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Main Issues of Health Psychology and its social concerns

Health psychology addresses various issues which are as follows:

1) Behavioural Factors -

Understanding how behaviours such as diet, exercise and substance use, impact physical health.

2) Mental Health

Exploring the interplay between psychological factors and mental well-being, including stress, anxiety and depression etc.
How psychological issues lead to range of physical problems

3) Adherence to Medical treatments is a challenge to healthcare as many individuals struggle to follow prescribed regimens consistently. No adherence can lead to worsening of health

4) Chronic illness - examining the psychological aspect of chronic conditions and how individuals cope with long-term health conditions.

② Preventive Health
Promoting health-related behaviours and preventive measures to enhance overall well being.

Social Concerns-

1) Health disparities
Addressing inequities in health outcomes based on socio-economic status, race or other social determinants

2) Access to healthcare -
Analysis barriers to healthcare access and advocacy for policies that ensure equitable distribution of healthcare resources.

3) Stigma - Combating social stigma associated with certain health conditions to encourage open dialogue and support

4) Public health campaigns
Designing effective campaigns to promote health, health awareness and encourage positive health behaviours at the societal level

Health Psychology plays a crucial role in
integrating psychological principles with
public health efforts to

and address social concerns

Health Behaviour - Behavioural factors in health

Gochman defines

"Health behaviour as those personal attributes, such as beliefs, expectations, motives, values, perception and other cognitive elements personally characteristics, including affective and emotional states & traits and overt behaviour patterns, actions and habits that relate to health maintenance, to health restoration and to health improvement."

Few characteristics of health are

- Complex as influenced by belief system, emotional state, psychological, social, etc.
- Dynamic - change along with time, place, age, social physical environment
do not smoke when in home, but smokes when ^{another} _{city}
- A process
- Motivated with a stimulus

Classification

- Preventive health behaviours
- Illness behaviours
- Sick role behaviours

Behavioural factors in health

Behavioural factors play crucial role in influencing individuals health. These factors encompass a range of actions and choices that people make in their daily life some of them are:

1) Diet & Nutrition

- eating habits & food choices
- Overconsumption of unhealthy food

2) Physical activity -

- Regular activities
- Sedentary lifestyle - lack of ↗

3) Substance use and abuse.

Tobacco, smoking, excessive alcohol consumption have ↑ risk of various diseases, like lung cancer

4) Sleep patterns

- quality & quantity of sleep needed
- if not lead to diseases like obesity, diabetes, cardiovascular, mental health etc.

- 5) Stress management
- negative impact on mental or physical associated with diff depression anxiety
 - technique of mindfulness & relaxation

- 6) Hygiene Practices
- Personal health care
 - Poor hygiene practices

- 7) Health seeking behaviour -
how approach the health, and willing to seek medication.

- 8) Social connections
- social factors including relationships & support networks impact mental & emotional wellbeing
 - from social connection \uparrow mental health, isolation - depression

Application to Health

- Health Behaviour change - Promoting healthy life style
- Chronic illness management - Adherence to treatment plan.
- Stress management - coping strategies
- relaxation, mindfulness, cognitive behavioural
- Pain management - CBT, relaxation, biofeedback
mindfulness, medical treatment ^{compliance}

⑤ Psychosocial factors - social economic and cultural salient influence health, - equality disparity

⑥ Health promotion & education

⑦ Provide insight for public health policies

⑧ Rehabilitation psychology - supporting recovery

⑨ Health technology & intervention digital tools, monitor health metrics apps & virtual programs

Medical & cultural approach.

Psychological approach &

- Understanding health behaviour
- Cognitive behaviour intervention
- Stress & Coping
- Mind body connection
- adherence to medical treatment
- Psychosocial factors to chronic illness
- Health promotion & education
- Behavioural medicine.