

**Psy 268 – Health Psychology**  
**Readings for Exam 1**  
**Spring 2015**  
**Study Notes**

## **Health Psychology - Straub**

### **Chapter 1 – knowing history**

1. Be able to discuss how prehistoric and early historic ideas about health differ from those we employ today
2. Be able to characterize the biomedical model (I refer to it as the medical model) that dominated in the 20<sup>th</sup> century
3. Know what psychosomatic medicine was and why it was an important development
4. Understand the development of behavioral medicine and health psychology that emerged during the 20<sup>th</sup> century
5. What is the biosychosocial perspective, what are its main elements, and how does it compare to the biomedical or medical model
6. Be able to describe what is mean by systems theory, and how this perspective contributes to the biopsychosocial perspective

### **Chapter 2 – Research methods and designs**

1. Understanding the importance of using evidence in science
2. Research methods
  - a. Descriptive
    - i. Case study
    - ii. Survey
    - iii. Observational
    - iv. Correlational
  - b. Experimental studies
    - i. Independent and dependent variables
    - ii. Why randomization is important
    - iii. How quasi experiments differ from experiments
    - iv. What is does it mean for a study to be double-blind?
  - c. Developmental studies
    - i. Cross-sectional longitudinal
    - ii. Longitudinal study
  - d. Epidemiological studies
    - i. Definition of
      1. Morbidity
      2. Mortality
      3. Incidence

4. Prevalence
5. Age-adjusted rate
- ii. Designs
  1. Retrospective (I call it retrospective cohort design)
  2. Prospective (I call it prospective cohort design)
  3. Randomize clinical trials
  4. Meta-analysis
- iii. Five standards for inferring causal relationships in epidemiological research

#### **Chapter 4 – stress**

1. Difference between stressor and stress
2. Sources of stress (be able to define and briefly describe each major stress source)
  - a. Major life events
  - b. Catastrophes
  - c. Daily hassles
  - d. Environmental stressors (noise, crowding)
  - e. Work
  - f. Social interaction/social-evaluative stress
3. Be able to list important sociocultural factors in stress
  - a. Overload
  - b. Burnout
  - c. Loss of control
4. Role of autonomic nervous system in stress
5. Role of endocrine system – SAM and HPA systems
6. How does stress harm the body
  - a. What is the direct effect hypothesis?
  - b. What is the indirect effect hypothesis?
  - c. What is allostatic load?
7. General Adaptation Syndrome
8. Cognitive appraisal (Lazarus transactional model) of stress
9. What is the basic idea of the diatheses stress model?
10. What is “tend-and-befriend” theory?

#### **Chapter 5 – coping with stress**

1. Be able to define, describe, and give examples of
  - a) Emotion focused coping
  - b) Problem focused coping
2. Why is perceived psychological control important?
3. Name two important gender differences in coping
4. Define, describe, and give examples of
  - a) Microaggressions
  - b) John Henryism?
  - c) Hardiness
  - d) Resilience

5. Define, describe, and give examples of
  - a) Explanatory style
  - b) Pessimism
  - c) Optimism
6. What is the difference between personal control and regulatory control?
7. Social support
  - a) How does social support influence health?
  - b) What is the buffering hypothesis?
8. Stress management
  - a) How is exercise used in stress management?
  - b) What is the role of relaxation therapies?
  - c) What is biofeedback and how is it used?
  - d) How are cognitive behavioral therapies used in stress management?
  - e) What is expressive writing and how is it used?

## **Essentials of Health Behavior - Edberg**

### **Chapter 1**

1. What is the social-ecological web and why is it important for understanding health and behavior?
  - a. Individual
  - b. Social, cultural and group
  - c. Socioeconomic
  - d. Political
  - e. Environmental

### **Chapter 3 – theory**

1. Key definitions
  - a) Order and regularity
  - b) Predictability
  - c) Empirical data
  - d) Progress and perfectibility
2. Contributions of psychology to theory (briefly characterize what it is and its contribution)
  - a) Behaviorist psychology
  - b) Cognitive psychology
  - c) Social psychology

### **Chapter 4 - individual health and behavior theories**

1. Be able to describe key ideas that make up the following theories
  - a) Health belief model
  - b) Theory of planned behavior/theory of reasoned action
  - c) Transtheoretical model

### **Chapter 5 – social, cultural, and environmental theories**

1. Be able to describe key ideas that make up the following theories