**Class : Psych 3405**

**Date: 3/10/15**

**Biosychological Model Chapter 6**

**Biological factors**

Wellbeing means quality of life.

Biological factors can creep into our body and change our wellbeing.

Getting vaccinated can help prevent some of these diseases.

Someone who is deaf, or missing a limb may not be seen as a sick person.

There is stress response wired into our body.

Emotions that relates to our body system can impact our health positively/negatively.

Positive emotions can lead to health behaviors like exercise and balanced diet.

Negative emotion can lead to going to the doctor.

**Sociological factors**

What do we mean by class?

Socioeconomic status and income.

Class status at what cost? It happens differently for people.

It may be by culture. Family and culture (shared behavior) e.g. some families sit together for dinner, some don’t. Culture affects the outcome of our health.

Psychological factors

Measuring health-related quality of life (HRQOL)

How do you measure quality of life of someone living with epilepsy?

Intervention to improve quality of health: positive psychology to improve quality of life.

We watched a film on infant mortality and low birth weight of babies born to African American women.

The film shows the effect of stress on African American women and how it translates to low birth weight and infant mortality.