

CHAPTER 17: HEALTH PSYCHOLOGY

I. Toward a Healthier Mind (and Body): Controlling Stress

A. Stress and Its Stages

1. Stress is the response to *stressors*, circumstances and events that threaten an individual's coping abilities.
2. *General adaptation syndrome (GAS)* is the common effect on the body when stressful demands are placed on it. There are three stages to general adaptation syndrome: the alarm stage, the resistance stage, and the exhaustion stage. In the alarm stage, there is a temporary state of shock where resistance to illness and stress falls below normal limits. In the resistance stage, glands throughout the body begin to develop hormones that protect the body. In the exhaustion stage, the wear and tear on the body takes its toll, sometimes leading to collapse from fatigue or physical illness.
3. The body system that plays the greatest role in *GAS* is the *hypothalamic-pituitary-adrenal axis (HPA axis)*, which is a complex set of interactions among the hypothalamus, pituitary gland, and the adrenal glands.
4. The hypothalamus produces corticotropin-releasing hormone (CRH) in response to threats in the environment. CRH stimulates the pituitary gland to release cortisol, which is known as the "stress hormone." Cortisol directs cells to make sugar, fat, and protein available so the body can take action, and it also suppresses the immune system.

B. Stress and the Immune System

1. Chronic stress can have negative effects on the immune system.
 - a. *Psychoneuroimmunology* looks at the connections among psychological factors such as attitudes and emotions, the nervous system, and the immune system.
 - b. Acute stressors, which are sudden, stressful, one-time life events, can cause immunological changes. Chronic stress wears down the immune system, leaving a person open to illness.

C. Stress and Cardiovascular Disease

1. People who have experienced stressful life changes, like the death of a spouse, the loss of a job, or a natural disaster, are at an increased risk of a heart attack.
2. While this risk may be partially due to changes in health behaviors related to stress (overeating, smoking, avoiding exercise), chronic stress affects the cardiovascular system itself.

D. Stress and Cancer

1. Stress has been related to cancer risk. Stress sets in motion the biological changes involving the autonomic, endocrine, and immune systems.

E. Stress and Prejudice

1. Prejudice and discrimination directed at members of sexual minority groups and transgender people predicts stress and physical illness. Stigma attached to various identities also leads to stress.
2. Racial prejudice affects the stress response and immune system function.

Psychology Ch 17 Study Guide

R Bogdan



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Study Guide to Accompany Abnormal Psychology 8e Gerald C. Davison, Douglas Hindman, John M. Neale, 2000-06-21 This text continues to be one of the most current authoritative overviews of the theories and research in psychopathology and intervention Its widely praised scientific clinical approach blends the clinical and empirical experimental as the authors examine each disorder from multiple perspectives Consumer Psychology: A Study Guide to Qualitative Research Methods Paul M.W. Hackett, Jessica Schwarzenbach, Uta Maria Jürgens, 2016-04-18 This book provides students with a clear and concise guide to studying undergraduate courses in qualitative consumer research and ethnography The authors present the major qualitative research approaches used in consumer and marketing research as well as practical procedures and theoretical aspects of research design report presentation etc In addition to that a weekly study guide including comprehensive reading lists completes the book **Abnormal Psychology, Study Guide** Gerald C. Davison, John M. Neale, 1993-09-10 Addresses two primary questions what causes psychopathology and which treatments are most effective in preventing or reducing psychological suffering Uses four paradigms or points of view to study abnormal psychology biological psychoanalytic learning and cognitive Also uses the humanistic and existential paradigm when therapy is at issue New to this edition an account of DSM IV the impact of cultural diversity on the categorization etiology and therapeutics of diverse disorders such as posttraumatic stress eating and borderline personality Includes case studies full color line and photographic illustrations **Psychology, Study Guide** Robin M. Kowalski, Alastair Younger, Drew Westen, 2004-07-22 Work more effectively and gauge your progress along the way This Study Guide is designed to accompany Kowalski and Westen s Psychology 4th Edition It increases student success with chapter outlines objectives key terms fill in exercises questions that test what you have learned sample multiple choice test questions and answer keys Students often get lost in the details most will never take a second psychology course they often have trouble relating the material to their everyday lives The new Fourth Edition of Kowalski and Westen s Psychology addresses these teaching challenges The student develops evaluative reasoning through self discovery for a lifetime of learning Students are drawn into the material in a way that intrigues and stimulates so they begin to see psychology at work in their daily lives Like its predecessors this new edition effectively captures the diversity and breadth of psychology A complete overview of how human beings think feel and behave is included Psychology is an evolving science which continually addresses and readdresses the relationship between psychological events and their neural underpinnings between cognition and emotion between cultural processes and human evolution between nature and nurture and more **Clinical Neuropsychology Study Guide and Board Review** Kirk Stucky, Kirk J. Stucky, Michael W. Kirkwood, Jacobus Donders, Christine Liff, 2020 Clinical Neuropsychology Study Guide and Board Review Second Edition provides an easy to study volume with sample questions and recommended readings that are specifically designed to help individuals prepare for the ABCN written examination This book can also be used as a teaching tool for

graduate students and trainees at various levels The format is geared toward exam preparation Information is provided in a concise outlined manner with liberal use of bullets boxes illustrations and tables The guide also includes hundreds of mock exam questions and many recommended readings

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Which Degree Guide ,2004

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