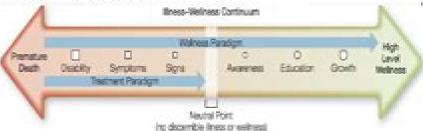
An Introduction to Health Psychology

What is Health Psychology?

- What does it mean to be healthy?
 - Sleep, social connectedness, physically active, mental health
- Health is the positive, desired state of being; it involves interplay among biological, psychological, and social processes, and it occurs along a continuum
- Health psychology is the field of study focused on understanding the biological, psychological, and social influences on health an illness with the aims of promoting health and preventing illness and improving health care systems and policies

The Illness-Wellness Continuum



Missions of Health Psychology

- The American Psychological Association recognized health psychology as a new division in 1978 with four missions;
 - To promote and maintain health
 - Preventive medicine: efforts to maintain well-being and offset disease
 - E.g., getting a good night's sleep; washing hands
 - Chronic disorders: disorders that persist or worsen over time (unless prevention is optimal)
 - Acute disorders: disorders that have an abrupt onset and short duration (acute disorders are not all less severe than chronic)
 - To prevent and treat illness
 - Identifying people who may be at risk and the psychological factors that contribute to risk
 - E.g., differential impact of diagnosis and treatment of illness
 - To identify the causes of health and illness
 - Identifying the biological, cognitive, behavioral, and social factors that put people at risk
 - Etiology causation of the scientific study of something.
 - Epidemiology looking at patterns/coroloations, things in the environment that relate to certain disorders, can inform etiology
 - To analyze and improve the healthcare system
 - Health psychologists analyze the health care system at the local, state, national, and global levels. They ask how changes in the delivery of health care could improve the lives of patients.

<u>Lectures In Medical Psychology An Introduction To The</u> <u>Care Of Patients</u>

Suzanne Bakker

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substitution treatment However a shift to cater for polydrug use is now taking place across Europe The diversity of treatment systems reflects the complexity of the local legal political economic and cultural context of drug problems This source of good practices for making treatment accessible and available will be useful not only for policy makers and practitioners but also for user groups researchers And The wider public as well Bulletin of the F. Edward Hébert School of Medicine of the Uniformed Services University of the Health Sciences F. Edward Hébert School of Medicine, 1985 Health Information Management: What Strategies? Suzanne Bakker, 2013-03-09 Health Information Management What Strategies contains the Proceedings of the Fifth European Conference on Medical and Health Libraries and gives a full account of the state of the art of European medical librarianship This book is the fifth in a well received series of proceedings of the European conferences and together the volumes form a valuable source for medical librarians in Europe The quality of papers reflects the growth of the European Association for Health Information and Libraries EAHIL towards maturity and the ongoing professional development of its members The field of medical and health information has no geographical borders therefore medical librarianship needs to be an international and multinational cooperation. The book reflects the important developments ongoing in medical informatics and medical information management These subjects are touched upon as they have a close connection to medical librarianship The future of medical libraries will be dominated by strong alliances with computer departments and health and hospital management departments Many contributions deal with the strategies medical librarians can or will develop in order to incorporate the many tools of modern information technology into library policy and practice

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