Professor Almond

Class Notes

2\_3\_2015

OBJECTIVES:

1. Define health (view Patient Voices MS)
2. Share different models (meanings) of health
3. Describe determinants of health
4. Explore health as a culture (enthnopharmocology activity)
5. Finish with OpenLab Challenge (comment on in-class activity; describe setting in which health psychology can be applied by student)

Multiple Sclerosis Stories <http://www.nytimes.com/interactive/2008/12/03/health/healthguide/TE_MULTIPLESCLEROSIS.html>

Changes in the meaning of health (no longer *just* the absence of illness)

Mind-body interactions: “worrying yourself sick”

 Psychosomatic thought and Freud

World Health Organization (1954) changing the definition of health to include more than the mere absence of disease

Biopsychosocial: these three interact to create what we call health. One area can significantly impact the other. Ways of thinking and whether or not we feel supported can shape our biology. Vice versa- biology (in this case illness) can shape our thinking and our social interactions

Wellness model: more inclusive of spirituality and emotional health

Socioecological: takes a look at environment, health policy, and interactions between the person and the world they are in.

Determinants of Health

1. Individual demographic (age, gender, sexual orientation, income, education)
2. Family/Culture (“illness doesn’t run in your family… perhaps no one runs in your family”)
3. Physical environment (with privilege: you shape the world around you. Without privilege: your environment shapes you) These happen together as well all have ways in which we are both privileged and not.
4. Social environment (who you surround yourself with *does* matter)

Ethnopharmacology (what can images/drawings tell us about our own culture of healing and the setting in which healing can take place?)