



Health Psychology: A Review

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Abstract

Health psychology is a specialty field that focuses on how genetics, psychology, behaviour and social factors affect health and disease. Other terms, including medical psychology and behavioural therapy, are often used interchangeably with the word "health psychology." Health and disease are affected by a wide range of factors. While infectious and inherited diseases are common, many behavioural and psychological factors may have an effect on overall physical well-being and various medical conditions. Health psychology focuses on the advancement of health as well as the prevention and treatment of illness and disease. Health psychologists also focus on learning how people react to, deal with and recover from illness. Some clinical psychologists are trying to change the health care system and the government's approach to health care policy.

Key words: Health, social, conditions, treatment, disease etc.

Introduction

Health psychology examines these motivations in the pursuit of involving people in health promotion and disease prevention. This area of expertise explores how biological, social and psychological factors affect the decisions we make regarding our health. Health psychologists are researching the factors that make it possible for people to be well, recover from disease or deal with a chronic condition. They are specialists in the intersection of health and behaviour and are on demand as part of integrated health care management teams—working with other physicians to provide comprehensive health care.

"Health Psychology also stems from where medicine and psychology can function symbiotically," she says, "take our understanding of mind and body and use it to understand and help people cope better, handle their pain and learn to empower themselves.

Health psychology covers a wide variety of topics—from chronic pain to terminal illness—with the goal of helping people improve their quality of life and solve specific health issues.



"Psych psychologists do a lot of preventive work on a variety of topics, including avoiding obesity, having a healthy outlook on life, preventing anxiety and depression, and seeking to improve the quality of life of individuals."

Health counsellors also play a significant role in the military, assisting troops and veterans of post-traumatic stress disorder (PTSD), life change and suicide prevention.

They also encourage healthy habits and discuss underlying psychological problems such as stress, depression and anxiety. Unlike other clinical psychologists, Withrow clarified that health psychologists are qualified to learn about "disease mechanisms and physiology, and how the mind and the body can work together on what's going on with a particular illness to help the person cope with the problems they're dealing with."

Current Issues in Health Psychology

Health psychologists work with patients, organisations and populations to minimise risk factors, improve overall health and reduce disease. They perform research and provide services in areas such as:

- Elimination of stress
- Control of weight
- Prevention of smoking
- Improved normal nutrition
- Minimizing risky sexual activity
- Hospice care and grief therapy
- Avoiding disease
- Understanding the symptoms of disease
- Better recovery
- To teach coping skills

Goals of Health Psychology



There are eight major goals of health psychology:

- understanding behavioral and contextual factors for health and illness
- preventing illness
- investigating the effects of disease
- providing critical analyses of health policies
- conducting research on prevention of and intervention in health problems
- improving doctor-patient communication
- improving adherence to medical advice
- Finding treatments to manage pain.

Focuses of Psychology of Wellbeing

Health psychology explores person and population problems across four domains: clinical, public, culture and vital (social justice).

Psychology and clinical wellbeing

Clinical health psychology refers to the application of scientific expertise to clinical problems that occur across the continuum of health care. Clinical health psychology is a special specialty field for clinical psychologists since it focuses on the prevention and treatment of health issues. Professional research provides instruction on behavioural modification processes and psychotherapy.

Psychology and Public Health

Public health psychology examines possible causal linkages between psychosocial factors and population-level health. Public health psychologists present research results on epidemiological findings linked to health patterns to educators, policy makers and health care professionals with a view to supporting public health programmes for at-risk groups.

Community Psychology of Wellness

Community health psychology explores community-based variables that lead to health and well-being. Community health psychology also creates community-level strategies intended to combat illness and improve physical and mental health. Examples of community health



programmes may be campaigns to eradicate school soft drinks, diabetes awareness activities, etc.

Psychology of Critical Wellbeing

Critical health psychology is concerned with the distribution of power and the effect of power differentials on health behaviours, health systems and health policy. Critical health psychology gives importance to social justice and the fundamental right to good health for people of all races, genders, ages and socio-economic backgrounds. Health gaps are a major concern and the vital health psychologist works as a reform agent working to establish fair access to health care.

Concluding

Health Psychology is a relatively new sub-field of psychology that studies psychological factors related to how people remain healthy, why they become ill, and how they respond when they become ill. "Health Psychology is an aggregate of the specific educational, scientific, and professional contributions of the discipline of psychology to the promotion and maintenance of health, prevention and prevention.

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