

## Health Psych

- I. What is it?
  - A. Medical versus Biopsychosocial model
  
- II. Gain/loss Framing
  - A. Detection behavior
  - B. Prevention behavior
  - C. Why does it matter?
  
- III. Stress
  - A. Major stressors
    - 1. Cold study
  - B. Daily hassles
    - 1. Wound study
  
  - C. Why does stress effect health?
    - 1. Allostatic load
  
- IV. Social support
  - A. Buffering hypothesis
  - B. Direct effects hypothesis
  
- V. Perceived Control
  - A. Nursing home study
  - B. Surgical interventions
  - C. Negative consequences
  
- VI. Class wrap-up