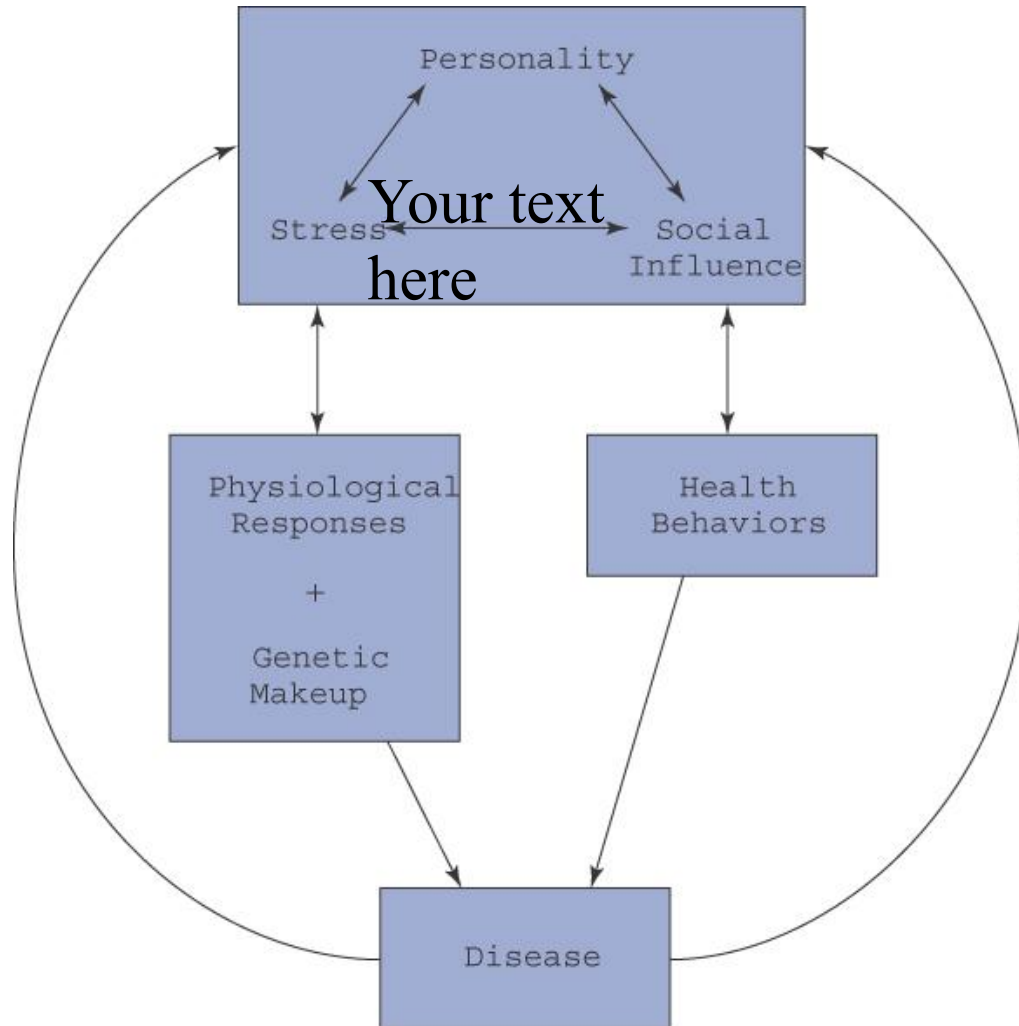


Health Psychology



Radwan Banimustafa MD

What is Health Psychology?



Health Psychology



- Personality traits, physiological responses and health related behaviors – optimism, hostility, and extraversion
- Social factors – especially social support, like BP and immune system, dealing with minor and major illnesses
- Treatments and psychological factors – attitudes towards AIDS – behavior: safe sex
- Pain influence on psychological well-being, especially with chronic diseases – new study using MDMA effects on anxiety in terminally ill cancer patients – www.maps.org
- Primary prevention, secondary prevention, tertiary prevention – Table 14.1 , p. 564
- Taylor (1990) – 93% failed to follow recommended treatment

Levels of Prevention



Primary Prevention

- Prevent disease
- Identify causes
- Promote health behaviors

Secondary Prevention

- Catch disease in early stages
- Prevent further deterioration

Tertiary Prevention

- Manage illnesses w/ no cure

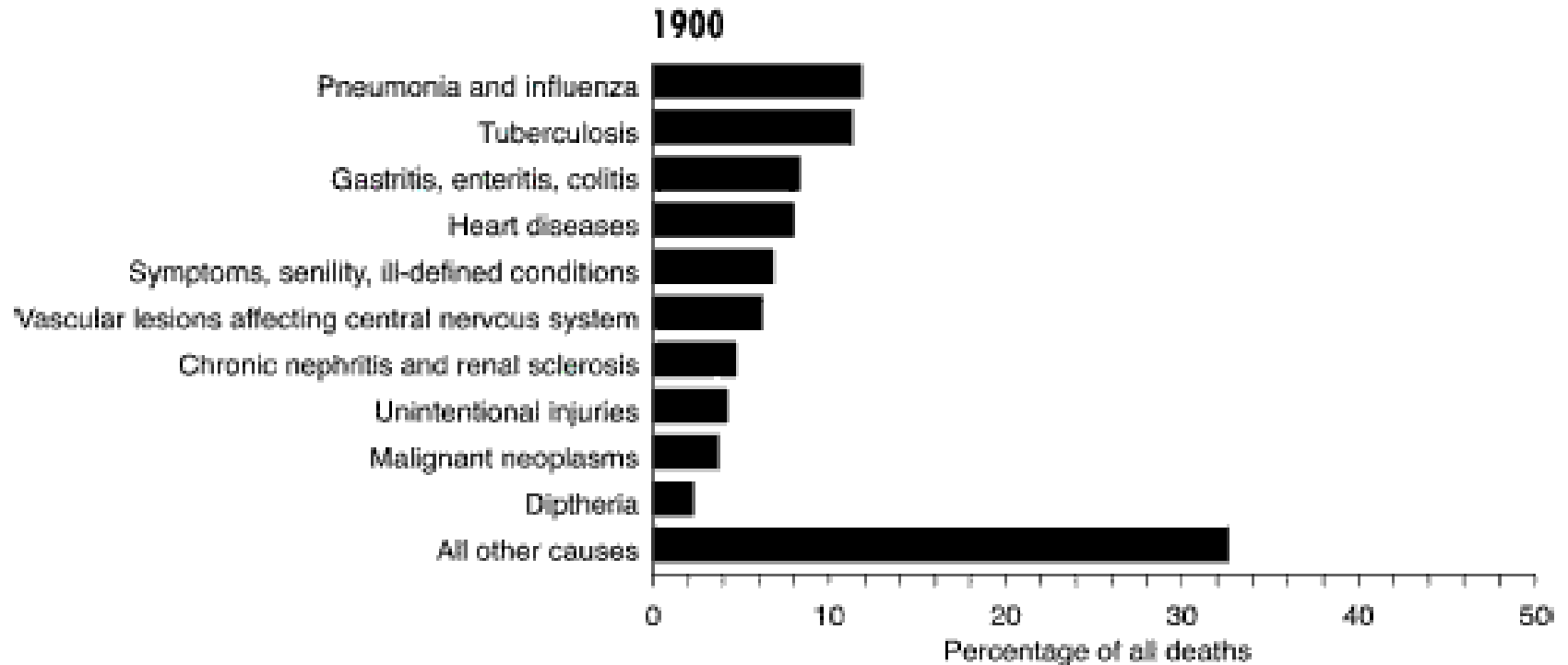
What Factors Led to the Development of Health Psychology?



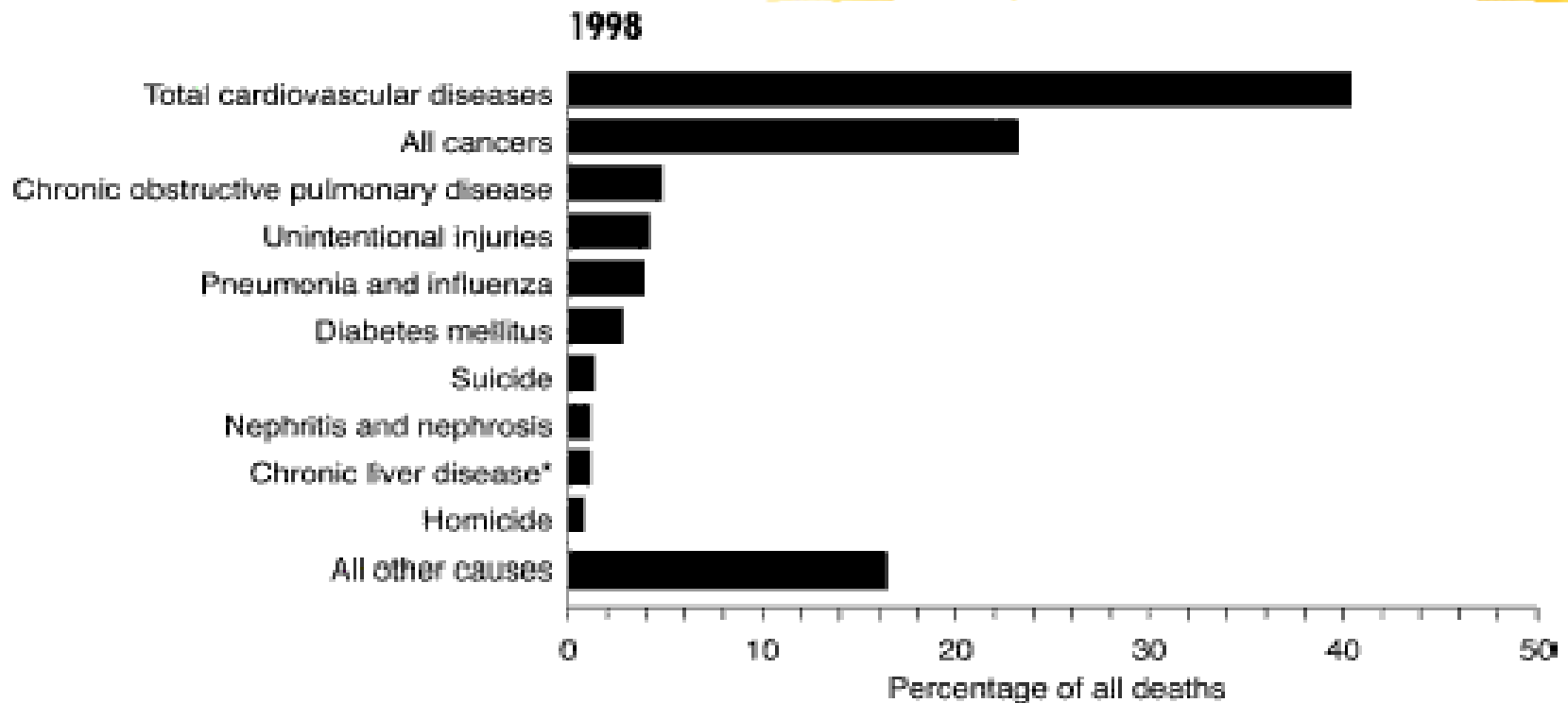
- APA Division in 1978
- Health Psychology journal in 1982
- Nature of illnesses has changed
- Infectious diseases – 1900
- Life style choices – 21st Century
- Behavioral choices

Deaths in 1990

CAUSES OF DEATH, UNITED STATES, 1900 AND 1998



Deaths in 1998



* Includes cirrhosis.

Sources: 1900: U.S. Bureau of the Census; 1998: National Center for Health Statistics, CDC.

What Factors Led to the Development of Health Psychology?



- The Biomedical Model is unable to fully account for health
- Mind-body question
- Biomedical treatments only
- Failures to account for many psychological factors and health
- Placebo effects – how to explain

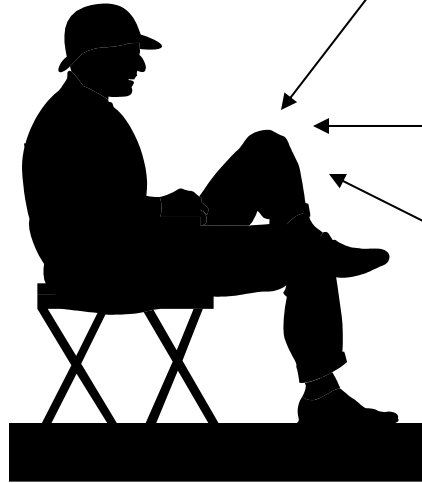
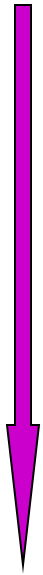
The Mind-Body Relationship



Biopsychosocial Health Model

Microscopic

Biological



Psychological

Sociological

Macroscopic

Biological Factors



- Genetics
- Physiology
- Gender
- Age
- Vulnerability to stress
- Immune system
- Nutrition
- Medications

Psychological factors



- Personality
- Self-efficacy
- Personal control
- Optimistic bias
- Social support
- Stress
- Coping skills
- Diet
- Risky behaviors
- Adherence to medical advice

Sociological factors



- Poverty
- Ethnic background
- Cultural beliefs
- Racism
- Living with chronic illness

What Factors Led to the Development of Health Psychology?




- Health care costs have risen dramatically. In 2003 1.3 trillion dollars spent
- Increase life expectancy – 1900: 47 years 2000: 76 years
- The development of new technology
- The meaning of health has changed – positive psychology, includes well-being (WHO)
- College students and health issues – health related behaviors
- Cultural definitions of health

How is Health Psychology Related to Other Disciplines?



- Freud and the unconscious
- Psychosomatic medicine
- medical psychology
- behavioral medicine
- behavioral health
- medical sociology and anthropology

Where can you find clinical-health psychologists?



- Family practice
- Pediatrics
- HIV prevention and treatment
- Multidisciplinary Pain Centers
- Cardiopulmonary Rehabilitation
- Emergency room
- Spinal cord injury rehabilitation
- Stroke rehabilitation
- Sleep disorders clinics
- Public health and policy
- Infertility clinics
- Oncology
- HMOs
- Industry
- Chronic disease support groups
- Dialysis treatment centers
- And many more!

So you want to be a health psychologist? Belar & Deardoff, 1999



- High frustration tolerance
- Tolerance for a demanding work schedule
- Ability to deal with hostile-reluctant patients
- Ability to work with the physically ill
- Acceptance of dependence on another profession
- Appropriateness as a health model