

## PY Exam 4

### Health Psychology

- Area that integrates research on health and psych
- Relatively new field (30 yrs)
- What's a health psychologist do? Understand how biological, social, psychological factors affect health

### The Bio psychosocial Model

- Model of health that integrates biological, behavioral, and social factors

What happens every 34 seconds in US? Someone has a heart attack

### Signs of a Heart Attack

- Being sweaty, lightheaded, pain in chest, and pain going down left arm

### Personality and Heart Disease

- Type A: competitive, achievement orientated, and impatient
- Type B: relaxed, easy going

Which personality type strongly associated with heart disease? Type A

### Magnetic Bracelets

- No research that proves they work
- Yet people claim they help

### Placebo Affect

- Believing a drug or treatment has an affect, when there really is none

### After doing list of tasks what happened?

- The rapid fire of instructions put brain into stressful state
- Releasing hormones that decrease your short term memory

### You're just like a kit kat bar...

- After too much stress or pressure you just break

### Stress

- Response to event when the events exceed the persons ability to respond in a healthy way

Stressor: environmental event or stimulus that threatens and organism

Daily Life Stressors: traffic jams or waiting in line

Major Life Stressors: having a child, moving, losing a loved one

### Stress Physiology

- Releases cortisol

- Hypothalamic-pituitary-adrenal (HPA): system responsible for the stress responses

#### Distress Affects Health

- Increase BP
- Cancer
- Cardiac disease
- Alcoholism

#### Stress and Immune System

- Chronic stress weakens immune system
- Decrease in WBC production
- Bananas can relieve stress

So you want to distress...imagine self at beach

#### Obesity

- Major health problem
- Caused by overeating (high calorie and large portions)
- Genetics
- Which state has highest obesity rate? Mississippi

#### BMI

- Body mass index: measure of obesity
- Ratio to weight to height
- $BMI = \text{weight (lb)} \times 703 / (\text{height(in)})^2$

#### Restrictive Diets

- Do NOT work: works short term
- Starving yourself slows metabolism
- Weight gain occurs much faster

#### Disordered Eating

- Anorexia nervosa: excessive fear of becoming fat; refuse to eating
  - o Often begins in adolescence
  - o 15-20 yo literally starve themselves to death
  - o valeria or Jeremy gillitzer
- Bulimia nervosa: alternate between dieting and binge eating
  - o Develops during adolescence
  - o Engage in: induced vomiting and excessive exercise
- Binge eating: binge at least twice a week
  - o Do NOT vomit
  - o Tend to be obese
  - o More common in males

#### Smoking

- Decreases life span by 12 years
- Causes: heart disease, cancer, respiratory problems

Why do people do it?

- Addictive
- Look cool/tough

Lung Cancer

- Uncontrolled growth of abnormal cells in one or both lungs
- 87% of all lung cancers in US are smoking related
- Secondhand smoke also increases risk of lung cancer by 25%

Benefits of Exercise

- Enhances growth of neurons
- Improves memory and cognition
- Improves mood
- Improves cardiac health

Social Psychology

What does a social psychologist do?

- Study how people behave in different social contexts

First Impressions

- We make judgments on people quickly
- What do we notice?
  - Facial expressions, gestures, mannerisms, and movements, voice
  - We notice face first
- How quickly?
  - 1/10<sup>th</sup> of a second
- Does love at first sight exist?
  - Research says maybe

Actor/Observer Discrepancy

- We attribute our behavior to things outside our control (when its something bad)
- We attribute behavior of others as their own fault
- Example
  - I was late b/c of traffic
  - She was late b/c she is unorganized and lazy

Self-Fulfilling Prophecy

- The tendency to behave in ways that conform to your own or others expectations
- Ex/