

HEALTH PSYCHOLOGY

Health psychology is the branch of psychology that studies the associations between health and individual behaviors, cognitions, and affect. Health psychology operates from the biopsychosocial model as opposed to the traditional biomedical model. Health psychology overlaps with behavioral medicine, public health, psychiatry, and other areas of psychology.



MODELS OF HEALTH

CONCEPTUALIZATION OF HEALTH	BIOMEDICAL	BIOPSYCHOSOCIAL
Definition of health	The absence of disease	State of physical, mental, and social well-being
Cause of disease	Pathogens	Pathogens, psychological factors, and social factors
Treat disease via	Medicine, surgery, and other medical treatments	Medical, psychological, and social changes
Prevent disease via	Vaccinations and avoiding pathogens	Vaccinations, changing behaviors, and changing social conditions & laws

HISTORY OF HEALTH PSYCHOLOGY

- As early as the 1900s, death was caused mostly by acute, infectious diseases contracted by accidental behaviors such as inhaling air with a pathogen or touching an object with a pathogen on its surface, such as:
 - Pneumonia
 - Tuberculosis
 - Diseases causing diarrhea and other gastrointestinal problems
 - Bubonic plague, measles, diphtheria
- Today deaths are more likely to be caused by chronic diseases (e.g., cancer and cardiovascular

diseases) which are not easily cured with antibiotics or other medications.

- Health care workers have consistently noted a relationship between health and behavior.
- Using medical care rates and the rise of the biopsychosocial model led to idea that health could be determined by behavior.
- Health psychology came to the fore in 1995, with Division 38 (Health Psychology) of the American Psychological Association.

EPIDEMIOLOGY IN HEALTH PSYCHOLOGY

- Epidemiology investigates factors contributing to health or disease in a population.
- Epidemiology informs health psychology about which populations to study regarding a given health problem.
- Useful epidemiologic terms:
 - Prevalence:** Proportion of people with a specific disease at a certain point in time.



Incidence: New cases of a disease in a given time period.

- Risk factor:** A variable associated with greater likelihood of having a health problem.
- Life expectancy:** Number of years spent alive.
- Health expectancy:** Number of years spent free of major disability.

Associated with increased stress:
 - increased blood glucose
 - increased frequency of attacks
 - increased sensitivity to
 - increased frequency and severity
 - increased risk of disease
 - increased risk of disease

EXERCISE

- Decreases stress, anxiety, blood pressure, and risk for some common cardiovascular disease, Type 2 diabetes, and obesity.
- Improves work performance and self-esteem, and physical fitness.

SUBSTANCE DEPENDENCE

Used as a maladaptive coping mechanism.

The body is used to the substance, the use of the substance is needed for the body to function. Adaptation to the substance, other doses are needed to maintain physical and psychological state.

Increased use of substance, and psychological dependence, and use over a period of time (substance dependence).

Low chemical in digestive tract, blood, and blood pressure. Contains carbon monoxide, ability of the blood to carry

Cardiovascular disease, lung disease, emphysema (disease in lung, not absorb sufficient oxygen)

Using of smoke, using harm one's own

about effects of smoking.

Health Psychology Study Guide Taylor

Michael Murray, Kerry Chamberlain



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1. Understanding the eBook Health Psychology Study Guide Taylor
 - The Rise of Digital Reading Health Psychology Study Guide Taylor
 - Advantages of eBooks Over Traditional Books
2. Identifying Health Psychology Study Guide Taylor
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health Psychology Study Guide Taylor
 - User-Friendly Interface
4. Exploring eBook Recommendations from Health Psychology Study Guide Taylor
 - Personalized Recommendations
 - Health Psychology Study Guide Taylor User Reviews and Ratings
 - Health Psychology Study Guide Taylor and Bestseller Lists
5. Accessing Health Psychology Study Guide Taylor Free and Paid eBooks
 - Health Psychology Study Guide Taylor Public Domain eBooks
 - Health Psychology Study Guide Taylor eBook Subscription Services
 - Health Psychology Study Guide Taylor Budget-Friendly Options

6. Navigating Health Psychology Study Guide Taylor eBook Formats
 - ePub, PDF, MOBI, and More
 - Health Psychology Study Guide Taylor Compatibility with Devices
 - Health Psychology Study Guide Taylor Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Health Psychology Study Guide Taylor
 - Highlighting and Note-Taking Health Psychology Study Guide Taylor
 - Interactive Elements Health Psychology Study Guide Taylor
8. Staying Engaged with Health Psychology Study Guide Taylor
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Health Psychology Study Guide Taylor
9. Balancing eBooks and Physical Books Health Psychology Study Guide Taylor
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health Psychology Study Guide Taylor
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Health Psychology Study Guide Taylor
 - Setting Reading Goals Health Psychology Study Guide Taylor
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Health Psychology Study Guide Taylor
 - Fact-Checking eBook Content of Health Psychology Study Guide Taylor
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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