

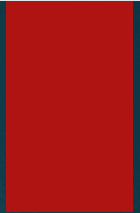


Chapter 6: Emotional Health and Well-Being

BIOPSYCHOSOCIAL MODEL OF WELL-BEING

Biopsychosocial Model: Biological Factors

- ▶ Disease
- ▶ Microorganisms
- ▶ Vaccines
- ▶ Limitations of looking to biology alone to explain well-being:
 - ▶ More than just physical explanations of illness
 - ▶ Problem (dysfunction) based



Biopsychosocial Model: Psychological Factors

- ▶ Emotions
 - ▶ Immune system via nervous system
 - ▶ Emotional impacts on health
 - ▶ Negative/positive emotions
- ▶ Health behaviors



Biopsychosocial Model: Sociological Factors

- ▶ Socioeconomic status and Income
- ▶ Family and culture (shared behaviors)



Measuring Health-Related Quality of Life (HRQOL)

- Broad outcome measures designed to measure physical, emotional, and social dimensions of health (*McDowell & Newell, 1996*).
- No one definition of HRQOL is agreed upon, but generally assessed with generic measures (e.g., Short-Form 36) or disease-specific measures (e.g., Quality of Life in Epilepsy Scale-10 (*Ware & Sherbourne, 1992; Cramer et al., 1996*)).

Core Healthy Days Measures



1. Would you say that in general your health is excellent, very good, good, fair, or poor?
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Interventions to Improve Quality of Health: Positive Psychology

Strength	Description
Hope	[Optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
Zest	[Vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly, living life as an adventure; feeling alive and activated
Gratitude	Being aware of and thankful for the good things that happen; taking time to express thanks
Curiosity	[Interest, novelty-seeking, openness to experiences]: Taking an interest in all ongoing experiences; finding all subjects and topics fascinating; exploring and discovering
Love	Valuing close relationships with others, in particular those in which sharing and caring are reciprocated; being close to people