

Behavioral Medicine
Psychology 352
Exam 1 Review

Note: This is a mostly exhaustive review. These concepts are the concepts I want you to focus your studying on. There are some questions not addressed in these concepts, but a simple reading of your text will give you enough to answer those questions. In chapters 3 and 4 do not worry at all about a model that is presented in the book but not discussed in class.

Chapter 1

Definition of health

Definition of health psychology

What is bmed, behavioral health, psychosomatic medicine

Changes in causes of death and disease distribution over time

Past views of disease

Public Health Model – It's not in the book.

Chapter 2

Philosophical bases of science

Correlation

Experimental Method

Reliability and Validity (Internal, External, Predictive)

Epidemiology – Study this a lot (the whole section in the book and notes)

Chapter 3

Health Belief Model

Theory of Planned Behavior

Factors influencing health care seeking

 Focus on the three broad factors

Being in the hospital

The Anderson Study

Chapter 4

Stages of Change

Factors influencing adherence

 Illness

 Treatment

 Personal

 Provider characteristics

Ways of assessing adherence and the problems with those ways.