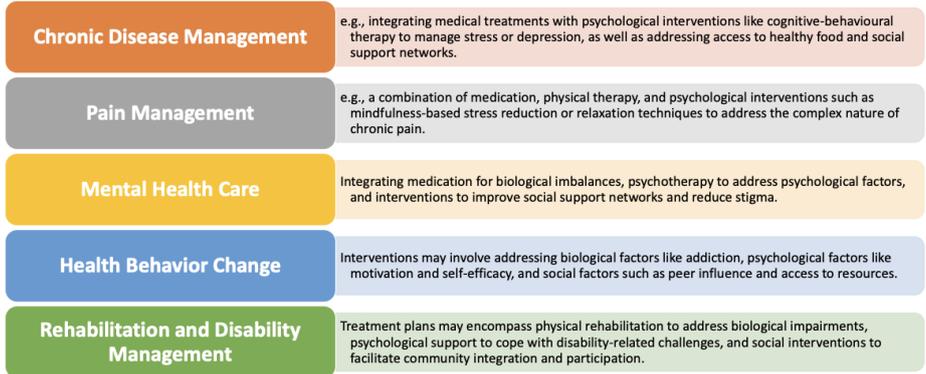# Health Psychology

Week 1: What is Health?

Learning Objective	Notes
Understand the historic concepts of health and wellbeing.	- Ancient Beliefs - Divine and supernatural forces - Ritualistic ceremonies and offerings to maintain health - Greek Influence - Balance and harmony within body - Advocated for holistic approach - Disease due to imbalance of bodily humours (black bile, yellow bile, phlegm, blood) - Mediaeval Period - Lens of humoral theory - Renaissance and Enlightenment - Scientific enquiry and anatomy - Industrial Revolution - Sanitation, nutrition and disease prevention
Understand gaps in the biomedical model.	- Heavy focus on understanding and treating diseases based purely on a biological standpoint - Relies on medical/surgical interventions to address/diagnose/treat illnesses - Overlooks contributing factors that affect health (psychological, social, environmental) - Reductionist perspective - Oversimplifies health leading to inadequate treatment and perpetuates inequalities in health outcomes - Prioritises treatment over prevention - Fails to promote overall well being
Application of the biopsychosocial approach.	- Allows us to: - Conduct thorough assessments - Personalise treatment plans - Implement effective interventions - Collaborate with interdisciplinary teams to enhance holistic health - Address interactions between psychological, social and biological factors of health, empowering patients to achieve optimal outcomes - Emphasis on prevention and intervention across all stages of life - Integration of biopsychosocial leads to - Improved health outcomes - Enhanced patient satisfaction - Better quality of life

	Chronic Disease Management — e.g., integrating medical treatments with psychological interventions like cognitive-behavioural therapy to manage stress or depression, as well as addressing access to healthy food and social support networks.
	Pain Management — e.g., a combination of medication, physical therapy, and psychological interventions such as mindfulness-based stress reduction or relaxation techniques to address the complex nature of chronic pain.
	Mental Health Care — Integrating medication for biological imbalances, psychotherapy to address psychological factors, and interventions to improve social support networks and reduce stigma.
	Health Behavior Change — Interventions may involve addressing biological factors like addiction, psychological factors like motivation and self-efficacy, and social factors such as peer influence and access to resources.
	Rehabilitation and Disability Management — Treatment plans may encompass physical rehabilitation to address biological impairments, psychological support to cope with disability-related challenges, and social interventions to facilitate community integration and participation.

What is the importance of psychosocial factors in adjustment to illness, treatment, and rehab?	● Able to address contributing factors that can exacerbate the physical/biological symptoms the patient may be facing
	● Addresses
	  ○ Psychological
	    ■ Emotions, behaviours, mental processes
	  ○ Social
	    ■ Family dynamics, socioeconomic status, cultural norms, support networks, access to resources

What is the role of health psychologists and why are they an important part of a healthcare team?	● Assess
	  ○ Identify psychological states that influence their health and wellbeing
	● Identify
	  ○ Ability to cope with the psychological impact of the disease
	  ○ Address lifestyle factors that can inhibit patient from following treatment
	● Conduct
	  ○ Screen to identify MH issues early
	  ○ Research to increase knowledge and evaluate effectiveness of interventions
	● Develop
	  ○ Develop interventions that address psychological factors that affect health
	  ○ Create programs to promote healthy behaviours and prevent illness
	● Assist
	  ○ Can implement CBT, relaxation techniques and biofeedback alongside medical treatment
	● Implement interventions to alleviate pain and improve quality of life
	● Educate patients about their conditions and self-care strategies
	● Work with other healthcare professionals to provide holistic care

What are the considerations behind designing interventions in health psychology?	● Needs Assessment
	  ○ Identify specific health issues, risk factors and challenges the target population faces
	● Evidence-Based Practices
	  ○ What are the interventions that have already been tested and are effective?
	● Tailored Approach
	  ○ Design intervention that caters for target population (preferences, characteristics, needs, socioeconomic status, cultural, linguistic)
	● Multifaceted Approach
	  ○ Address determinants of health (biological, psychological, social and environmental)
	● Collaboration and Partnerships

	○ Engage with members of the community to design and apply these interventions
	● Behavioural Therapy
	   ○ Incorporate behavioural theories and models into the design
	   ○ Can provide frameworks to understand and address health behaviours
	● Culturally Responsive Communication
	   ○ Tailor delivery to cultural norms, beliefs etc of the audience
	● Evaluation and Monitoring
	   ○ How will effectiveness be evaluated? Monitored? Feasibility? Sustainability? Longevity?
	● Sustainability and Scalability
	   ○ Resource allocation, funding, infrastructure support
	   ○ Allows for longevity

Week 2: Health Behaviour and Change

Learning Objective	Notes