Notes for PSY 3405 D931 Week 2: 2/3/2015

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Additional Policies to add to Open Lab

1. Confidentiality – What is said in the class stays in the class. If experiences are shared outside the class, de-identify the person and content.
2. Positive attitudes and staying professional

Objectives:

1. Define health
2. Different models of health
3. Determinants of health
4. Discuss health as a culture
5. Open lab challenge

Multiple Sclerosis: Comparing experiences of living with the disease

1. Together for the Ride: Adapting to MS vs. AnnMarie Johnson: Dating with Disability
2. Nytimes.com/interactive/2008/12/03/health/healthguide/TE\_MULTIPLESCLEROSIS.html
3. The older lady seemed angry and listed all of the things she couldn’t do and her restrictions. She is very dependent on machines and equipment to get through life. Mrs. Johnson sounded like a very hopeful person and her voice was filled with laughter. She hopes for marriage and children. She has more of a positive attitude and seems more optimistic even though she has the same non-curable disease as the older lady. This determines Mrs. Johnson as the healthier person.
4. Main Points: MS doesn’t discriminate. You can be healthy with a chronic disease. There was a time where you couldn’t be both.

Definition of Health: World Health Organization (WHO) described health as not just the absence of illness (Mid-twentieth century idea). Example: A smoker/drinker can be without illness but still be considered unhealthy, and vice versa. A person can be healthy and have an illness.

Models of Health:

1. Biopsychosocial- Body, mind, and social = biology, mental processes, and interactions with society. They are all inter-related, they all affect each other.
2. Wellness model: Spiritual model – Has to do with the quality of life. “It’s not the years in your life, it’s the life in your years”.
   1. Waking up in misery every day? Diminishes quality of life
3. Social ecological model of health: Environment interactions (how environments shapes/affects you and how you affect the environment.
4. Psychosomatic: Freud-“you’re going to worry yourself sick”. The mind can manifest physical ailments.

Determinants of Health:

1. Individual – demographic, gender, sexual orientation, income, etc.
2. Family/Culture – reason why doctors ask you for family history is to determine what behaviors are practiced that can lead to chronic illnesses. For example, if hypertension runs in your family, there are a set of shared behaviors that Health Psychologist would help determine and break those shared behaviors. A health psychologist would say “Hypertension does not run in your family, most likely nobody is running in your family” – Dr. Almond
3. Physical environments
4. Social Environments

Open Lab Challenge:

1. Ethnopharmocologist – Study tools from the past to determine medical practices.
2. What do the modern medical tools tell you about health today?