes chosen were heterogeneous in immunogenicity.

Regarding clinical implications, it should be noted that IgM concentration *per se* does not confer protection against pneumonia. However, IgM plays a key role in the clearance of infection by enhancing IgG production and promoting an efficient neutralizing IgG response (Baumgarth et al., 2000). Thus, IgM acts as an immunoregulator, a process referred to as ‘antibody feedback regulation’ (Heyman, 2000).

In summary, previous research on psychosocial factors and antibody responses has exclusively reported findings regarding the later IgG responses to medical vaccination. We extend this work by finding that such factors may also influence the early IgM response to bacterial thymus-independent antigens. Those reporting less social support mounted weaker early IgM responses against two pneumococcal serotypes which are commonly implicated in pneumococcal disease in Europe.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

References

- Baumgarth, N., Herman, O.C., Jager, G.C., Brown, L.E., Herzenberg, L.A., Chen, J., 2000. B-1 and B-2 cell-derived immunoglobulin M antibodies are nonredundant components of the protective response to influenza virus infection. *Journal of Experimental Methods* 192, 271-280.
- Boes, M., 2000. Role of natural and immune IgM antibodies in immune responses. *Molecular Immunology* 37, 1141-1149.
- Brief, A.P., Burke, M.J., George, J.M., Robinson, B.S., Webster, J., 1988, Should negative affectivity remain an unmeasured variable in the study of job stress? *Journal of Applied Psychology* 73, 193-198.
- Brueggemann, A.B., Griffiths, D.T., Meats, E., Peto, T., Crook, D.W., Spratt, B.G., 2003. Clonal relationships between invasive and carriage *Streptococcus pneumoniae* and serotype-and clone-specific differences in invasive disease potential. *Journal of Infectious Disease* 187, 1424-1432.
- Burns, V.E., Carroll, D., Drayson, M., Whitham, M., Ring, C., 2003a. Life events, perceived stress and antibody response to influenza vaccination in young, healthy adults. *Journal of Psychosomatic Research* 55, 569-572.
- Burns, V.E., Carroll, D., Ring, C., Drayson, M., 2003b. Antibody response to vaccination and psychosocial stress in humans: relationships and mechanisms. *Vaccine* 21, 2523-2534.
- Burns, V.E., Drayson, M., Ring, C., Carroll, D., 2002. Perceived stress and psychological well-being are associated with antibody status after meningitis C conjugate vaccination. *Psychosomatic Medicine* 64, 963-970.
- Cohen, S., Miller, G.E., Rabin, B.S., 2001. Psychological stress and antibody response to immunization: a critical review of the human literature. *Psychosomatic Medicine* 63, 7-18.
- Denham, B.C., Clarke, S.C., 2005. Serotype incidence and antibiotic susceptibility of *Streptococcus pneumoniae* causing invasive disease in Scotland, 1999-2002. *Journal of Medical Microbiology* 54, 327-331.
- Fedson, D.S., Scott, J.A., 1999. The burden of pneumococcal disease among adults in developed and developing countries: what is and is not known. *Vaccine* 17, S11-18.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

- Ferraro, A.J., Drayson, M.T., Savage, C.O.S., MacLennan, I.C.M., 2007. Levels of autoantibodies, unlike antibodies to all extrinsic antigen groups, fall following B cell depletion with Rituximab. *European Journal of Immunology* 38, 292-298.
- Fleshner, M., Brennan, F.X., Nguyen, K., Watkins, L.R., Maier, S.F., 1996. RU-486 blocks differentially suppressive effect of stress on in vivo anti-KLH immunoglobulin response. *American Journal of Physiology* 271, R1344-1352.
- Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., Carroll, D. in press. Psychosocial factors are associated with the antibody response to both thymus-dependent and thymus-independent vaccines, *Brain, Behavior, and Immunity*.
- Glaser, R., Sheridan, J., Malarkey, W.B., MacCallum, R.C., Kiecolt-Glaser, J.K., 2000. Chronic stress modulates the immune response to a pneumococcal pneumonia vaccine. *Psychosomatic Medicine* 62, 804-807.
- Kennedy, S.L., Nickerson, M., Campisi, J., Johnson, J.D., Smith, T.P., Sharkey, C., Fleshner, M., 2005. Splenic norepinephrine depletion following acute stress suppresses in vivo antibody response. *Journal of Neuroimmunology* 165, 150-160.
- Lal, G., Balmer, P., Stanford, E., Martin, S., Warrington, R., Borrow, R., 2005. Development and validation of a nonplex assay for the simultaneous quantitation of antibodies to nine *Streptococcus pneumoniae* serotypes. *Journal of Immunological Methods* 296, 135-147.
- Linden, W., 1984. Development and initial validation of a life event scale for students. *Canadian Counsellor* 18, 106-110.
- Marmot, M.G., Dowey Smith, G., Stansfeld, S., Patel, C., North, F., Head, J., White, I., Brunner, E., Feeney, A., 1991. Health inequalities among British civil servants: the Whitehall II study. *Lancet* 337, 1387-1393.
- Marsland, A.L., Cohen, S., Rabin, B.S., Manuck, S.B., 2001. Associations between stress, trait negative affect, acute immune reactivity, and antibody response to hepatitis B injection in healthy young adults. *Health Psychology* 20, 4-11.
- Moraska, A., Fleshner, M., 2001. Voluntary physical activity prevents stress-induced behavioral depression and anti-KLH antibody suppression. *American Journal of Physiology* 281, R484-489.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Phillips, A.C., Burns, V.E., Carroll, D., Ring, C., Drayson, M., 2005. The association between life events, social support, and antibody status following thymus-dependent and thymus-independent vaccinations in healthy young adults. *Brain, Behavior, and Immunity* 19, 325-333.

Phillips, A.C., Carroll, D., Burns, V.E., Ring, C., Macleod, J., Drayson, M., 2006. Bereavement and marriage are associated with antibody response to influenza vaccination in the elderly. *Brain, Behavior, and Immunity* 20, 279-289.

Pressman, S.D., Cohen, S., Miller, G.E., Barkin, A., Rabin, B.S., Treanor, J.J., 2005. Loneliness, social network size, and immune response to influenza vaccination in college freshmen. *Health Psychology* 24, 297-306.

Sherbourne, C.D., Stewart, A.L., 1991. The MOS social support survey. *Social Science & Medicine* 32, 705-714.

Sleeman, K., Knox, K., George, R., Miller, E., Waight, P., Griffiths, D., Efstratiou, A., Broughton, K., Mayon-White, R.T., Moxon, E.R., Crook, D.W., 2001. Invasive pneumococcal disease in England and Wales: vaccination implications. *The Journal of Infectious Diseases* 183, 239-246.

Vedhara, K., Fox, J.D., Wang, E.C., 1999. The measurement of stress-related immune dysfunction in psychoneuroimmunology. *Neuroscience and Biobehavioral Reviews* 23, 699-715.

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Table 1. Geometric mean (95% confidence intervals) antibody titres (ug/ml) for each pneumococcal serotype at baseline and 5-day follow-up.

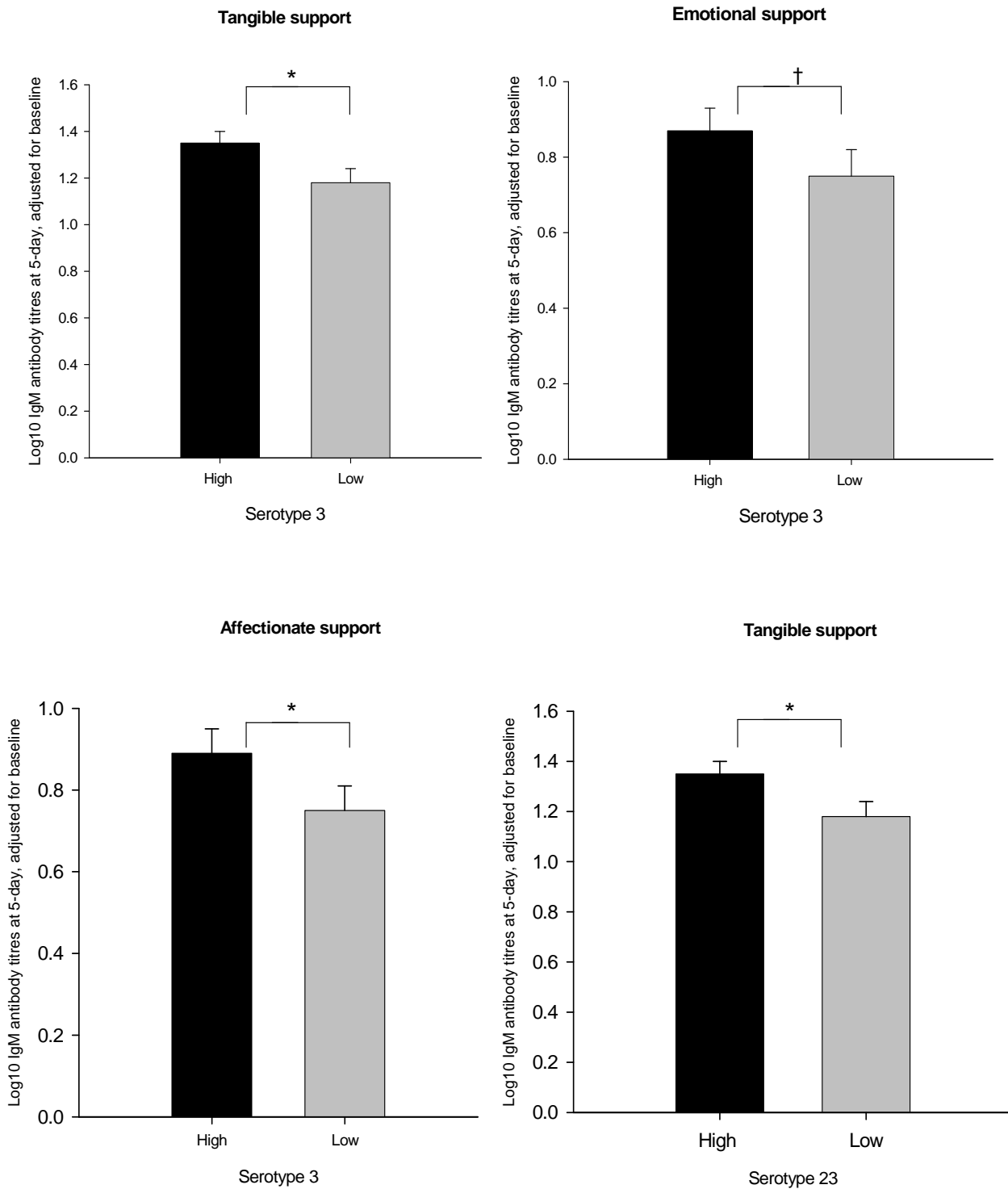
Pneumococcal strain	Baseline	5-days	ANOVA
Type 1	7.7 (1.4 - 43.7)	52.4 ^a (5.1 - 537.0)	F (1, 73) = 171.97, $p < .001$ $\eta^2 = .702$
Type 3	2.9 (2.8 - 144.5)	6.6 ^a (1.5 - 64.6)	F (21,73) = 66.74, $p < .001$ $\eta^2 = .478$
Type 14	33.1 (3.5 - 316.2)	76.1 ^a (1.9 - 117.5)	F (1,73) = 70.52, $p < .001$ $\eta^2 = .491$
Type 19	20.0 (3.0 - 131.8)	34.9 ^a (5.2 - 229.1)	F (1, 73) = 56.15, $p < .001$ $\eta^2 = .435$
Type 23	9.2 (1.6 - 436.5)	18.0 ^a (1.2 - 269.2)	F (1,73) = 54.28, $p < .001$ $\eta^2 = .426$

^a Significant difference between baseline and 5-day

NB. It is worth noting that a minority of participants showed a decrease in IgM titre following vaccination. This is likely to be due to prior naturalistic exposure (Brueggemann et al., 2003).

Post-print, not final published version. Cite this article as: Gallagher, S., Phillips, A.C., Ferraro, A.J., Drayson, M.T., & Carroll, D. (2008). Social support is positively associated with the immunoglobulin M response to vaccination with pneumococcal polysaccharides. *Biological Psychology*, 78, 211-215. <http://dx.doi.org/10.1016/j.biopsycho.2008.01.001>

Figure 1. High and low social support mean and standard error IgM antibody levels at 5-day follow-up, adjusted for baseline IgM levels, for Pn serotypes 3 and 23; median splits were used to generate the binary functional social support subscale variables.



* = $P < .05$; † = $P < .10$