

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 and 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/correlations, 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.

Lectures In Medical Psychology An Introduction To The Care Of Patients

Suzanne Bakker



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