

No Need to Stress Out

Psychological factors don't raise your cancer risk.

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Despite the common misperception, it turns out that grief, depression, stress, anxiety and other psychological factors don't raise your cancer risk, according to a large international study funded by the Dutch Cancer Society that followed over 421,799 people in the Netherlands, United Kingdom, Norway and Canada for 15 years.

"Our findings," the authors write, "may provide reassurance to patients who experience guilt and self-blame" over their cancer diagnosis.

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<http://beta.docker.cancerhealth.com/article/need-stress>