

Chapter 5: Health-Compromising Behaviors

Learning Objectives

An asterisk () denotes material covered exclusively in the textbook*

1. What are some characteristics of health-compromising behaviors?
 - a. They are habitual and addictive, there is a window of vulnerability and having to cope with stressful situations, most behaviors develop gradually
2. Define obesity and be familiar with the obesity statistics discussed in class
 - a. **Obesity**: an excessive accumulation of body fat
 - b. Estimated 500 million people worldwide are obese and 1.5 billion are overweight, including 43 million children under age 5 (WHO, 2011). 68% of the adult U.S. population is overweight, and about 34% are obese
3. Know and understand the medical and psychological consequences of obesity
 - a. **Medical**: Atherosclerosis, Hypertension, Gallbladder disease, Arthritis, Heart failure, Increased death rates for all cancers
 - b. **Psychological**: Are rated as less likeable and attractive, Receive lower grades, Experience dating difficulties, Are often the target of negative social attitudes
4. Understand the discussion of obesity in childhood *
 - a.
5. Know and understand the factors associated with obesity
 - a. Number and size of an individual's fat cells, Window of vulnerability in childhood, Style of eating, Family history, SES and culture, Depression
 - b. What is yo-yo dieting? *
 - i. **Yo-Yo dieting**: Cycles of diet and weight gain
 - c. Understand the set point theory of weight
 - i. **Set point theory of weight**: idea that each individual has an idea; body weight which cannot be greatly modified. Like a thermostat
6. How is obesity treated?
 - a. Dieting, surgery, cognitive-behavioral therapies: self-monitoring, exercise,, stress management, social support, relapse prevention
7. Describe anorexia nervosa (AN) and its two subtypes
 - a. 1) **Restricting**: maintaining low bodyweight by reducing calorie intake and increasing physical activity
 - b. 2) **Bulimia**: either binge eating, purging or both
8. What are the main features of AN?
 - a. Perception of body size and weight is distorted and there is an intense fear of gaining weight or feeling fat.
9. Understand the epidemiology, etiology, and treatment of AN
 - a. **Etiology**: Hypothalamic abnormalities, Heritability 60%, family dysfunction, distorted
 - b. **Epidemiology**: Highest mortality rate of any psychiatric disorder. Tends to cluster in certain segments in population.
10. Describe bulimia nervosa (BN) and its two subtypes

- a. **BN**: A disorder characterized by recurrent episodes of binge eating in combo with some form of purging aimed at undoing the effects of the binge or preventing weight gain.
 - b. Purging Subtype:
 - c. Non-purging subtype:
11. What are the main features of BN?
- a. Lack of control over eating, recurrent episodes of purging.
 - b. What is compensatory behavior? Be able to recognize examples.
12. Understand the etiology and treatment of BN
- a. **Etiology**: Hyperactive HPA axis, Heritability: 28-83%, Family places a high value on thinness and appearance
 - b. **Treatment**: Psychoeducation, stress management, A combination of medication and cognitive therapy is most effective.
13. Define and be able to recognize examples of:
- a. **Physical dependence**: When the body has adjusted to the substance and incorporates the use of that substance into the normal functioning of the body's tissue.
 - b. **Tolerance**: Process by which larger doses of substance are needed to produce same effects
 - c. **Craving**: intense desire to consume substance
 - d. **Addiction**: person has become physically or psychologically dependent on substance
 - e. **Withdrawal**: person has become physically or psychologically dependent on substance
14. What are the health consequences of alcohol consumption?
- a. Alcohol has been linked to high blood pressure, stroke, cirrhosis of the liver and some form of cancer.
15. Compare and contrast problem drinking and alcoholism
- a. **Alcoholism**: someone who is physically addicted to alcohol. Withdrawal symptoms when abstaining from alcohol, High tolerance for alcohol, Little ability to control drinking
 - b. **Problem Drinking**: Experience substantial social, psychological, and medical problems resulting from alcohol
16. What factors lead people to use and abuse alcohol?
- a. Genetic factors, low income, men are more prone to alcoholism than women.
17. How is alcoholism treated?
- a. People "Mature out" of drinking constantly and cognitive behavioral modification programs.
 - b. What is detoxification?
 - i. Becoming completely sober from alcohol, can produce severe symptoms.
18. What factors are associated with the successful treatment of alcohol-related problems?
- a. Teaching skills to identify and cope with environmental triggers
 - b. Moderate length of participation (6-8 weeks)
 - c. Family and occupational support
19. Understand the discussion of drinking and driving*

- a. People have begun to create self-regulatory techniques to avoid drinking and driving like Uber, Driving Jacks, etc
20. Understand the discussion of whether consuming alcohol can be good for health*
- a. Modest intake of alcohol may contribute to a longer life for older adults and senior citizens, reduces risk of a heart attack, lowers risk factors associated with coronary heart disease.
21. Know that smoking is the single greatest cause of preventable death
- a. 1 in 5 deaths
22. What are the health consequences of smoking? What are the synergistic effects of smoking?
- a. Smoking increases the risk of heart disease, lung cancer, chronic bronchitis, emphysema, low birth weight in offspring, retarded fetal development, erectile dysfunction
 - b. **Synergistic effects:** Smoking and stress can interact in dangerous ways, Weight and smoking can interact to increase mortality, Smokers engage in less physical activity.
23. Understand the historical trends of smoking in the U.S.
- a. Smoking was considered a sophisticated and manly habit
24. Know and understand the genetic, social, and addiction factors that lead people to smoke
- a. **Genetic factors:**
 - b. **Social Factors:** Peer and family culture, self-presentation, self-identity
 - c. **Addiction:** Reported as being harder to stop than heroin addiction or alcoholism, Exact mechanisms underlying nicotine addiction are unknown
25. Why is smoking so hard to change?*
- a. Smoking is associated with pleasurable activities as teenagers, smoking patterns are individualized, and stopping smoking leads to short term unpleasant withdrawal symptoms such as distractibility, nausea, insomnia, anxiety, and smoking keeps weight down. Smoking is mood elevating.
26. How is smoking treated?
- a. Media interventions focused on changing attitudes towards smoking, Nicotine replacement therapy, Interventions that incorporate social support, stress management, relapse prevention
27. What are some common smoking prevention programs?
- a. Programs in schools, ads
28. Understand the discussion of secondhand smoke (Box 5.7)*
- a. 3000 cases of lung cancer due to 2nd hand smoke. Also repeated exposure leads to depression.