Health Psych Review Sheet Exam 3

The Exam is M/C & T/F, worth 100 pts.

Methodology
-Types of research designs:
  -Anecdotal/case studies
  -Observational/Epidemiological/Associational: Prospective vs. Retrospective
  -Experimental
-Appropriate and inappropriate uses of each type of study
-Potential Problems with each type of study
-Criteria for strong evidence from associational studies
-Specific studies discussed in class:
  red meat & coffee studies: methods; claims, problems with studies

Gender and Media Influences
-Gender Differences: mortality vs. morbidity rates
- sex- vs. gender-linked factors; behavioral profiles/roles; differences in drug responses
-CDC report on suicide rates: basic findings; gender differences; link to diagnosed mental illness
-Media Influences: how media coverage influences suicide attempts; suicide contagion effect

Obesity Statistics & Definitions
-BMI: Definition; cut-offs for underweight, normal, overweight, obese; problems with using BMI as measure; other ways to estimate body fat; TOFI; race and BMI
-Regional Differences: States/Regions with lowest and highest % obese
-Ethnic Differences: ethnic groups with highest and lowest % obese
-Obesity as a Function of Education, Gender, and Income
-Changes since 1985

Why Diets Don’t Work
-“conventional” wisdom about causes of weight gain
  -recommendations for how to lose weight
  -calories in/calories out “energy balance model
  -problems with conventional wisdom

-Proietto Study: Hormonal alterations after starvation diet; changes in ghrelin, leptin, peptide YY; implications
-Keys Starvation Study
-Vermont Prison Overfeeding study
-Bouchard Twin studies: genetic factors in weight gain, fat composition
-Specific genes and obesity: FTO gene and correlations with weight, insulin regulation, triglycerides; is it the “fat” gene?
-keeping weight off: common traits in those who maintain weight loss
- changes in brain activity after dieting
- Nasogastric tube diet: why does it work?

**Are all calories equal?**
- Assessment of “calories is a calorie” claim: is it true?
- Evidence discussed in class: Ludwig Weight Loss maintenance study; Saidi processed vs. whole foods; individual differences
- Environmental Differences that contribute to obesity epidemic

**Sugar**
- Sugar consumption in US; effects on insulin; cholesterol
- Effects of high fructose corn syrup (HFCS) on weight: Hoebel study comparing HFCS vs. sucrose

**Alcohol**
- Impact of alcohol consumption on cancer

**Specific Recommendations**