EXAM 1 STUDY GUIDE  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; costs vs outcomes
-Current Causes of death vs. causes in 1900
-behavioral immunogens vs. behavioral pathogens
- behavioral risk factors for cancer
- 7 healthy behaviors
-Life Expectancy: effects of marriage & divorce-men vs. women; role of genetics; social factors

Biological Components of Health

Disease Models: comparison with modern views; idea of empirical process in all models; 3 reasons patients improve after treatment in all models
-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
-latrogenic illness
-Magic Bullet: definition and implications
-Etiology
-Problems/Benefits of the Biomedical Model

-Unintended Consequences of 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; doctor’s “firing patients”); changes in doctor-patient trust

Psychological Components of Health

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;
pessimism; repressors; reactivity

Cognitive Components:
Attributions (internal vs. external; impact of “Obesity as Disease” campaign)
Heuristics: Availability Bias; Representativeness Bias; Affective Errors; Optimism Bias; anchoring; framing
premature closure

-Assigned Reading: Chap 15 In Why Zebras Don’t Get Ulcers