**Health Psychology**—the area od psychology concerned with the promotion of health and the prevention and treatment of illness as it relates to psychological factors.

**Stress**—the general term that describes the psychological and physical (bodily) response to a stimulus that alters the body’s equilibrium.

**Stressor**—a stimulus that throws the body’s equilibrium out of balance.

**Stress Response**—the body’s response to a stressor that occurs to cope with the stressor.

**Types of Stressors**—

* Acute Physical—like a car crash

vs.

* Chronic Physical—malnutrition
* Acute Psychological—like being in a Saw trap

vs.

* Chronic Psychologial—never living up to expectations
* Acute Social—any social interaction, really

vs.

* Chronic Social—living in that apartment

**General Adaptation Syndrome (GAS)**—the overall stress response that has three phases: Alarm, Resistance, exhaustion

Alarm Phase—when the stressor is perceived and the fight or flight response is activated. Activates the sympathetic nervous system, dumps epinephrine and norepinephrine, then body reacts.

Glucocorticoids—a group of hormones dropped by the hypothalamic-pituitary-adrenal axis (HPA axis) in response to a stressor

Resistance Phase—the body allocates resources to adapt to the continued presence of the stressor.

Exhaustion Phase—the body depletes its limited resources for dealing with stress, and continued exposure to the stress can cause damage to the body.

**Allostatic Load**—the cumulative wear and tear on the bodynecessary to maintain homeostasis in the face of stressors (poor Frodo, that allostatic load got smacked around)

**Cognitive Appraisal**—a two stage process that controls the body’s understanding of stressors (social and psychological, primarily). Begin with *primary appraisal*, assess for danger, then move to *secondary appraisal*, determine the resources available to deal with the stimulus.

**Coping**—taking action to address a stressor or to counteract the effects of a stressor

**Learned Helplessness**—depressive response that arises when we are unable to control or escape from an adverse situation.

**Internal Conflict**—the emotional predicament that you experience when you make a difficult choice

Approach-Approach Conflict—competing alternatives are both positive

Avoidance-Avoidance Conflict—competing alternatives are equally negative

Approach-Avoidance Conflict—when a course of action has both positive and negative aspects

**B-Cells**—A type of white blood cell that matures in the bone marrow

**T-Cells**—A type of white blood cell that matures in the Thymus

**Natura**l **Killer Cells (NK)**—A type of T-Cell that detects and destroys damaged or altered cells, such as precancerous cells. The growth of these is inhibited by the release of *Glucocorticoids*.

**Atherosclerosis**—A build-up of plaque on the inside walls of arteries

**Hostility**—distrust of others an expectation of harm by others. Related to heart disease

4 Basic Roles:

* Health Promotion and Maintenance
* Psychological aspects of prevention and treatment of illness
* Etiology and correlates of health and illness
* Analyse health care system and health policy

Mortality rates have decreased, Prevention has decreased

Eustress vs. Distress (eustress is good)

**Stressors**

Stressors of yore vs stresses of now (We are designed for the stress of survival, rather than the stress of monetary shit)

College students stress increased dramatically over the last few decades.

General Adaptation Syndrome for dealing with stress

**Stress Process**

Event (Catastrophic/major life events/Daily Hassles)

Cognitive Appraisal (Primary, Secondary)

Response (Psychological/Cognitive/Emotional)

Behaviour (Fight/Flight/Coping)

Health effects

**Events**

Catastrophic Events

* Universally Negative

Major Life Events

* Social Readjustment Rating Scale (SRRS)
* Not too predictive

Daily Hassles

* Hassles Scale; daily aspects and uplifts scale
* Variable, more predictive

**Responses**

Physiological

* Direct connection to health
* Sympathetic nervous system activation

Cognitive

* Decreased Efficiency

**Health**

The Immune System

* White Blood Cells (T-cells(NK Cells), B-cells

**Modifiers**

Social Support

* Network, Friends, Spouse
* Buffer Effect

How many other stressors

* Life’s Hassles (daily hassles; interruptions)
* Work-related Hassles

Environmental Factors

* Lighting, noise, crowding

Deadline Factors

Perceived Control

* Uncontrollable is more stressful
* Ambiguous Situation is more stressful

Negativity

* Measured by LOT, Type A, Aggression-Hostility Scale, etc.

**Modifiers—Personal**

Perceived Control

* Uncontrollable/Unpredictable=más Stress
* Ambiguous Situation/Unknown outcome=más Stress

Negativity

* Measured by LOT, Type A, Agression Hostility Scale
* Males>Females
* Higher Ho –> Higher BP and Stress reactivity
* Negativity –> Higher CVR –> CAD
* Negativity –> Higher Stress –> Immune problems

Health enhancing/debilitating behaviours

Health Impairing Behaviours

* Smoking
* Substance Abuse
* Poor nutrition
* Lack of exercise
* Unsafe Sex

Why do we do it? Lack of Knowledge; Poor estimates; illusion of invulnerability

You’re Going to stress. Learn how to carry on

**Stress Management**

Eustress vs. Distress (D= distracting, destructive, dysfunctional)

Stress is about management

Distress is when focus is on the effects of stress, rather than the task; can lead to *Panic*

Need to:

* Find the appropriate level of stress for the individual
* Recognise the signs of ‘tipping’ (when the stress is too much)
* Develop strategies to Cope

Self Awareness: notice that your life will change and your stresses/management will need to change with them

Effective social network

Effective Time Management

Regular exercise

Relaxing hobbies, interests

Good nutrition

EVENT ­–> APPRAISAL –> RESPONSE –> BEHAVIOUR –> HEALTH

**Event**—change social support Groups/ avoid stresses

**Appraisal**—positive reframe; sense of control; sense of social support

**Response**—relaxation training; imagery

**Behaviour**—appropriate coping

**Health**—change your unhealthy behaviours

**Target Health behaviours or markers**

Blood Pressure—120/80=normal, 150 systolic is too high, 90 diastolic too high

Cholesterol—Low Density Lipids<100; total<200; Triglycerides<150

Nutrition Guidelines (food pyramid)

BMI=height/weight=18.5–25

Smoking—no

Alcohol—1–2 ounces might by acceptable

Seat belts are a psychological tool for manipulation

Testicular/Breast Self exams

**Why Do we Impair our Health?**

LEack of Knowledge

Poor estimates of perceived risk

Illusion of invulnerability

Changing health and other behaviours are gradual

Stages of Change:

* Pre-contemplation—“I don’t have a problem”
* Contemplation—“I might have a problem”
* Preparation—“let’s fix the problem”
* Action—“fixing the problem”
* Maintenance—“made the change and maintained the change”

Process of change can be helped by:

* Helping relationships
* Emotional arousal (getting amped)
* Goal setting

Most successful when match stage with its processes

**Coping Strategies**

Match a coping strategy to a specific situation

Problem Solving/active coping—situations within your control

* Active coping
* planning
* instrumental social support
* suppression of competing activities

Emotion based coping—situations you can’t control

* Emotional social support
* Venting emotions
* Positive reframe
* Behavioural/mental disengagement

Perspective Square

Humour

**Drugs and Alcohol**

Su wants to preach