Health Psychology

I. Historical context
   A. Health as seen by the medical model versus the biopsychosocial model

II. Factors that can decrease health
   A. Stress
      1. Definition
      2. Effect of major stressors on health
         a. How major stressors are measured
         b. What the cold study tells us about major stressors and health
      3. Effect of daily hassles
         a. What the wound study tells us about daily hassles and health
      4. How stress affects health

III. Factors that can improve health
   A. Social support
      1. Buffering hypothesis
      2. Direct effects hypothesis
   B. Perceived control
      1. Nursing home studies
      2. Surgical interventions
      3. Possible negative consequences of perceived control

IV. How do we change attitudes for health-related behaviors?
   A. What is a detection behavior?
   B. What is a prevention behavior?
   C. What is better, gain or loss framing?

V. Class wrap-up