

## **Introduction to Health Psychology**

### **What is Health Psychology-**

Health being a state of feeling well and not being sick. We commonly think about health in terms of an absence of (1) Objective signs that the body is not functioning properly, such as measured high blood pressure, or (2) Subjective symptoms of disease or injury, such as pain or nausea.

In 1948, the World Health Organization (WHO) defined health as, "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity Health psychology is an exciting and relatively new field devoted to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they do get ill. . Thus, Health is defined as state where a person functions, physically & mentally efficiently and effectively with relative comfort & of well- being. .

Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It plays an important role in understanding how behaviors, cognitions, and emotions impact mental and physical health. Health psychology was described by Matarazzo as 'the aggregate of the specific educational, scientific and professional contribution of the discipline of psychology to the promotion and maintenance of health, the promotion and treatment of illness and related dysfunction' (Matarazzo, 1980). It is the specialty area that focuses on how biology, psychology, behavior, and social factors influence health and illness. Other terms including medical psychology and behavioral medicine are sometimes used interchangeably with the term health psychology.

The field of health psychology emerged in the 1970s to address the rapidly changing field of healthcare. Life expectancy was much lower then, due to lack of basic sanitation and the prevalence of infectious diseases. Health psychology is focused on promoting health as well as the prevention and treatment of disease and illness. Health psychologists also focus on understanding how people react to, cope with, and recover from illness.

### **Goals of Health Psychology**

Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It plays an important role in understanding how behaviors, cognitions, and emotions impact mental and physical health. Joseph Matarazzo (1982), the first president of the Health Psychology division of American Psychological Association, outlined four goals of health psychology. These goals are described below:

- *To study scientifically the causes or origins of specific diseases, that is, their etiology.* Health psychologists are primarily interested in the psychological, behavioral, and social origins of disease. They investigate why people engage in health-compromising behaviors, such as smoking or unsafe sex.
- *To promote health.* Health psychologists consider ways to get people to engage in health-enhancing behaviors such as exercising regularly and eating nutritious foods.
- *To prevent and treat illness.* Health psychologists design programs to help people stop smoking, lose weight, manage stress, and minimize other risk factors for poor health. They also assist those who are already ill in their efforts to adjust to their illnesses or comply with difficult treatment regimens.

# Psychology Of Health An Introduction

**Neil Niven**



## **Psychology Of Health An Introduction:**

An Introduction to Health Psychology Val Morrison, Paul Bennett, 2006 Covering health psychology this text includes the topics health inequalities health risk behaviour health enhancing behaviour the body in health and illness stress and illness moderators managing stress pain and the impact of illness on patients and their families      **The Psychology of Health**

Marian Pitts, Keith Phillips, 1998 Completely revised and updated second edition of this classic text which contains additional chapters on cancer nutrition and exercise social drugs and the impact of social inequalities upon health      *Psychology: An Introduction for Health Professionals* Debra O'Kane, 2023-09-01 Understanding the basics of psychology what drives human choices and behaviours underpins good practice in health Psychology An Introduction for Health Professionals presents the latest relevant theories and concepts as well as their application to specific health issues and clinical practice Written by Deb O Kane and other leading experts in the field this book will help you understand more about why people act in certain ways related to their health and wellbeing from diagnoses health interventions and outcomes For example why does a person not complete a full course of antibiotics or how can you expect a someone to respond to stress loss or pain Scenarios and reflection questions help to bring important psychology concepts to life The book is written specifically for health science and nursing students undertaking discreet units of study in psychology but will also be applicable to practitioners in their daily work Includes relevant theories and concepts in psychology incorporating latest evidence Focus on application to practice suitable for both students and health practitioners Covers the lifespan from birth to ageing Suite of 55 scenarios with reflection questions additional 55 available on Evolve bringing theory to life Suitable for students in multiple different health disciplines Instructor resources on Evolve PowerPoints Testbank Image Collection Answer Key Student Practice Questions Additional Discipline specific Case Studies Updated to reflect priority issues impacting individuals and health practice such as COVID 19 Content divided into three sections for easy navigation from theories and underpinning knowledge through to application to health issues and discipline specific cases Addition of crisis health including major disasters and the pandemic

**Health Psychology** Linda Brannon, Jess Feist, 1997 This text covers a variety of subjects in the field of health psychology such as stress pain coping behavior and chronic disease and preventing injuries and disease through behavioral modification Each chapter begins with the basic questions the material will try to address and a case study that applies to these issues and ends with summarized answers a glossary and suggested readings Brannon and Feist both of McNeese State University address a number of controversial subjects and encourage their readers to view the research critically Scattered throughout the material are tips about how to check your health risks and how to become healthier making this book both an academic text as well as a practical guide to health Annotation copyrighted by Book News Inc Portland OR      *Introduction to Health Psychology* Val|Bennett Morrison (Paul), 2023      *EBOOK: Introduction To Clinical Health Psychology* Paul Bennett, 2000-10-16 What is the role of psychology and psychological interventions in treating people with physical health

problems Which factors contribute to the development of disease and its prevention How do people cope with and manage illness and how may these processes be influenced at both the individual and societal levels How can we highlight the comparative effectiveness of clinical interventions This authoritative textbook is designed for use by final year undergraduates those engaged in training for both clinical and health psychology and practitioners It is the first European text to combine elements of both clinical and health psychology in one volume The book has five key themes the causes of health and illness psychological factors influencing the understandings of health illness and health related behaviour choice the theory and application of psychological principles in facilitating individual behavioural and emotional change the role of psychologists within the wider hospital system and the role of psychology in population based health promotion Introduction to Clinical Health Psychology integrates psychological theory with the practice of health and clinical psychology in the hospital and in the broader context of health care It considers both clinical interventions and those of a non clinical nature that also impact on patients and health care workers In doing so it addresses the developing curriculum for health psychologists professional training as well as the more established role of clinical psychologists It will provide essential reading in an increasingly significant and expanding field

**Health Psychology** Linda Brannon, Jess Feist, **An Introduction to Health Psychology** Andrew Baum, Robert J. Gatchel, David S. Krantz, 1997 This text offers a fully integrative multi disciplinary multi perspective introduction to health psychology covering the social clinical and biological aspects

**An Introduction to Health Psychology** Robert J. Gatchel, 1989 **Introduction to Psychology for Health Carers** Julia Russell, 2005 This book provides an accessible introduction to psychological research and theory relating these to healthcare experiences and practice It explains how psychological theories can be used to interpret explain and actively influence a students own experience of and practice in everyday contexts The book includes student interviews to enhance applicability of examples offered

Health Psychology Linda Brannon, Jess Feist, 1999-09 Health Psychology Linda Brannon, Jess Feist, Health Psychology: an Introduction to Behavior and Health Study Guide + Health Psychology: an Introduction to Behavior and Health Linda Brannon, Jess Feist, 2006-11-01

**Health Psychology** Brannon/feist, Linda Brannon, Jess Feist, 2007 A sound pragmatic understanding of the behaviours that affect health is presented in this study It explains experimental design and critique studies and their findings and offers an increased emphasis on psychological interventions

**The Psychology of Health** Susan Starr Sered, Marian Pitts, 1991 By analyzing the rituals daily experiences life stories and non verbal gestures of Jewish women from Kurdistan and Yemen now living in Jerusalem Sered discloses strategies these women have used to circumvent the patriarchal institutions of Judaism and to develop their own traditions within Torah Judaism

**Health Psychology for Health Care Professionals** Neil Niven, 1999 This book provides a readable introduction to health psychology and acknowledges that many of its readers will not have a background understanding of psychology The emphasis is on health and health promotion the stress and strain of everyday life

communicating effectively with patients and their families understanding people s motivation to behave healthily or unhealthily The book also explores examples of how psychological models apply to illness and treatment     Test Items for Health Psychology Jess Feist,1988     **Introduction to Clinical Psychology** John Hunsley,Catherine M. Lee,2017-12-04 Introduction to Clinical Psychology An Evidence Based Approach 4th Edition by University of Ottawa authors Catherine M Lee and John Hunsley introduces students to the theories and practices of clinical psychology and conveys the important work done by clinical psychologists This text is designed to be helpful not only to those who will go on to careers in clinical psychology but also to those who will choose other career paths     **Instructor's Manual for Health Psychology** Linda Brannon,Jess Feist,1991-01-01     *Health Psychology* Neil Niven,1989

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