

Health Psychology

Health psychology focuses on how biological, social and psychological factors influence health and illness. Health psychologists study how patients handle illness, why some people don't follow medical advice and the most effective ways to control pain or change poor health habits.

Health Psychology - TOPICS

- Health-related behaviours (*to prevent lifestyle diseases*)
- Stress and coping (*because stress can impair physical and psychological wellbeing*)
- Managing chronic pain (*such as managing pain perceptions*)
- Adjustment to illness (*including caregivers*)
- Adherence to medications

TRANSTHEORETICAL MODEL

**Precon-tem-
plation** The person does not perceive a health-related problem, denies that it endangers wellbeing or feels powerless to change.

**Contem-
plation** The person perceives a problem but has not yet decided to act. Until the perceived benefits of change outweigh the costs or effort involved, contemplators will not act.

**Prepar-
ation** The person has decided to change the behaviour, is planning to do so and may be taking preliminary steps

Action The person changes behaviour. The action stage requires the greatest commitment of effort and energy.

**Mainte-
nance** The person has controlled the target behaviour for at least 6 months

**Termin-
ation** The change in behaviour is so ingrained and under personal control that the original problem behaviour will never return.

Transtheoretical model identifies six major stages in the change process.

MOTIVATIONAL INTERVIEWING

Motivational interviewing leads the person to their own conclusion by asking questions about the discrepancies between the current state of affairs and the individual's self-image, desired behaviours and desired outcomes

MOTIVATIONAL INTERVIEWING (OARS)

- O *Open-ended* questions that allow patients to give more information including their feelings, attitudes and understanding
- A *Affirmations* to help overcome self-sabotaging or negative thoughts
- R *Reflections* as a way to express ambivalence
- S *Summarise* to let your patient know that they are being heard

Motivational Interviewing Spirit

- Collaboration
- Evocation (inspire motivation)
- Respect

Motivational Interviewing Principles

- Express empathy
- Develop discrepancy
- Rolling with resistance
- Supporting self-efficacy

