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PSY3405-D932

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**Tuesday's Class Notes**

**Reminders**: Don't forget to complete the live-well certificate if you haven't done so. The next live-well assignment can be done three weeks after the first one was completed.

**Biospsychosocial Model**

**Biological Factors**

* Diseases- can affect whether or not we are well and also affect our quality of life.
* Microorganisms
* Vaccines

Limitations of looking to biology alone to explain well-being

-Problem (dysfunction) based

**Psychological factors**

-Emotions

-Immune system via nervous system: if our stress response is consistently activated it suppresses our immune system.

-Emotional impacts on health

-negative/positive emotions

**Sociological factors**

**-** Socioeconomic status and Income: this is based on how much money you make and your status in society.

-family and culture (shared behaviors): shared behaviors can contribute to your well-being.

**Measuring Health-Related Quality of Life**

* Designed to measure physical, emotional, and social dimensions of health. It's generally assessed with generic measure.

- **A video was watched in class about the study of infant mortality rate and premature births of babies born by African American females.**