

Week 9

Health Psychology



Health Psychology

- Biopsychosocial approach
- biomedical model
- health psychology
 - subfield of psychology that is dedicated to promoting good health and health care

Life-Style and Health

- Beliefs, attitudes, and health
 - how severe the threat is perceived to be
 - how vulnerable the person feels
 - beliefs about whether one can act to reduce the threat of disease (self-efficacy)
 - beliefs about whether one's actions can overcome the threat (response efficacy)

Life-Style and Health

- Sexual behaviour and health
 - Sexually transmitted diseases (STDs)
 - General paresis
 - Acquired immune deficiency syndrome (AIDS)
 - Human immunodeficiency virus (HIV)

Diet, Nutrition, and Weight Control

- Obesity
- Setpoint
- Metabolic rate
- Anorexia Nervosa
- Bulimia



Diet, Nutrition, and Weight Control

$$\frac{\text{Body/mass/index}}{\text{BMI}} = \frac{\text{Body weight (kg)}}{[\text{height (m)}]^2}$$

Change in Health Habits: The Cognitive-Behavioural Approach

- A Multimodal program
 - self-observation, self-monitoring
 - stimulus control
 - self-reinforcement
 - shaping



Change in Health Habits: The Cognitive-Behavioural Approach

- Contingency contracting
 - rewards and punishments contingent on succeeding or failing to make a behaviour change
- Cognitive restructuring
- Skills training

Change in Health Habits: The Cognitive-Behavioural Approach

- Alcoholics Anonymous (AA)
- Relapse prevention
 - 50 to 90% relapse rate for alcoholism, smoking, drug abuse, and overeating
 - build protection against relapse in the initial program