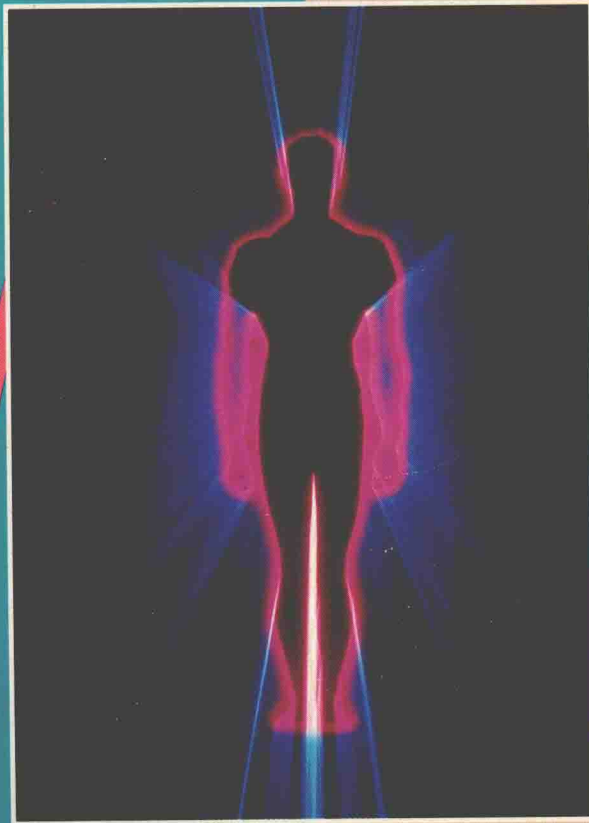


Study Guide to Accompany
Brannon and Feist's

Health Psychology

An Introduction to Behavior and Health



SECOND EDITION

Kenneth L. Thompson

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to Behavior
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Central Missouri State University

Wadsworth Publishing Company
Belmont, California
A Division of Wadsworth, Inc.



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Printed in the United States of America

1 2 3 4 5 6 7 8 9 10 — 95 94 93 92 91

ISBN 0-534-16538-9

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*Health **Psychology***

PREFACE

This Study Guide is designed to help you understand, appreciate, and derive applied value from the important concepts and principles from your health psychology textbook. It can be a useful tool in helping you to learn more effectively and to be a better student. Your motivation and commitment to learning are necessary prerequisites for its use.

ORGANIZATION OF THE STUDY GUIDE

The Study Guide is organized into chapters that correspond to those in your health psychology textbook. Each chapter of the guide is divided into four basic parts: chapter learning objectives; key terms, names, and concepts; multiple choice and completion questions; and short answer questions and activity focus items. The **learning objectives** indicate what you should expect to understand after reading and studying the chapter. A list of **key terms, names, and concepts** is provided to help you locate the important items that you should be able to identify or define. **Multiple choice questions and completion items** are included in order for you to test your understanding of the material. Answers for these test items are provided at the end of each chapter. The **short answer questions and activity focus items** are designed to help you integrate and find personal application for important concepts and issues from the chapter.

You will find that the Study Guide is designed to encourage you to become active and involved in the process of learning. **Page citations** are provided throughout the guide to help you locate the important concepts in the textbook chapter and check your progress as you learn. Make use of the **study tips** that are provided in the guide as these will provide you with specific ideas and techniques to help you learn, study, and perform more effectively.

As you begin to move along the path of learning about the field of health psychology, I hope this study guide will help make your journey a challenging and rewarding experience.

Kenneth L. Thompson

Acknowledgments

The author wishes to give special thanks to Phyllis Watts for providing support, editorial assistance, and technical advice for preparation of the manuscript. Thanks also to Jon, David, Bob, Paul, Art, Kathy, and Jan. Their encouragement and friendship is greatly appreciated.

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CHAPTER 1

INTRODUCING HEALTH PSYCHOLOGY

LEARNING OBJECTIVES

As you study this chapter introducing health psychology, see if you can master these learning objectives.

1. Compare and evaluate the health lifestyles and attitudes of Ken and Jeff. (1-2)
2. Describe and contrast the changes in major health problems that have occurred in the last century. (2-3)
3. Point out two major differences between chronic diseases and infectious illness. (2-3)
4. List and describe four important changes that have occurred in the health field in the United States during the last 100 years. (4)
5. Identify the three current leading causes of death in the United States. (4)
6. Explain the reasons for the gains in life expectancy in the United States since 1900. (4-5)
7. List two categories that definitions of health fall under, along with a health definition for each. (6-7)
8. Present arguments for and against the position that health is merely the absence of disease. (7)
9. Tell how the World Health Organization of the United Nations views and defines health. (7)
10. Describe the central features of Seeman's model of positive health. (7)

11. Outline and trace the central historical views of illness and health, including the major contributors. (8-10)
12. Explain how Descartes's concept of dualism influenced medical science and views of health. (9)
13. Describe, compare, and evaluate the biomedical and biopsychosocial models of health. (10-13)
14. Point out the role of a systems approach to the biopsychosocial model of health. (11-12)
15. Describe and give examples of how illness cognitions influence personal views of illness and health. (12-13)
16. Trace and describe psychology's changing role and relationship with medicine and medical education. (13-16)
17. Outline the historical roots of psychosomatic medicine. (14-15)
18. Describe the importance and use of behavior modification as a tool of behavioral therapy. (16)
19. Define, distinguish, and describe the relationship among the fields of behavioral medicine, behavioral health, and health psychology. (16-19)
20. Describe the evolution, current status, and future outlook of health psychology as a specialty field within psychology. (17-20)

KEY TERMS, NAMES, AND CONCEPTS

You will find it useful to master the key terms and names included in this chapter. Use the page references as a guide to help you identify and study each of these important concepts.

chronic diseases (2)
infectious illness (3)
World Health Organization (7)
Julius Seeman's model of health (7)
Hippocrates (9)
Galen (8)

Descartes (9)
pathogen (8)
Cartesian dualism (9)
biomedical model (9, 10-11)
Rudolf Virchow (9)
Sigmund Freud (9, 15)
holistic approach (10)
biopsychosocial model (10-13)
systems theory (11)
illness cognition (12)
John B. Watson (14)
psychosomatic medicine (14-15)
psychosomatic approach (15)
Walter Cannon (15)
Flanders Dunbar (15)
Franz Alexander (15)
behavioral medicine (15-17)
behavior therapy/behavior modification (16)
biofeedback (16-17)
behavioral health (17)
health psychology (17-19)

Study Tip: It is important to note the organizational scheme of your book and chapters as you begin to study. This is revealed in the table of contents, the chapter outlines and topic headings, and the chapter summaries. Getting the "big picture" will help you learn and remember material much more effectively.

MULTIPLE CHOICE QUESTIONS

These questions will help you test your mastery of the material. Page references are provided for each question and answers are listed at the end of the chapter.

1. Jeff's view toward his health and illness is that (1-2)
 - a. a healthy lifestyle can prevent illness.
 - b. there's not much one can do about sickness.
 - c. doctors are necessary to cure illness.
 - d. death is something that the person cannot control.

2. The most common illnesses a century ago were (2-3)
- a. chronic diseases.
 - ☒ b. infectious illnesses.
 - c. psychosomatic disorders.
 - d. long in duration.
3. The leading cause of death in the United States is (3)
- a. accidents.
 - b. cancer.
 - ☒ c. heart disease.
 - d. pneumonia.
4. Chronic diseases occur much more frequently with (3)
- a. infants.
 - b. young children.
 - c. adolescents.
 - ☒ d. adults.
5. The causes of death today are most likely a result of (4)
- a. injury or trauma.
 - b. contraction of infectious diseases.
 - ☒ c. unhealthy behaviors and lifestyle.
 - d. environmental hazards and accidents.
6. The cost of health care in America is approximately _____ percent of the gross national product. (5-6)
- ☒ a. 10
 - b. 20
 - c. 50
 - d. 80
7. The most cost-efficient approach to health care is (6)
- a. home treatment.
 - b. care by a physician.
 - ☒ c. prevention.
 - d. hospitalization.
8. The World Health Organization views health as a _____ state of well-being. (7)
- a. physical
 - b. mental
 - c. social
 - ☒ d. complete

9. Seeman's model of positive health favors a _____ approach. (7)
- a. ☒ systems
 - b. biochemical
 - c. interpersonal
 - d. cognitive
10. This famous Greek physician and healer favored a holistic view of health. (8)
- a. ☒ Hippocrates
 - b. Galen
 - c. Descartes
 - d. Freud
11. A pathogen is regarded as the (8)
- a. ☒ specific agent that causes disease.
 - b. major symptom of a disease.
 - c. cure for a disease condition.
 - d. body's reaction to a disease or injury condition.
12. Descartes's concept that the mind and body operate separately is known as (9)
- a. independent functioning.
 - b. reciprocal interaction.
 - c. ☒ Cartesian dualism.
 - d. monistic operation.
13. The favored model of health and illness since the 19th century has been the _____ model. (10)
- a. psychosocial
 - b. ☒ biomedical
 - c. psychoanalytic
 - d. systems
14. The primary limitation of a biomedical model in explaining disease cause is that (11)
- a. it relies on empirical data.
 - b. it stresses diagnosis of symptoms.
 - c. it identifies pathogens that cause diseases.
 - d. ☒ it views illness as solely caused by biological factors.

15. Illness cognitions have to do with (12)
- a. personal concepts and explanations of illness.
 - b. popular and socially accepted notions of illness.
 - c. myths and stereotypes regarding illnesses and how they are viewed.
 - d. models of illness based on scientific methods and theory.
16. Psychology's involvement in health focuses on (13)
- a. prevention of illness.
 - b. keeping people healthy.
 - c. methods for relieving pain and reducing stress.
 - d. all of the above.
17. One of the first psychologists to recommend that physicians and medical students receive training in psychology and principles of behavior was (14)
- a. John B. Watson.
 - b. B. F. Skinner.
 - c. Sigmund Freud.
 - d. Walter Cannon.
18. Psychosomatic illnesses are best understood as (14-15)
- a. infectious diseases that have resulted in brain damage.
 - b. mental illnesses caused by physical injury or trauma.
 - c. illnesses that only exist in the patient's mind or cognitive state.
 - d. illnesses caused by an interaction of psychological and physical (somatic) factors.
19. Which of the following is a primary tool of behavioral therapy used in dealing with health-related behaviors and illness? (16)
- a. behavior modification
 - b. cognitive restructuring
 - c. stress management
 - d. environmental alteration
20. With biofeedback, the person's _____ state is being monitored. (16)
- a. physiological
 - b. environmental
 - c. social
 - d. cognitive

21. The focus of behavioral health is on (17)
 - a. health and wellness.
 - b. diagnosis and evaluation.
 - c. therapy and recovery.
 - d. training and rehabilitation.

22. Health psychology deals with (19)
 - a. the enhancement of health.
 - b. the prevention of illness.
 - c. the treatment of illness.
 - d. all of the above are aspects of health psychology.

COMPLETION ITEMS

1. Can you identify the two major types of health problems in the United States? List them below
CARDIOVASCULAR disease
malignant Neoplasms

2. Chronic diseases include heart dis., cancer, and stroke. (2-3)

3. The chronic diseases are more likely to persist than illnesses. (3) T

4. Heart disease is the leading cause of death in the United States. (3)

5. Persons with poorly lifestyles are more likely to develop chronic diseases. (3-4)

6. The major factor responsible for increases in life expectancy in the United States is a decrease in infant mortality. (4)

7. Medical costs are increasing at a rate higher than inflation. (5)

8. Health can be viewed as either the absence of disease, or as a positive health condition. (6-7)

9. Our prehistoric ancestors saw illness as due to spiritual forces. (8)

10. Descartes regarded the mind and body as separate entities. (9)
11. List three elements that are included in the biopsychosocial model of health. (10-11)
biological
psychological
social
12. Gary Schwartz suggests integrating a systems approach into the biopsychosocial model. (11)
13. The systems model of health describes how negative and positive feedback are utilized in regulating the system. (12)
14. Biopsychosocial medicine embraces the view that psychological and somatic factors interact to produce disease. (14)
(body)
15. B. F. Skinner formulated the original principles of behavioral modification, which are widely applied in dealing with health-related behaviors. (16)
16. Three basic goals of behavioral medicine are prevention, diagnosis, and treatment. (17)
17. A new field of psychology that contributes to both behavioral medicine and behavioral health is health psychology. (19-21)

SHORT ANSWER QUESTIONS AND ACTIVITY FOCUS ITEMS

The following questions and activity focus items will help you explore some important issues regarding patterns of illness and how illness and health are conceptualized.

Changing Patterns of Illness

1. What are the major health problems in the United States today? Are major illnesses more likely to come from infectious diseases or chronic disorders? Make a list of the diseases that you feel represent the most significant health problems. What are the top five leading causes of death in the United States? Compare your list with the information provided in Table 1.1 on page 3 of your chapter.

The Escalating Cost of Medical Care

2. Most Americans are keenly aware of the escalating cost of health care. The costs of medical care in recent years has exceeded the inflation rate and a sizable portion of the gross national product is spent for health care. How much do you and your family spend for health care? Take some time to itemize your personal health care costs for the past year. Be sure to include health insurance costs as well as your expenses for medical treatments and medication. Make a list of some of the ways in which you think medical costs could be reduced or financed. Did you include any suggestions regarding prevention as a way to contain medical costs?