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; Semmelweis; 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
Cognitive Components:
  Attributions (internal vs. external; “surrender” or fatalistic attitude)
  Heuristics: Availability Bias; Representativeness Bias; Affective Errors; Optimism Bias; anchoring; framing premature closure

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