



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 disease) 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.



lived 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 cancer, 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 coping mechanisms are needed to maintain physical and psychological health.
 Continued use of substance leads to psychological dependence and use over a period of time (substance dependence).
 Some chemicals in cigarette smoke cause an increase in blood pressure, heart rate, and blood pressure.
 Cigarette smoke contains carbon monoxide, which binds to the blood to carry oxygen.
 Cardiovascular disease, lung disease, emphysema (disease in which the lungs cannot absorb sufficient oxygen).
 Smoking is a leading cause of death.
 Smoking harms one's own health.
 About effects of smoking.

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Angel Chater, Erica Cook



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Psychology Express: Health Psychology (Undergraduate Revision Guide) Angel Chater,Erica Cook,2014-06-17 The Psychology Express undergraduate revision guide series will help you to understand key concepts quickly revise effectively and make sure your answers stand out Each text is tailored to engage the reader and help you Prepare for exams and coursework using sample questions and assessment advice Maximise your marks and approach exams with confidence

Quickly grasp key research critical issues and practical applications This new addition to the Psychology Express revision guide series will provide concise coverage of the key areas of health psychology *Qualitative Health Psychology* Michael Murray, Kerry Chamberlain, 1999-03-19 This book constitutes a valuable resource for postgraduate students and researchers Most of the chapters succeed in providing a clear and comprehensive introduction to the various approaches and or methods thus enabling the reader to make an informed decision about whether or not they wish to pursue the topic further The book as a whole is also very well referenced and this makes it a source of essential information for students and researchers with an interest in qualitative health psychology *Health Psychology Update* This book explains the role of qualitative research within health psychology Theories and methods from a qualitative perspective are highly varied but in general differ from the positivist approach which is concerned with quantifying the individual risk factors presumed to cause health and illness behaviour This book shows clearly how a qualitative approach offers a better understanding of the experience of illness while locating it in its broader social context Providing a detailed examination of these issues the book is organized into three sections the first considers some of the main theoretical perspectives underlying qualitative research in health psychology including discourse analysis and narrative as well as the social context and embodiment of health and illness the second examines some of the practical issues involved in conducting qualitative research with different populations such as children and the terminally ill and the final section considers a range of analytic issues and specific analytic approaches such as grounded theory and action research and the evaluation of qualitative methods *Measurement in Health Psychology* Paola Gremigni, Antonio De Padua Serafim, Giulia Casu, Victor Zaia, 2022-06-15 **Encyclopedia of Health and Behavior** Norman B. Anderson, 2004-01-21 This encyclopedia comprehensively covers all aspects of what has become the dynamic domain of behavioral medicine It collects together the knowledge generated by this interdisciplinary field highlighting the links between science and practice *Health Psychology* Regan A. R. A. R. Gurung, 2023 **The Sage Handbook of Health Psychology** Katherine Brown, Cecilia Cheng, Martin Hagger, Kyra Hamilton, Stephen R Sutton, 2025-06-28 The Sage Handbook of Health Psychology 2e Volume Two Applications of Health Psychology covers the practical applications of health psychology addressing intervention development health improvement strategies mental health and wellbeing health protection and the integration of health psychology into policy and professional practice With contributions from leading experts this is an indispensable resource for those looking to apply health psychology principles to real world challenges This Handbooks is a must read for postgraduate students researchers and practitioners aiming to improve health and wellbeing outcomes through evidence based practices Section One Issues and Debates in Health Psychology Section Two Intervention Development Approaches Section Three Health Improvement Interventions and Preventive Behaviors Section Four Improving Mental Health and Wellbeing Section Five Health Protection Interventions and Long term Conditions Section Six Health Psychology in Practice Student Study Guide Susan Nolen-Hoeksema, Robert N. Davis, 2000-07 **The SAGE Handbook**

of Health Psychology Stephen Sutton, Andrew Baum, Marie Johnston, 2004-12-08 This volume provides readers with a one stop authoritative guide to the major themes and debates in health psychology both past and present **Health Psychology** Catherine A. Sanderson, 2018-03 Now in its third edition Health Psychology provides a comprehensive overview of the field presenting cutting edge research essential theories and foundational concepts all within real world contexts **EBOOK: Psychology: The Science of Mind and Behaviour, 4e** Nigel Holt, Andy Bremner, Ed Sutherland, Michael Vliek, Michael Passer, Ronald Smith, 2019-03-01 EBOOK Psychology The Science of Mind and Behaviour 4e *Manual of Clinical Procedures in Dentistry* Nairn Wilson, Stephen Dunne, 2018-02-05 A definitive manual covering everything you need to know about the core procedures in dentistry The Manual of Clinical Procedures in Dentistry comprehensively explains the core procedures in dentistry how to do them and the rationale that underpins them Full of useful and easy to access information it acts as a compendium of practical procedures in primary dental care supporting students and dental practitioners in their daily professional and academic lives This manual is a complete practical guide to the delivery of effective state of the art oral healthcare the what when and how of clinical practice It compiles chapters written by expert clinicians on topics such as dental imaging the management of dental pain conscious sedation operative dentistry implant dentistry oral medicine and surgery paediatric dentistry periodontics prosthodontics special care dentistry dental trauma aesthetic dentistry and much more Provides step by step guidance on procedures in primary dental care Comprehensive coverage of all dental disciplines from endodontics to orthodontics Compiled by two highly experienced editors with contributions from expert authors Covers essential non clinical areas such as communicating with patients obtaining valid consent audit procedures and handling of complaints The Manual of Clinical Procedures in Dentistry is an invaluable text for dental students and new graduates as well as a definitive guide for the whole dental team **Research Methods for Clinical and Health Psychology** David F Marks, Lucy Yardley, 2004 The research methods described and illustrated in this book are those particularly useful to the field of clinical and health psychology and cover both qualitative and quantitative approaches **The Oxford Handbook of Stress, Health, and Coping** Susan Folkman, 2011 Few publications have changed the landscape of contemporary psychology more than Richard Lazarus and Susan Folkman's landmark work Stress Appraisal and Coping Its publication in 1984 set the course for years of research on the dynamic processes of psychological stress and coping in human beings Now more than a quarter century later The Oxford Handbook of Stress Health and Coping pushes the field even further with a comprehensive overview of the newest and best work in this dynamic subject Edited by Susan Folkman and comprising chapters by the field's leading scientists this new volume details the expanded knowledge base that has emerged from extensive research on stress and coping processes over the last several decades Featuring 22 topic based chapters including two by Folkman this volume offers unprecedented coverage of the two primary research topics related to stress and coping mitigating stress related harms and sustaining well being in the face of stress Both topics are addressed within their relevant

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