

**Abstract:** Stress is an influential factor in many people's lives, especially in adolescents. The impact of stress can range from physical impacts to influences on the choices we make, including how prone we are to making risky choices (Galván & McGlennen, 2012). However, the way we respond to stress through the use of coping methods can also influence the decisions that we make, such as reducing the effects of stress or exacerbating them (Dariotis & Chen, 2022). This study analyzed the associations between stress response, risky behavior, and coping style. We predicted that individuals with a greater stress response would engage more in risky behavior. Additionally, we predicted that those who utilize more avoidant coping styles would also engage more in risky behavior. Finally, we hypothesized that individuals with greater perceived stress would participate in more risky behaviors. We tested 12 subjects on a battery including 5 self-report surveys (STAI, Brief COPE, PSS, RISQ, and YRI), a Trier Social Stress Task (TSST), and collected heart rate data. The results of this study found significant positive relationships between anxiety and perceived stress and avoidant and emotional coping styles. Additionally, we identified a significant positive relationship between risky behavior and avoidant and emotional coping styles. Furthermore, significant positive relationships were found between the avoidant coping style and drug use, alcohol use, and reckless behaviors. Additionally, there was a significant positive relationship between impulsive eating and reported anxiety and perceived stress.

**Sources:**

Dariotis, J. K., & Chen, F. R. (2022). Stress Coping Strategies as Mediators: Toward a Better Understanding of Sexual, Substance, and Delinquent Behavior-Related Risk-Taking among Transition-Aged Youth. *Deviant Behavior*, 43(4), 397–414.  
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Galván, A., & McGlennen, K. M. (2012). Daily stress increases risky decision-making in adolescents: A preliminary study. *Developmental Psychobiology*, 54(4), 433–440.  
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