



BOĞAZIÇI UNIVERSITY
SUMMER TERM

PSY 101 Health Psychology

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A man and a woman are shown in profile, facing right, with their heads tilted back and eyes closed, appearing to breathe in unison. They are positioned in front of a body of water under a bright, hazy sky. The man is wearing a light blue shirt, and the woman is wearing a light-colored top. The overall mood is peaceful and serene.

Let's Begin
...with breathing

Health Psychology

- Concerned with the ways in which we, as individuals, behave and interact with others in sickness and in health.
- What are the physiological bases of emotion?
- How do they relate to health and illness?
- What is stress?
- Can certain behaviours predispose us to particular illnesses?
- Can educational interventions prevent illnesses?

Interception of mind and body...

- Basic ideas and concepts have been around for a long time:
- Relationship between mind and body
- Study of psychosomatic disorders
- Attempts to relate distinct personality types to particular diseases with a causation hypothesis have been abandoned
- Changing patterns of illness and disease



- Contagious diseases and infections now contribute minimally to illness and death in the western World.
- Major breakthroughs in science have reduced prevalence of smallpox, rubella, influenza and polio.
- Most deaths now **caused by heart disease, cancer and strokes.**
- These diseases, studies suggest, are a **by-product of life-style.**
- By 1970s health spending in Western countries was getting out of control. Governments began to explore disease prevention and health promotion.

- Behavioural pathogens are important factors.
- Personal habits such as smoking, excessive drinking, over- eating and not exercising which can influence the onset and course of a disease.
- Today's major killers are cardiovascular diseases-heart disease and strokes and cancers.
- Cardiovascular diseases account for about 40% of all deaths in industrialised countries.
- Fighting diseases endemic in different parts of the world can be affected by behaviour and attitude



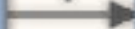
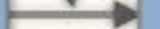
**Environmental
Exposure**

**Psychological
overlay**

**Biological
predisposition**

Disease

Clinical outcome



Biomedical model

- Diseases come from outside the body and invade it, causing internal physical changes or
- Diseases originate in the body as internal, involuntary physical changes.
- Diseases are caused by chemical imbalances, bacteria, viruses or genetic pre-disposition.
- Individuals are not responsible for their illnesses, which are from biological changes beyond their control. People who are ill are victims.
- Treatment should consist of vaccination, surgery, chemotherapy or radio therapy, all of which aim to change the health.
- Physical state of the body.
- Responsibility for treatment lies with the medical profession
- Health and illness are qualitatively different- You are either healthy or ill
- Mind and body function independently of each other. The abstract mind relates to feelings and thoughts and is incapable of influencing physical matter.
- Illness may have psychological consequences, but not psychological causes.

Biopsychosocial model of health and illness

- In opposition to these ideas, Health Psychology argues that human beings should be seen as complex systems. Illness is often caused by a combination of biological (e.g. viruses) and psychological (e.g. behaviour and beliefs) and social (e.g. poor housing, unemployment) factors.
- Biopsychosocial model of health and illness
- Also reflecting the changes in the nature of illness (causes of death and life expectancy of the 20th.
- The biopsychosocial model adopts a more proactive attitude
- Bio: genetic, viruses, bacterial, lesions, structural defects, gender
- Psycho: cognitions (e.g. expectations of health), emotions (e.g. fear of treatment), behaviour (e.g. smoking, exercise, diet, alcohol consumption, stress, pain).
- Social: life conditions, social support, health care etc



BIOPSYCHOSOCIAL MODEL

The biopsychosocial model of disease

My long-term health conditions are biological in origin, but the impact has been felt physically, psychologically and socially. My long-term health condition can't be treated just through the biological medical model alone. . . .



"The medical support keeps me alive, but it is the psychological and social support that enables me to live."

Health Psychology with Biopsychosocial view

- Individuals are not just passive victims, but are responsible for taking their medication and changing their beliefs and behaviour.
- Health and illness exist on a continuum-people are not either healthy or ill, but progress along a continuum in both directions.
- Psychological factors contribute to the (causes) of illness. They are not just consequences of illness.
- According to Ogden (2002) health psychology aims to:
- Evaluate the role of behaviour in the aetiology of illness, such as the links between smoking, coronary heart disease, cholesterol level, high blood pressure.
- Predict unhealthy behaviours- for example, smoking, alcohol consumption and high fat diets are related to beliefs and belief about health and illness can be used can be used to predict behaviour.

Culture & Health

One of the macro-level processes.

- 1) How cultural factors influence various aspects of health.
- 2) The more recent and active study of the health of individuals and groups as they settle into and adapt to new cultural circumstances through migration and their persistence over generations as ethnic groups.



Health & Disease as Cultural Concepts

- Concepts of health and disease are defined differently across cultures.
- Disease is rooted in pathological, biological processes common to all.
- Illness now widely recognised as a culturally influenced, subjective experience of suffering and discomfort.

Health: definition by WHO

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Resilience

Resilience refers to positive adaptation, or the ability to maintain or regain mental health, despite experiencing adversity.

[Harvard Video](#)

Resilience

- Bounce back
- Take on difficult challenges and still find meaning in life
- Respond positively to difficult situations
- Rise above adversity
- Cope when things look bleak
- Tap into hope
- Transform unfavorable situations into wisdom, insight, and compassion
- Endure
- Rise from the ashes.

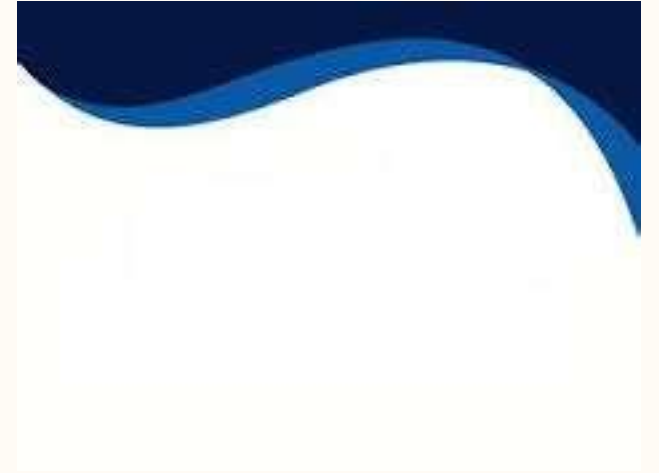
- resilience is the result of individuals being able to interact with the environment with the processes that either promote well-being or protect them against the overwhelming influence of risk factors.
- these processes can be individual coping strategies, or may be helped along by families, schools, communities, and social policies that make resilience more likely to occur.

Some factors to be resilient

- Positive attitude
- Optimism
- Ability to regulate emotions
- Ability to see failure as a form of helpful feedback.

American Psychological Association suggests "10 Ways to Build Resilience"

- 1.maintaining good relationships with close family members, friends and others;
- 2.to avoid seeing crises or stressful events as unbearable problems;
- 3.to accept circumstances that cannot be changed;
- 4.to develop realistic goals and move towards them;
- 5.to take decisive actions in adverse situations;
- 6.to look for opportunities of self-discovery after a struggle with loss;
- 7.developing self-confidence;
- 8.to keep a long-term perspective and consider the stressful event in a broader context;
- 9.to maintain a hopeful outlook, expecting good things and visualizing what is wished;
- 10.to take care of one's mind and body, exercising regularly, paying attention to one's own needs and feelings.



Measuring Stress

- Difficulties
- Some classical ways
- Some standardized questionnaires
- Do an exercise of measuring stress in class (activity 30 min) –W also grading and subtests → make an excel maybe with everyone and we can run stats!
- Let's do in the beginning and in the end!! 😊
- Monroe article