

# Advanced Placement Psychology

## Chapter 17: Stress and Health

( <http://www.ApPsychology.net> )

### Stress and Health

- **Behavioral Medicine**- interdisciplinary field that integrates behavioral and medical knowledge and applies that knowledge to health and disease
- **Health Psychology**- subfield of psychology that provides psychology's contribution to behavioral medicine

### What is Stress?

- **Stress**- the process by which we perceive and respond to events, called stressors, that we appraise as threatening or challenging

Stressors →	Intervening factors →	Stress reactions
Catastrophes	Appraisal	Psychological
Life changes	Perceived control	Emotional
Hassles	Personality	Behavioral
	Social Support	
	Coping behaviors	

- **General Adaptation Syndrome**- Selye's concept of the body's adaptive response to stress as composed of three stages
  - Phase 1-Alarm reaction
  - Phase 2-Resistance
  - Phase 3-Exhaustion

### Stressful Life Events

- **Catastrophic Events**- earthquakes, combat stress, floods
- **Life Changes**- death of a loved one, divorce, loss of a job, promotion
- **Daily Hassles**- rush hour traffic, long lines, job stress, burnout
- **Perceived Control**- loss of control can increase stress hormones

### What is Stress? (Part 2)

- **Burnout**- physical, emotional and mental exhaustion brought on by persistent job-related stress
- **Coronary Heart Disease**- clogging of the vessels that nourish the heart muscle; leading cause of death in the US

### Stress and Coronary Heart Disease

- **Type A**- Friedman and Rosenman's term for people who are competitive, hard-driving, impatient, verbally aggressive, anger-prone
- **Type B**- Friedman and Rosenman's term for easygoing, relaxed people

### Stress and Disease

- **Psychomatic Disease**- psychologically caused physical symptoms
- **Psychophysiological Illness**
  - "mind-body" illness
  - any stress-related physical illness
  - distinct from hypochondriasis- misinterpreting normal physical sensations as symptoms of a disease
- **Lymphocytes**- two types of white blood cells that are part of the body's immune system
  - B lymphocytes form in the bone marrow and release antibodies that fight bacterial infections
  - T lymphocytes from the thymus and, among other duties, attack the cancer cells, viruses and foreign substances

### **Promoting Health**

- **Aerobic Exercise**- sustained exercise that increases heart and lung fitness; may also alleviate depression and anxiety
- **Biofeedback**- system for electronically recording, amplifying, and feeding back information regarding a subtle physiological state
  - Blood pressure
  - Muscle tension

### **Prevention**

- 14% of US Gross Domestic Product is spent on health care
- 2/3 of organizations with less than 50 employees have health promoting programs
  - health assessments
  - fitness training
  - smoking cessation
  - stress management

### **Smoking**

- Some estimations show smoking kills about 20 loaded jumbo jets per day
- Smoking is a pediatric disease
  - Rebellious youth
  - Modeling behavior, social rewards
  - Targeted ad campaigns
- Why not quit? Nicotine delivery system

### **How to Quit**

- Education
  - Eliminate the social reinforcement
  - Increase social support for quitting
- Cost
  - Tax it to shorten the time between behavior and punishment
  - Reduces smoking by 4% for every 10% increase cost
- Nicotine Replacement -Patch and Gum
  - Reduce pharmacological addiction
  - Then treat psychological addiction

### **Bibliography**

Myers, David G., Psychology Fifth Edition. Worth Publishers, Inc. New York, NY ©1998