

Health Psychology

What is Health Psychology?

What are the psychological factors that influence staying healthy, how we become ill, how they respond to being ill

exercise, smoking, cardiac health, diabetes, cancer screenings, autoimmune disorder, alcoholism, eating disorders, pain management, sleep disorders, doctor-patient relationships, death and dying.

Questions we ask:

Stigmatization in the health world?

How do people cope with the stress of illness?

How do they get used to chronic illnesses?

Gender differences in health?

Does culture play a role in health?

How do we define good health?

What aspects of health are important to you?

Activities of daily living

What are activities of daily living?

Take care of him/herself by performing basic personal care tasks

Examples:

Bathing, dressing, eating, toileting, transferring, walking

Instrumental Activities of daily living

What are Instrumental Activities of daily living?

person's ability to interact effectively with their environment and perform more difficult activities

examples:

grocery shopping, home management, managing money, meal prep, using the telephone

Focus on Health promotion and maintenance

Good health habits, prevention of illnesses,



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