EXAM 1 REVIEW SHEET  HEALTH PSYCHOLOGY

Exam Format: 100 pts. Mostly M/C, some T/F

Health Overview

- Definition of Health
- Status of Health in US vs. peer nations
- Current Causes of death vs. causes in 1900
- Behavioral immunogens vs. behavioral pathogens
- Behavioral risk factors for cancer, Alzheimer’s
- 7 healthy behaviors
- Life Expectancy: effects of marriage & divorce-men vs. women; role of genetics

Biological Components of Health

Disease Models: comparison with modern views
- Ancient views: supernatural/magical views; implications for treatment; trephining/trepanning
- Hippocrates: disease as natural; humoral theory; linked symptoms to disorders; idea of balance
- Middle Ages: disease as divine punishment
- Renaissance: anatomical pathology; Vesalius
- Biomedical Model
  - Know contributions of following figures: Virchow; Semmelweiss; Erlich; Pasteur; Koch & Henle; Jenner; Lister
  - Inoculation vs. vaccine distinction
  - Iatrogenic illness
- Magic Bullet: definition and implications
- Etiology
- Problems/Benefits of the Biomedical Model

Backlash to Biomedical Model: Alternative Medicines, Overuse of ADHD drugs; Resistance to vaccines (two articles discussed in class- why people delay or skip vaccines; impact of messages which attempt to increase vaccination rate)

Assigned Reading: Overdiagnosis Article

Psychological Components of Health

Psychogenic vs. Somatogenic Disease: definitions & how symptoms are produced
Conversion Disorder: diagnosis by exclusion; demographics of those affected
Placebo effect:
  - Factors contributing to effect
  - mechanisms (endorphins; fMRI article, etc); root canal experiment
  - Inverse placebo; nocebos; factors which affect size of placebo effect
  - Doctors prescribing placebos; stats, do they work if people are told (IBS study)
Personality & Disease:
  - Type A: general personality traits; lifestyle/physiological differences; trait most linked to disease; repressors; pessimism; reactivity
Cognitive Components:
  - Attributions (internal vs. external; “surrender” or fatalistic attitude)
  - Heuristics: Availability Bias; Representativeness Bias; Affective Errors; Optimism Bias; anchoring; framing premature closure

Gender and Media Influences
-gender Differences: mortality vs. morbidity rates
-sex- vs. gender-linked factors; behavioral profiles/roles
-Media Influences: Copycat effect or raising awareness

-Assigned Reading: Chap 15 In Why Zebras Don't Get Ulcers; Wager fMRIPlacebo article; Overdiagnosis article