

Constitutional and Lifestyle Effects on Urinary Steroid and Catecholamine Levels

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KEYWORDS Catecholamines. Constitution. Lifestyle. Steroids

ABSTRACT An HPLC hormonal analysis of 4-hour urine samples, collected on 5 workdays and 1 rest day, was undertaken among staff and students at an academic institute. Inter-individuals differences were greater than intra-individual differences for adrenaline, cortisol and cortisone during workdays. In adrenaline personal consistency was maintained even on the rest day, indicating a strong constitutional effect. The same was true of cortisone. Personal consistency in cortisol during workdays was not maintained on the rest day and seemed to be due to differences in lifestyle between students and staff, specifically at work. Noradrenaline showed no personal consistency and seemed to be responding to changes in daily activity.