EXAM 1 REVIEW SHEET HEALTH PSYCHOLOGY F07

Health Overview

- Definition
- Current Causes of death vs. causes in 1900
- behaviors linked with long life; behavioral immunogens vs. behavioral pathogens
- Life Expectancy: factors which increase or decrease it; rates in men vs. women

Biological Components of Health

Disease Models
- ancient views: supernatural/magical views; implications for treatment; trepanning
  - Hippocrates: disease as natural; humoral theory; Empiricism; linked symptoms to disorders; idea of balance
  - Middle Ages: disease as divine punishment
  - Renaissance: anatomical pathology; Vesalius
  - Biomedical Model
  - Know contributions of following figures: Semmelweiss; Pasteur; Koch-Henle
- Magic Bullet: definition and implications
- Etiology
- Problems/Benefits of the Biomedical Model

- Assigned Reading: Overdiagnosis Article

Psychological Components of Health

Psychogenic vs. Somatogenic Disease: definitions & how symptoms are produced
- fMRI study of hysterical paralysis
  “ataque de nervios” - role of culture
Voodoo & Sudden death Syndrome: Cannon Expt & mechanism
Personality & Disease:
  Reactivity
  Type A: general personality traits; lifestyle/physiological differences; trait most linked to disease pessimism
Cognitive Components:
  Attributions (internal vs. external; Fatalismo)
  Heuristics: Availability Bias; Representativeness Bias; Affective Errors; Optimism Bias
Placebo effect:
  Factors contributing to effect
  mechanisms (endorphins; brain activity, etc); root canal experiment; Cohen article
  inverse placebo; nocebos; factors which affect size of placebo effect
- BOOK MATERIAL: Chap 15 In Why Zebras Don’t Get Ulcers; Cohen Placebo article
Social Components of Health

Society
- Gender Differences: mortality vs. morbidity
  sex-linked vs. gender-linked factors; influence of behavioral profiles/roles
- Media Influences

Community
- Social Support Networks: how workplace, church, etc. can be helpful (or NOT)
  - SES factors (esp. poverty); Implicit attitudes and doctor’s decisions study
  - Ethnic and Geographical Differences in life expectancy and cancer rates
- Lay referral Network

Family Influences:
- Modeling: factors which promote imitation
- Values: health habits; teachable moment

- BOOK MATERIAL: Zebras: Chap 17 & p164-185; Race and cancer article