

Health Psychology, 6th edition
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Chapter One:
What Is Health Psychology?

Chapter One: An Introduction

- Adam
 - Healthy Diet
 - Non-smoker
 - Exercises
 - Adequate sleep
 - Occasional beer
- Greg
 - Doritos, Pepsi
 - Smoker
 - Inactive
 - Sleep deprived
 - Frequently drunk

Division 38 Mission Statement

- In high school, Adam had learned about Health Psychology
- Division 38 of the APA
<http://www.health-psych.org/mission.htm>
“was established to facilitate collaboration among psychologists and other health science and health care professionals interested in the psychological and behavioral aspects of physical and mental health”

Definition of Health Psychology

- Health Psychology is devoted to understanding psychological influences on
 - How people stay healthy
 - Why people become ill
 - How people respond when they do become ill

World Health Organization's Definition (1948)

- Health is a complete state of well-being:
 - Physical well being
 - Mental well being
 - *and* Social well being
- Health is **NOT** merely the absence of disease or infirmity.
- This state of optimum health is called "wellness"

Four Areas of Focus in Health Psychology

1. Health promotion and maintenance
 - How can we encourage children to development health food habits?
 - What would be effective in promoting regular exercise?
 - How can we design a media campaign that gets people to improve their diets?

Four Areas of Focus in Health Psychology

2. Prevention and treatment of illness

- If individuals work in high-stress jobs, what techniques might help them so stress doesn't adversely influence their health?
- What can be done to help those who are ill to follow treatment regimens?

Four Areas of Focus in Health Psychology

3. Etiology (cause) and correlations of health, illness and dysfunction

- How does smoking contribute to illness?
- How does exercise promote health?
- What impact do particular health habits, such as wearing seat belts, have on health and illness?

Four Areas of Focus in Health Psychology

4. Improving the health care system and formulating health policy

- What impact do health institutions have on people's behavior?
- What recommendations can be developed in order to improve health care?

The Mind-Body Relationship: A Brief History

- Are the mind and the body each part of the same system?
- Or, are the mind and the body two separate systems?



- We have come full circle in answering these questions.

Mind and Body are part of the same system

- Earliest Times: Mind and Body are One
 - Stone age skulls and trephination
 - Shaman performs the treatment
- Greeks note the role of the body in health and illness
 - Hippocrates
 - Galen
 - Humoral Theory (4 circulating fluids)
 - Blood, black bile, yellow bile, phlegm

Middle Ages - Mind and Body The same supernatural system

- Middle Ages: Mysticism and demonology
- Disease: Punishment from God
 - Cure: Torture evil out of the body
 - Do penance through prayer and good works
- Healing is within the realm of the priest

The Renaissance - Mind and Body are two separate systems.

- Dualistic concept of mind and body
- Attempts to break away from superstitions of past centuries

Theologians, priests, philosophers treat the mind

Physicians heal the body. Physical evidence is the sole basis for diagnosis

The Mind-Body Relationship: Technological Strides Separate Mind and Body

- Technological Basis of Medical Practice
 - Anton van Leeuwenhoek: microscopy
 - Giovanni Morgagni: autopsies
- Medicine
 - Looked more to laboratory
 - Looked less to mind

The Mind-Body Relationship: Psychoanalytic Contributions

Sigmund Freud – conversion hysteria

In this theory, mind and body are linked

- Specific unconscious conflicts can lead to particular physical disturbances
- Occurs through the voluntary nervous system.
- The person is freed from anxiety because the conflict has been converted into a physical symptom
- Many of these conversions are biologically impossible (glove anesthesia)

**The Mind-Body Relationship:
Psychosomatic Medicine (1930s-1940s)**

- Flanders Dunbar and Franz Alexander
- Patterns of personality (not specific conflicts) are linked to specific illnesses
- Psychological conflicts produce anxiety which, in turn, has a physiological effect through the autonomic nervous system
- Examples of the diseases studied: asthma, ulcers, hypertension

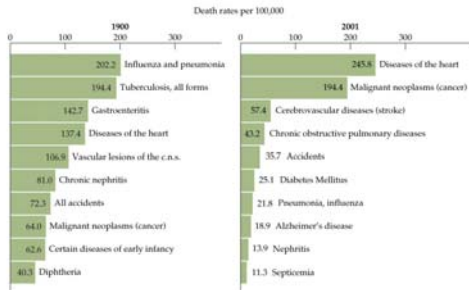
**The Mind-Body Relationship:
Contemporary Viewpoint**

- Despite criticisms of early views, it did lay groundwork for current holistic view
- Physical health is interwoven with psychological and social environment
- ALL conditions of health and disease are interwoven in this way
- The mind and the body cannot be separated in matters of health and illness

The Rise of Health Psychology

- Changing patterns of illness
 - Acute Disorders
 - Short-term medical illnesses
 - Examples: tuberculosis, pneumonia
 - Chronic Disorders
 - Slow-developing diseases.
 - Often these cannot be cured, only managed
 - Psychological/Social factors are often causes

Comparison: 1900 and 2001



How are chronic diseases linked to health psychology?

- Psychological/social factors cause chronic diseases,
 - Psychologists develop ways to change health-compromising factors (diet, smoking) for patients *and* other family members
- Living with a chronic illness means years of treatment regimens that may affect family functioning
 - Psychologists help ease problems in relationships

The Rise of Health Psychology : Advances in Technology and Research

- Ability to identify genes that contribute to particular disorders.
 - Should children be tested if a parent is diagnosed with a genetic disorder?
 - What changes will this lead to in the lives of the children?
 - What coping skills and behavioral changes will be likely to occur?

The Rise of Health Psychology: Decisions regarding Health

- Making informed decisions is a psychological task
- Technology has led to the *need* to make these kinds of decisions
 - Example: Do I want to know if I have the breast cancer gene?
- Psychologists conduct research to identify different risk factors.
- Will a certain type of treatment lead to adverse changes in regard to quality of life?

Impact of Epidemiology

- The field of epidemiology is closely related to health psychology.
- Epidemiology is the study of the
 - frequency
 - distribution
 - causes
- of infectious and noninfectious disease in a population, based on an investigation of the physical and social environment.

Morbidity and Mortality Statistics

- Morbidity
 - number of cases of a disease that exist at some given point in time
- Incidence
 - number of new cases at a given time
- Prevalence
 - total number of existing cases at a given time
- Mortality
 - number of deaths due to a particular cause

The Rise of Health Psychology: Expanded Health Care Services

- Health care
 - Largest service industry in the United States
 - Health psychology’s main emphasis on prevention has the potential of reducing health care costs
- Health psychologists
 - Conduct research on how satisfied people are with their health care
 - Design user-friendly systems
- Most people in the U.S. have direct contact with health care services.

The Rise of Health Psychology: Acceptance of Psychologists

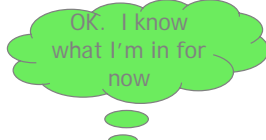
- Health psychologists, in the past,
 - saw “problem patients”
 - administered/interpreted tests
- Growing recognition
 - Psychological/social factors are *ALWAYS* important
- The role of the health psychologist in changing health habits and in contributing to treatment is increasingly acknowledged

The Rise of Health Psychology: Demonstrated Contributions

- Short-term behavioral interventions have been effective in helping patients:
 - Manage pain
 - Modify bad health habits (such as smoking)
 - Manage side effects and treatment effects when coping with chronic illness.

The Rise of Health Psychology: Demonstrated Contributions

Adjustment to unpleasant medical procedures to the patient are helped by providing full information beforehand.



"Being a Grandfather" ©2003, by McGraw-Hill

The Rise of Health Psychology: Methodological Contributions

Psychologists have methodological and statistical expertise that is required for rigorous research investigations

| | |
|----------------------------|--|
| Experiments | Two or more conditions differ from each other in exact and predetermined ways; Random assignment |
| Randomized clinical trials | Experiments to evaluate treatments/interventions and effectiveness over time |

The Rise of Health Psychology: Methodological Contributions

| | |
|------------------------------------|---|
| Correlational Studies | Comparing changes in variables (cannot determine causality) |
| Prospective Designs (longitudinal) | Looking forward |
| Retrospective Research | Looking backward |

Models of Health Care: Biopsychosocial Model

- Focuses on the system
- Fundamental assumption:
Health and illness are consequences
of the interplay of
 - Biological
 - Psychological
 - Social factors

Models of Health Care: Biomedical Model

- Focus on illness
- Dominant model for the past 300 years
- All illness can be explained on the basis
of aberrant somatic processes.
- Psychological/Social processes
 - Independent of disease

Biomedical Model Limitations

- Single-factor model
 - Illness due to one factor, biological
malfunction.
- Mind-body dualism
- Emphasis on illness over health
- Reductionism
 - Illness reduced to microlevel (low- level)
processes, such as chemical imbalances.

Advantages of the Biopsychosocial Model

- Macrolevel processes
 - psychological and social factors (social support, depression) are determinants of health, just as microlevel processes are.
- Multiple factors
 - involved in health and illness.
- Mind and body cannot be distinguished in matters of health and illness.
- Emphasis on both health *and* illness

Systems Theory

- All levels of organization in any entity are linked to each other hierarchically
- Changes in one level influence change at all other levels
- Microlevel processes are nested within macrolevel processes
- Changes on the microlevel can have macrolevel effects and vice versa

Clinical Implications of the Biopsychosocial Model

- The process of diagnosis must consider the interaction of (1) biological, (2) psychological, and (3) social factors.
- Recommendations for treatment must also consider these three factors.
 - This means that therapy is targeted to an individual
- The relationship between the patient and the health care practitioner is important in the effectiveness of care.

Summary of the Biopsychosocial Model

- Health habits can be understood only within the patient's psychological and social context.
- Biological, psychological, and social factors all contribute to recovery when a person is ill.
- Example: High-powered 40-year-old executive has a heart attack. How would both models approach this problem?

What is Health Psychology Training for? Careers in practice

- health psychologists
- physicians
- physical therapists
- social workers
- occupational therapists
- dietitians
- nurses
- public health workers

What is Health Psychology Training for? Careers in research

Public health researchers

- May develop educational interventions to promote the practice of better health behaviors.
- May formally evaluate programs for improving health-related practices.
- May be administrators for health agencies.

What is Health Psychology
Training for? Careers in research

Health Psychologists

Work settings include

- Universities
- Hospitals
- Industrial/occupational health settings
- Independent practices
