EAL LEST

A BIOPSYCHOSOCIAL APPROACH

second edition



HYMIE ANISMAN

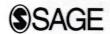
Health psychology: a b WM403 A599H 2021



B0001/10 bib:13399117139







Los Angeles | London | New Delhi Singapore | Washington DC | Melbourne

SAGE Publications Ltd 1 Oliver's Yard 55 City Road London EC1Y 1SP

SAGE Publications Inc. 2455 Teller Road Thousand Oaks, California 91320

SAGE Publications India Pvt Ltd B 1/I 1 Mohan Cooperative Industrial Area Mathura Road New Delhi 110 044

SAGE Publications Asia-Pacific Pte Ltd 3 Church Street #10-04 Samsung Hub Singapore 049483

Editor: Donna Goddard

Editorial assistant: Marc Barnard Production editor: Rachel Burrows Copyeditor: Solveig Gardner Servian Proofreader: Leigh C. Smithson

Indexer: Adam Pozner

Marketing manager: Camille Richmond

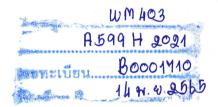
Cover design: Wendy Scott

Typeset by: C&M Digitals (P) Ltd, Chennai, India

Printed in the UK

O Hymie Anisman, 2021

Apart from any fair dealing for the purposes of research, private study, or criticism or review, as permitted under the Copyright, Designs and Patents Act, 1988, this publication may not be reproduced, stored or transmitted in any form, or by any means, without the prior permission in writing of the publisher, or in the case of reprographic reproduction, in accordance with the terms of licences issued by the Copyright Licensing Agency. Enquiries concerning reproduction outside those terms should be sent to the publisher.



Library of Congress Control Number: 2020946239

British Library Cataloguing in Publication data

A catalogue record for this book is available from the British Library

ISBN 978-1-5297-3163-7 ISBN 978-1-5297-3162-0 (pbk)

At SAGE we take sustainability seriously. Most of our products are printed in the UK using responsibly sourced papers and boards. When we print overseas we ensure sustainable papers are used as measured by the PREPS grading system. We undertake an annual audit to monitor our sustainability.

CONTENTS

About the author		xiii
Preface		xiv
	knowledgments scover your textbook's online resources!	xvi
Dis	scover your textbook's online resources:	xvii
1	Health psychology described	1
	Getting there from here	2
	Dealing with coordinated systems	2
	Evidence-based practice	3
	What do we mean when we say 'health psychology'?	4
	Psychosomatic illness	6
	A continuum between wellness and illness	7
	Vulnerability versus resilience	7
	Illness comorbidities	9
	Health psychology globally	11
	Encouraging behavioral change	17
	Including biopsychosocial perspectives of illness	21
	Summary	22
2	Methodological approaches in health psychology	24
	Linkages to illness	25
	Research using animal models	26
	Regression approaches	28
	Epidemiological approaches	34
	Program evaluation	39
	Data synthesis	39
	Caveats on methodology	40
	Summary	43
3	Biological systems and functioning	45
	A genetics primer	46
	Gene × environment interactions	48

viii HEALTH PSYCHOLOGY

	The nervous system	52
	Autonomic nervous system	58
	Endocrine systems	58
	Hormones associated with the stress response	59
	Eating and energy-related hormones	60
	Sex hormones	63
	Growth factors	67
	Immune functioning	68
	The enteric nervous system and the microbiome	75
	Summary	80
4	The stress process	81
	Attributes and dimensions of stressors	82
	Stressor appraisals	83
	Characteristics of stressors	86
	Previous stressor experiences	92
	Social support	99
	Stressor effects across the life span	101
	Collective and transgenerational trauma	109
	Instruments used to assess stressor experiences, appraisals, and coping	112
	Summary	115
5	Neurobiological stress responses	117
	Stressor-provoked neurobiological changes	118
	Hormonal changes elicited by stressors	124
	Stress and energy balances	129
	Sex hormones	132
	Oxytocin	135
	Growth factors	136
	Stress and immunity	138
	Summary	148
6	Healthy behaviors, unhealthy behaviors, and behavioral change	150
	Treatment of illness	151
	Individualized treatment strategies	151
	Intervention approaches	154
	Risk factors related to health and disease	160
	Cultural and ethnic differences	163

	Sex differences	164
	Behavioral change means health change	165
	Changing attitudes, changing behaviors, and barriers to change	166
	Psychosocial and cognitive perspectives of health behaviors	170
	Positive Psychology	182
	Harm reduction programs	185
	Summary	185
7	Lifestyle factors	187
	Keeping the motor running	188
	Nutrition	188
	Eating-related processes	189
	Obesity	193
	Making changes	200
	Health foods and the expansion of neutraceuticals	205
	Public health and public policy	208
	Exercise	208
	Sleep disorders	219
	Accidents at work and at home	221
	Summary	222
8	Cardiovascular illnesses and related disorders	225
0	Getting to know the heart	226
	Getting to know the heart	220
•	Diseases of the heart	227
0	-	
0	Diseases of the heart	227
	Diseases of the heart Hypertension	227 228
	Diseases of the heart Hypertension Coronary artery disease	227 228 229
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease	227 228 229 231
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors	227 228 229 231 238
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease	227 228 229 231 238 239
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease Pharmacological treatments	227 228 229 231 238 239 248
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease Pharmacological treatments Chronic obstructive pulmonary disease (COPD)	227 228 229 231 238 239 248 251
9	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease Pharmacological treatments Chronic obstructive pulmonary disease (COPD) Stroke	227 228 229 231 238 239 248 251 253
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease Pharmacological treatments Chronic obstructive pulmonary disease (COPD) Stroke Summary	227 228 229 231 238 239 248 251 253 258
	Diseases of the heart Hypertension Coronary artery disease Factors that promote heart disease Personality factors Physiological stress responses in relation to heart disease Pharmacological treatments Chronic obstructive pulmonary disease (COPD) Stroke Summary Diabetes	227 228 229 231 238 239 248 251 253 258

x HEALTH PSYCHOLOGY

	Stressors and type 2 diabetes	265
	Inflammatory factors in type 2 diabetes	266
	Gut bacteria and diabetes	269
	Dealing with diabetes	273
	Medications	276
	Summary	277
10	Immune-related disorders	279
	Allergies	281
	Infectious diseases	284
	Sexually transmitted infection	292
	Lifestyle factors in relation to immune functioning and infection	293
	Autoimmune disorders	296
	Summary	305
11	Cancer	307
	What is cancer and how does it develop?	308
	Genetic contributions	313
	Environmental contributions	319
	Viral factors	319
	A stress–cancer link	320
	Eating, nutrition, and cancer	325
	Exercise and cancer	331
	Sleep and cancer	333
	Cancer treatment and psychological factors	335
	Treatment methods	340
	Another word on precision medicine	348
	Summary	349
12	Pain	351
	Defining pain	352
	Pain assessments	354
	Psychological consequences of chronic pain	355
	Psychological factors related to pain perception	357
	Psychosomatic (psychogenic) pain	361
	Neurophysiology of pain processes	362
	Pain management	364
	Psychological manipulations to deal with pain perception	368

	Complementary and alternative medicine	372
	Summary	373
13	Addiction	375
	Defining addiction	376
	A broad view of addiction	377
	Factors leading to addiction	378
	Multiple neurochemical components associated with addiction	380
	Why are addictions as persistent as they are?	385
	A link between propensity for eating and drug addiction	387
	Putting things together	388
	Treatment strategies	390
	Drug treatments to curb addictions	395
	Summary	398
14	Major physical illnesses	400
	Quality of life	401
	Adjustment to chronic illness	402
	Appraising and coping with illness	404
	Iatrogenic illness	408
	Stigma	410
	Self-perceptions	413
	Summary	414
15	Dealing with illness	417
	Recognizing warnings and health risks	418
	Illness perceptions and beliefs	419
	Relation between the patient and the health provider	424
	Obtaining medical care	431
	Summary	433
16	Caregiving, death, and grief	435
	Caregiving	436
	The dying process	439
	End-of-life care	442
	Physician-assisted death	444
	Loss and grieving	447
	Summary	449

xii HEALTH PSYCHOLOGY

17	From molecules, to individuals, to communities, to policy	451
	Translational research	452
	Instigating policy change	457
	Summary	460
Ref	ferences	461
Index		551