

Week 12 – Health Psychology

Health Psychology is many things

- Bidirectional relationships between psychology (thoughts, feelings, attitudes, beliefs, motivations ...) and health
- Psychological aspects of:
 - How and why illness develops
 - How to stay healthy (avoid illness / maximise health and wellness)
 - The impact of illness
 - Treatment of illness
- Applied Psychology

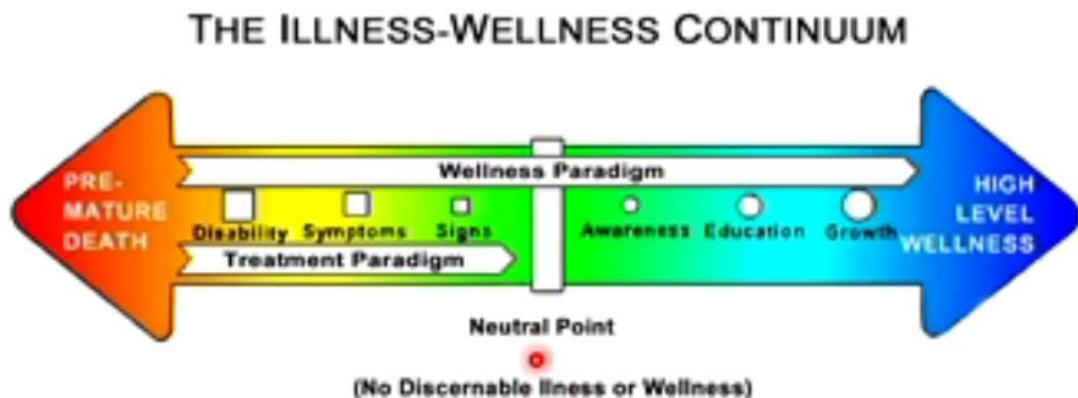
History of Health

- Hippocrates Humoral Theory of Illness
- Plato (and other Greek Philosophers): body is separate from the mind
- Galen (2nd Century A.D): Localisation of illness in the body
- Middle Ages: Church exercised control over medicine
- Renaissance: Descartes' breakthrough
 - Body is a machine
 - Mind and body can communicate through the brain
 - Life ends at death
- 18th and 19th centuries: great advance in technology, science, physiology

Biomedical Model

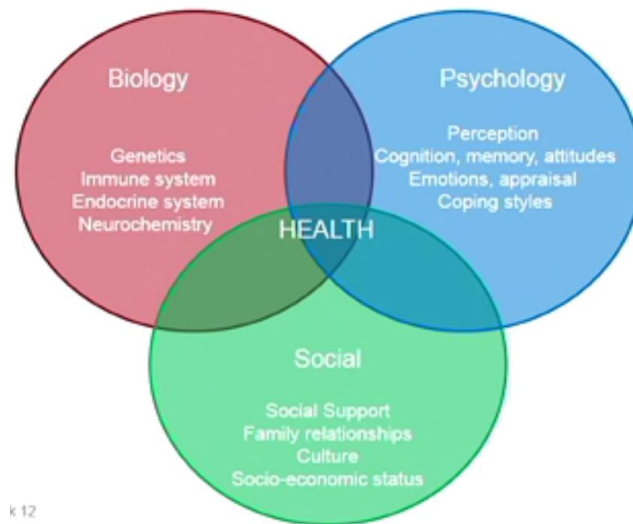
- Physical or biological causes and aspects of disease
 - Conceptualising pain and illness as a purely physical process

Illness Wellness Continuum



Biopsychosocial Model

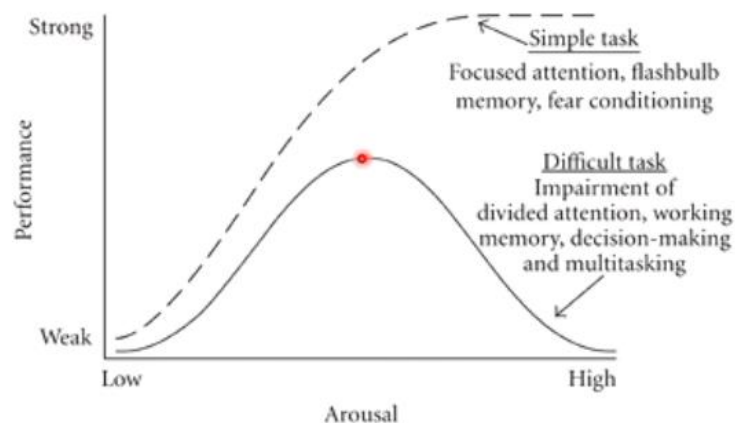
- Is the combination of biology, psychology and social factors



Stress

- Stress response: tension, discomfort, symptoms that arise following experience of a stressor
- Stressor: situation/stimulus that strains our coping abilities
- Types:
 - Stress as stimulus (stressor)
 - Stress as response
 - Stress as a process

Yerkes Dodson Law



Appraisal

- Interpretation or evaluation of a situation
- Primary appraisal: relevance/salience and valence
 - Is this important for me?
 - Is this good or bad?
- Secondary appraisal: coping
 - Do I have the capacity to deal with this?
- Challenge vs threat appraisals
- Dispositional similarities and situational differences
- Major life events vs hassles