

## INTRODUCTION TO HEALTH PSYCHOLOGY

### CHAPTER 1

#### What Is Health Psychology? 2

##### Definition of Health Psychology 3

Why Did Health Psychology Develop? 3

##### The Mind-Body Relationship: A Brief History 4

Psychoanalytic Contributions 5

Psychosomatic Medicine 5

Current Mind-Body Perspective 6

##### The Biopsychosocial Model in Health Psychology 6

The Biopsychosocial Model Versus the  
Biomedical Model 6

Advantages of the Biopsychosocial Model 6

Clinical Implications of the  
Biopsychosocial Model 7

The Biopsychosocial Model: The Case History of  
Nightmare Deaths 7

##### The Need for Health Psychology 8

Changing Patterns of Illness 8

Advances in Technology and Research 10

The Role of Epidemiology in Health Psychology 10

Expanded Health Care Services 10

Increased Medical Acceptance 11

Health Psychology Research 11

##### What Is Health Psychology Training For? 13

Careers in Practice 13

Careers in Research 13

### CHAPTER 2

#### The Systems of the Body 17

##### The Nervous System 18

Overview 18

The Brain 19

The Role of Neurotransmitters 20

Disorders of the Nervous System 20

##### The Endocrine System 22

Overview 22

The Adrenal Glands 22

Disorders Involving the Endocrine System 22

##### The Cardiovascular System 23

Overview 23

The Heart 24

Disorders of the Cardiovascular System 25

Blood Pressure 26

The Blood 26

Disorders Related to White Cell  
Production 27

Disorders Related to Red Cell Production 27

##### The Respiratory System 27

Overview 27

The Structure and Functions of the  
Respiratory System 28

Disorders of the Respiratory System 28

Dealing with Respiratory Disorders 30

**The Digestive System and the Metabolism of Food 30**

- Overview 30
- The Functioning of the Digestive System 30
- Disorders of the Digestive System 31

**The Renal System 32**

- Overview 32
- Disorders of the Renal System 33

**The Reproductive System and an Introduction to Genetics 33**

- Overview 33
- The Ovaries and Testes 33

- Fertilization and Gestation 34
- Disorders of the Reproductive System 34
- Genetics and Health 35

**The Immune System 37**

- Overview 37
- Infection 37
- The Course of Infection 37
- BOX 2.1** Portraits of Two Carriers 38
- Immunity 38
- Disorders Related to the Immune System 40

## PART TWO

## HEALTH BEHAVIOR AND PRIMARY PREVENTION

**CHAPTER 3****Health Behaviors 42****Health Promotion: An Overview 44****An Introduction to Health Behaviors 44**

- Role of Behavioral Factors in Disease and Disorder 44
- What Are Health Behaviors? 44
- Practicing and Changing Health Behaviors: An Overview 45
- Barriers to Modifying Poor Health Behaviors 47
- Intervening with Children and Adolescents 48
- Intervening with At-Risk People 50
- Health Promotion and Older Adults 51
- Ethnic and Gender Differences in Health Risks and Habits 52

**Changing Health Habits 52**

- Attitude Change and Health Behavior 52
- The Health Belief Model 54
- The Theory of Planned Behavior 56
- Self-Determination Theory 57
- Attitudes and Changing Health Behaviors: Some Caveats 57

**Cognitive-Behavioral Approaches to Health Behavior Change 58**

- Cognitive-Behavior Therapy (CBT) 58
- Self-Monitoring 58
- BOX 3.1** Cognitive-Behavior Therapy in the Treatment of Alcoholism 59
- Classical Conditioning 60
- Operant Conditioning 60

- Modeling 61
- Stimulus Control 62
- The Self-Control of Behavior 62
- Relapse 65

**The Transtheoretical Model of Behavior Change 67**

- Stages of Change 68
- Using the Stage Model of Change 69

**Changing Health Behaviors Through Social Engineering 69****Venues for Health-Habit Modification 70**

- The Private Therapist's Office 70
- The Health Practitioner's Office 70
- The Family 70
- Managed Care Facilities 71
- Self-Help Groups 71
- Schools 71
- Workplace Interventions 71
- Community-Based Interventions 72
- The Mass Media 73
- Telephone 74
- The Internet 74

**CHAPTER 4****Specific Health-Related Behaviors 77****Exercise 78**

- Benefits of Exercise 78
- Determinants of Regular Exercise 80
- Characteristics of Interventions 82

**Accident Prevention 83**

- Home and Workplace Accidents 83
- Motorcycle and Automobile Accidents 84

**Cancer-Related Health Behaviors 85**

- Mammograms 85
- Colorectal Cancer Screening 86
- Sun Safety Practices 87

**Developing a Healthy Diet 88**

- Why Is Diet Important? 88
- Resistance to Modifying Diet 90
- Interventions to Modify Diet 90

**Weight Control and Obesity 91**

- The Regulation of Eating 91
- Why Is Obesity a Health Risk? 92
- BOX 4.1** The Stigma of Obesity: Comments on the Obese 96
- Obesity in Childhood 97
- Obesity in Older Age 98
- Factors Associated with Obesity 98
- Stress and Eating 100
- Weight Control and Obesity 100
- Cognitive Behavior Therapy (CBT) 100
- Where Are Weight-Loss Programs Implemented? 102
- Evaluation of Cognitive-Behavioral Weight-Loss Techniques 102
- Taking a Public Health Approach 103

**Eating Disorders 104**

- BOX 4.2** The Barbie Beauty Battle 104
- BOX 4.3** You Can Be Too Thin 105
- Anorexia Nervosa 105
- Bulimia 107

**Sleep 108**

- What Is Sleep? 108

Sleep and Health 108

Sleep Apnea 109

**Rest, Renewal, Savoring 110****CHAPTER 5****Health-Compromising Behaviors: Alcoholism and Smoking 112****Characteristics of Health-Compromising Behaviors 113****What Is Substance Dependence? 114****Alcoholism and Problem Drinking 114**

- The Scope of the Problem 114
- What Are Alcoholism and Problem Drinking? 115
- Origins of Alcoholism and Problem Drinking 115
- Treatment of Alcohol Abuse 116
- BOX 5.1** After the Fall of the Berlin Wall 117
- Treatment Programs 117
- BOX 5.2** A Profile of Alcoholics Anonymous 118
- Evaluation of Alcohol Treatment Programs 119
- BOX 5.3** The Drinking College Student 120
- Can Recovered Alcoholics Ever Drink Again? 122
- Preventive Approaches to Alcohol Abuse 122
- Drinking and Driving 122
- Is Modest Alcohol Consumption a Health Behavior? 123

**Smoking 123**

- Synergistic Effects of Smoking 124
- A Brief History of the Smoking Problem 125
- Why Do People Smoke? 125
- Interventions to Reduce Smoking 128
- Smoking Prevention Programs 132
- Social Engineering and Smoking 133
- BOX 5.4** The Perils of Secondhand Smoke 134

**PART THREE****STRESS AND COPING****CHAPTER 6****Stress 138****What Is Stress? 139**

- What Is a Stressor? 139
- Person–Environment Fit 139

**Theoretical Contributions to the Study of Stress 139**

- Fight or Flight 139
- Selye's General Adaptation Syndrome 140
- Tend-and-Befriend 141
- Psychological Appraisal and the Experience of Stress 141

The Physiology of Stress 143  
 Individual Differences in Stress Reactivity 145  
**BOX 6.1** Can Stress Affect Pregnancy? 147

### What Makes Events Stressful? 147

Assessing Stress 147  
 Dimensions of Stressful Events 147  
 Must Stress Be Perceived as Such to Be Stressful? 148  
 Can People Adapt to Stress? 149  
 Must a Stressor Be Ongoing to Be Stressful? 150  
**BOX 6.2** Post-Traumatic Stress Disorder 151

### How Has Stress Been Studied? 152

Studying Stress in the Laboratory 152  
**BOX 6.3** Can an Exciting Sports Event Kill You? Cardiovascular Events During World Cup Soccer 153  
 Inducing Disease 153  
 Stressful Life Events 153  
 Daily Stress 155  
**BOX 6.4** A Measure of Perceived Stress 156

### Sources of Chronic Stress 156

**BOX 6.5** The Measurement of Daily Strain 157  
 Effects of Early Stressful Life Experiences 157  
 Chronic Stressful Conditions 158  
 Chronic Stress and Health 159  
 Stress in the Workplace 159  
**BOX 6.6** Can Racism Kill You? 160  
 Some Solutions to Workplace Stressors 162  
 Combining Work and Family Roles 163

## CHAPTER 7

### Moderators of the Stress Experience 166

#### Coping with Stress 167

Personality and Coping 167  
 Coping Resources 169

**BOX 7.1** The Measurement of Optimism: The LOT-R 169

Additional Coping Resources 171

Sources of Resilience 172

Coping Style 172

**BOX 7.2** Religion, Coping, and Well-Being 173

Problem-Focused and Emotion-Focused

Coping 175

Specific Coping Strategies 176

#### Coping and External Resources 176

**BOX 7.3** The Brief COPE 177

#### Coping Outcomes 177

**BOX 7.4** Coping with AIDS 178

#### Social Support 180

What Is Social Support? 180

**BOX 7.5** Is Social Companionship an Important Part of Your Life? 181

Effects of Social Support on Psychological Distress 181

Effects of Social Support on Illness and Health Habits 181

Biopsychosocial Pathways 182

Moderation of Stress by Social Support 183

What Kinds of Support Are Most Effective? 183

Effects of Stress on Support Providers 184

Enhancing Social Support 185

#### Coping Interventions 185

Mindfulness Training 185

Expressive Writing 185

Coping Effectiveness Training 186

Stress Management 186

Basic Techniques of Stress Management 187

A Stress Management Program 187

Relaxation Training and Stress Management 189

Supplementary Stress Management Skills 189

## PART FOUR

### THE PATIENT IN THE TREATMENT SETTING

## CHAPTER 8

### Using Health Services 194

#### Recognition and Interpretation of Symptoms 195

Recognition of Symptoms 195  
 Interpretation of Symptoms 196

**BOX 8.1** Can Expectations Influence Sensations?

The Case of Premenstrual Symptoms 197

Cognitive Representations of Illness 197

Lay Referral Network 198

Complementary and Alternative Medicine 198

The Internet 199

**Who Uses Health Services? 199**

- Age 199
- Gender 199
- Social Class and Culture 200
- Social Psychological Factors 200

**Misusing Health Services 201**

- Using Health Services for Emotional Disturbances 201
- BOX 8.2** College Students' Disease 202
- BOX 8.3** The June Bug Disease: A Case of Hysterical Contagion 203
- Delay Behavior 203

**CHAPTER 9****Patient-Provider Relations 207****What Is a Health Care Provider? 208**

- Nurses as Providers 208
- Physicians' Assistants as Providers 208

**The Nature of Patient-Provider Communication 208**

- Judging Quality of Care 208
- Patient Consumerism 209
- Setting 209
- Structure of the Health Care Delivery System 209
- Patient Dissatisfaction in Managed Care 210
- Changes in the Philosophy of Health Care Delivery 211
- The Holistic Health Movement and Health Care 212
- Provider Behaviors That Contribute to Faulty Communication 212
- BOX 9.1** What Did You Say?: Language Barriers to Effective Communication 214
- Patients' Contributions to Faulty Communication 215
- Interactive Aspects of the Communication Problem 216

**Results of Poor Patient-Provider Communication 216**

- Nonadherence to Treatment Regimens 216
- Good Communication 217
- BOX 9.2** Reducing Error in Adherence 217
- BOX 9.3** Protease Inhibitors (HAART): An Adherence Nightmare? 218
- Malpractice Litigation 219

**Improving Patient-Provider Communication and Reducing Nonadherence 220**

- Teaching Providers How to Communicate 220
- BOX 9.4** Improving Adherence to Treatment 221
- Health Care Institution Interventions 222

**The Patient in the Hospital Setting 223**

- Structure of the Hospital 223
- Functioning of the Hospital 224
- BOX 9.5** Burnout Among Health Care Professionals 225
- Recent Changes in Hospitalization 226
- The Impact of Hospitalization on the Patient 226

**Interventions to Increase Information in Hospital Settings 227**

- BOX 9.6** Social Support and Distress from Surgery 228

**The Hospitalized Child 228**

- Anxiety 228
- Preparing Children for Medical Interventions 229

**CHAPTER 10****The Management of Pain and Discomfort 231****The Significance of Pain 232****The Elusive Nature of Pain 234**

- BOX 10.1** A Cross-Cultural Perspective on Pain: The Childbirth Experience 234
- Measuring Pain 235
- The Physiology of Pain 235
- BOX 10.2** Headache Drawings Reflect Distress and Disability 237
- Neurochemical Bases of Pain and Its Inhibition 238
- BOX 10.3** Phantom Limb Pain: A Case History 239

**Clinical Issues in Pain Management 239**

- Acute and Chronic Pain 239
- Pain and Personality 242

**Pain Control Techniques 243**

- Pharmacological Control of Pain 243
- Surgical Control of Pain 243
- BOX 10.4** Managing Pain . . . Or Not 244
- Sensory Control of Pain 244
- Biofeedback 245
- Relaxation Techniques 245
- BOX 10.5** Using Relaxation to Combat Pain 246
- Hypnosis 246
- Acupuncture 247
- Distraction 248
- Coping Techniques 248
- Guided Imagery 249
- Additional Cognitive Techniques to Control Pain 249

**Management of Chronic Pain: Pain Management Programs 250**

- Initial Evaluation 250
- Individualized Treatment 251
- Components of Programs 251
- Involvement of Family 251
- Relapse Prevention 252
- Evaluation of Programs 252

**The Placebo as a Healer 252**

- Historical Perspective 252
- What Is a Placebo? 253

- BOX 10.6** Cancer and the Placebo Effect 253
- Provider Behavior and Placebo Effects 253
- Patient Characteristics and Placebo Effects 254
- Patient-Provider Communication and Placebo Effects 254
- Situational Determinants of Placebo Effects 254
- Social Norms and Placebo Effects 254
- Generalizability of Placebo Effects 255
- The Placebo as a Methodological Tool 255

PART FIVE

MANAGEMENT OF CHRONIC AND TERMINAL ILLNESS

**CHAPTER 11**

**Management of Chronic Illness 258**

**Quality of Life 260**

- What Is Quality of Life? 260
- Why Study Quality of Life? 261

**Emotional Responses to Chronic Illness 262**

- Denial 262
- Anxiety 262
- Depression 263

**Personal Issues in Chronic Disease 264**

- The Physical Self 264
- BOX 11.1** A Future of Fear 265
- The Achieving Self 265
- The Social Self 265
- The Private Self 266

**Coping with Chronic Illness 266**

- Coping Strategies and Chronic Illness 266
- Patients' Beliefs About Chronic Illness 267

**Comanagement of Chronic Illness 268**

- Physical Problems Associated with Chronic Illness 268
- BOX 11.2** Causal Attributions, Feelings of Control, and Recovery from Myocardial Infarction 269
- BOX 11.3** Chronic Fatigue Syndrome and Other Functional Disorders 270
- Vocational Issues in Chronic Illness 272
- BOX 11.4** Epilepsy and the Need for a Job Redesign 273
- Discrimination Against the Chronically Ill 273

- BOX 11.5** Who Works with the Chronically Ill? 274
- Social Interaction Problems in Chronic Illness 275
- Gender and the Impact of Chronic Illness 277
- Positive Changes in Response to Chronic Illness 277
- When the Chronically Ill Patient Is a Child 278

**Psychological Interventions and Chronic Illness 279**

- Pharmacological Interventions 279
- Individual Therapy 279
- Psychotherapeutic Interventions 280
- Patient Education 280
- Relaxation, Stress Management, and Exercise 281
- Social Support Interventions 281
- Family Support 281
- Support Groups 282
- BOX 11.6** Help on the Internet 283

**CHAPTER 12**

**Psychological Issues in Advancing and Terminal Illness 285**

**Death Across the Life Span 286**

- Death in Infancy or Childhood 286
- Death in Adolescence and Young Adulthood 288
- BOX 12.1** Mainstreaming the Child with Leukemia 289
- Death in Middle Age 289
- Death in Old Age 290

**Psychological Issues in Advancing Illness 291**

- Continued Treatment and Advancing Illness 291

**BOX 12.2** Why Do Women Live Longer Than Men? 292

**BOX 12.3** A Letter to My Physician Concerning My Decision About Physician Aid-in-Dying 294

**BOX 12.4** Ready to Die: The Question of Assisted Suicide 295

**BOX 12.5** Death: A Daughter's Perspective 296  
Psychological and Social Issues Related to Dying 296  
The Issue of Nontraditional Treatment 297

### Are There Stages in Adjustment to Dying? 298

Kübler-Ross's Five-Stage Theory 298  
Evaluation of Kübler-Ross's Theory 300

### Psychological Management of the Terminally Ill 300

Medical Staff and the Terminally Ill Patient 302  
Individual Counseling with the Terminally Ill 302  
Family Therapy with the Terminally Ill 302  
The Management of Terminal Illness in Children 303

### Alternatives to Hospital Care for the Terminally Ill 304

Hospice Care 304  
Home Care 305

### Problems of Survivors 305

**BOX 12.6** Cultural Attitudes Toward Death 306  
The Adult Survivor 307  
The Child Survivor 307  
Death Education 308

## CHAPTER 13

### Heart Disease, Hypertension, Stroke, and Type II Diabetes 311

#### Coronary Heart Disease 312

What Is CHD? 312  
The Role of Stress 313  
Women and CHD 315  
**BOX 13.1** Can Male and Female Qualities Affect Your Health? 317  
Cardiovascular Reactivity, Personality, and CHD 317  
**BOX 13.2** Hostility and Cardiovascular Disease 318  
Depression and CHD 319  
Other Psychosocial Risk Factors and CHD 320  
Modification of CHD Risk-Related Behavior 321  
Management of Heart Disease 321  
**BOX 13.3** Coronary Heart Disease and the Internet 322  
**BOX 13.4** Picturing the Heart 323  
**BOX 13.5** The Heart Patient Who Returns to Work 325

#### Hypertension 327

How Is Hypertension Measured? 327  
What Causes Hypertension? 328  
The Relationship Between Stress and Hypertension 328  
Psychosocial Factors and Hypertension 329  
Treatment of Hypertension 330  
Problems in Treating Hypertension 331

#### Stroke 332

Risk Factors for Stroke 333  
Consequences of Stroke 334  
Types of Rehabilitative Interventions 335

#### Type II Diabetes 336

Health Implications of Diabetes 338  
Problems in Self-Management of Diabetes 339  
Interventions with Diabetics 340  
**BOX 13.6** Stress Management and the Control of Diabetes 340

## CHAPTER 14

### Psychoneuroimmunology and Immune-Related Disorders 343

#### Psychoneuroimmunology 344

The Immune System 344  
Assessing Immune Functioning 345  
Stress and Immune Functioning 346  
**BOX 14.1** Academic Stress and Immune Functioning 348  
**BOX 14.2** Autoimmune Disorders 349  
Negative Affect and Immune Functioning 349  
Stress, Immune Functioning, and Interpersonal Relationships 350  
Coping and Coping Resources as Moderators of the Stress–Immune Functioning Relationship 351  
Interventions to Improve Immune Functioning 351  
Stress and the Developing Immune System 352

#### HIV Infection and AIDS 352

A Brief History of HIV Infection and AIDS 352  
HIV Infection and AIDS in the United States 353  
The Psychosocial Impact of HIV Infection 355  
Interventions to Reduce the Spread of HIV Infection 356  
**BOX 14.3** Safe Sex 359  
Coping with HIV+ Status and AIDS 361  
Psychosocial Factors That Affect the Course of HIV Infection 362



**Cancer 363**

- Why Is Cancer Hard to Study? 364
- Who Gets Cancer? A Complex Profile 364
- Psychosocial Factors and Cancer 364
- Psychosocial Factors and the Course of Cancer 366
- Mechanisms Linking Stress, Coping, and Cancer 366
- Adjusting to Cancer 366
- Psychosocial Issues and Cancer 367
- Psychological Adjustment and Treatment 368

- Coping with Cancer 369
- Interventions 369

**Arthritis 372**

- Rheumatoid Arthritis 372
- Osteoarthritis 374
- Other Forms of Arthritis 374

**Type I Diabetes 375**

- Special Problems of Adolescent Diabetics 377

PART SIX

TOWARD THE FUTURE

**CHAPTER 15**

**Health Psychology: Challenges for the Future 380**

**Health Promotion 381**

- A Focus on Those at Risk 381
- Prevention 381
- A Focus on the Elderly 382
- Refocusing Health Promotion Efforts 382
- Promoting Resilience 382
- Health Promotion as a Part of Medical Practice 383
- SES and Health Disparities 383
- Gender and Health 385

**Stress and Its Management 385**

- Where Is Stress Research Headed? 386

**Health Services 386**

- Building Better Consumers 386
- Containing Costs of Health Care 387

**Management of Serious Illness 387**

- Quality-of-Life Assessment 387
- Pain Management 387

- Terminal Care 387
- The Aging of the Population 388

**Trends in Health and Health Psychology 388**

- The Changing Nature of Medical Practice 388
- Systematic Documentation of Cost Effectiveness and Treatment Effectiveness 390
- International Health 391

**Becoming a Health Psychologist 392**

- Undergraduate Experience 392
- Graduate Experience 393
- Postgraduate Work 393
- Employment 394

GLOSSARY 396

REFERENCES 405

CREDITS 487

NAME INDEX 489

SUBJECT INDEX 539