Writing Assignment

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PYSC1111 Introduction of Health Psychology

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**Influences on pain perception:**

In the textbook, ’Melzack and Wall suggested that there was a gate existing at the spinal cord level, which received input from the peripheral nerve fibers (at the site of injury), descending central influences from the brain relating to the psychological state of the individual (e.g. attention, mood, and previous experiences) and the large and small fibers that constitute part of the physiological input to pain perception.’ (Odgen, 2019)

It is a curious thing that people feel pain very differently. While the average person may feel the same injury and have the same symptoms, a soldier may not feel the pain as bad as the average person. This tells us that pain is greatly influenced by each person's experience, emotion, and behavior. On the other hand, if a patient has a large deal of problems at work or in relationships, even a minor injury can be tragically painful and that could last for a long period. If a patient has it by proper Coping, like having a good social support, the pain can become even controllable.

**Gate Control Theory:**

According to Odgen (2019), the theory can be explained open and close the gate by Physical, Emotional, and Behavioral factors. Opening the gate means the degree of pain by injury of the large fibers, anxiety, and focusing boredom. In an opposite, closing gate mens medication, optimism, and distraction. It is introduced psychology into our understanding of pain. There are three processes that learning, emotional, cognitive, and behavioral.

In many cases, past experiences influence pain, although this varies from person to person. Resting can increase pain because it is a dull moment for some patients, and being depressed can also increase pain. On the other hand, a change of mood can help alleviate pain. In other words, relieving psychological tension can reduce pain. The GCT is psychological approach to handle the pain.

**Positive effects of blogging about chronic pain and illness:**

‘This research aimed to examine the experiences and interactions between people with chronic pain who blog about their experiences and other people who live with chronic pain.’ (Tsai et. Al., 2018). I thought the positive effect was brilliant that the virtual environment made it casual access for participants to exchange opinions and current status. And because it is a blog, medical professionals can also check the exchange of opinions among patients at the same time. A glimpse into the real situation from this perspective is likely to be of great benefit to both patients and health care providers.

**Blogging related to psychological moderators:**

With the accessibility of a blog, it is a great advantage to be able to keep a record of the subtle daily changes in pain, when you were feeling that pain, we can ask ourselves if it is from psychological or other possible reasons, and how you responded each time you experienced pain. The patients themselves can look at themselves objectively by rereading what they wrote at a later date. It is a high-level way to observe oneself, as it is possible to see whether one was psychologically positive or negative at the time, and to specify whether the pain was increased or decreased in response.

In summary, what I have learned in this unit is that pain can vary considerably depending on my mood and my experience at the time. It is very important to be objective about yourself, and it is of great benefit to keep a blog or other record of how you are feeling whenever your physical condition changes. Being able to share my situation with fellow pain sufferers on a daily basis, even if it is virtually, is undeniably a great support.

Reference:

Ogden, J. (2019). *The psychology of health and illness.* An open-access course [PDF]. Retrieved from https://my.uopeople.edu/pluginfile.php/1644840/mod\_book/chapter/389562/Ogden%20-%20The%20psychology%20of%20health%20and%20illness\_2019.pdf

Tsai et al. (2018). *Seeking virtual social support through blogging:* A content analysis of published blog posts written by people with chronic pain. Retrieved from https://omjournal.org/articleDetails.aspx?coType=1&aId=2578

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