

Psychology Readings

◆ Week 2: Psychology of Medicine

- Psychological factors are important in many aspects of physical and mental health
- It is difficult to define health. The choice of definition has implications for medical practice and society
- The (WHO) defined health very broadly as 'a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity' (WHO, 1992). The value of this definition is that it is inclusive and the emphasis on wellbeing accounts for individual differences in subjective perceptions of health. However, this definition has been criticized for being too broad
- The way we define health therefore has implications for who can be seen as responsible for our health and for which treatments we offer
- No single definition of health is adequate and it is perhaps easier to think of health and illness on a continuum from complete wellness to death
- Health operates on many levels such as the physical, subjective, behavioral, functional, and social. One survey of around 9,000 people found that we generally think of health in six different ways (Baxter, 1990):
 - × Not having symptoms of illness.
 - × Having physical or social reserves.
 - × Having healthy lifestyles.
 - × Being physically fit or vital.
 - × Psychological wellbeing.
 - × Being able to function
- The separation of psychology and medicine was initially founded on the mind-body divide dualism!
- The value of psychological research is that:
 - × It tests commonsense views empirically to confirm or disconfirm them
 - × It goes *beyond* common sense
 - × People don't always act according to common sense!
- Research therefore not only challenges common sense but also examines the things that go beyond common knowledge, such as why depression puts people at a higher risk of heart disease
- The biomedical approach assumes that all disease can be explained in terms of physiological processes; therefore treatment acts on the disease and not on the person. There is a linear progression of causality from the pathogen to the person and not the other way around. Psychological and social processes are separate and incidental. The person as a whole is therefore not considered by the bio- medical approach
- It is not only lifestyle that is important. Individual factors such as personality, health behaviors, and beliefs also affect health. For example, individuals who are high on the personality trait of conscientiousness are less likely to engage in risky behaviors and more likely to engage in positive health behaviors
- A good example of the effect of our beliefs on health and illness is the placebo effect, where people recover because they think they are going to recover, as opposed to recovering because of pharmacological or physical treatment

Current Research In Psychology A Of Readings

Katrin Zwirgmaier



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