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**Chapter 1**

- 1) Define health psychology and behavioral medicine. What are the four areas of focus in Health Psychology?
- 2) Describe how philosophical perspectives on the mind-body relationship differ between the biomedical model and the biopsychosocial model. Discuss the historical factors that contributed to the emergence of the biomedical model and dualism.
- 3) Explain what factors contributed to the rise of health psychology. Include discussion of changing patterns of illness in the USA and trends in health care services.
- 4) Compare and contrast the biopsychosocial model and the biomedical model of health. Summarize the advantages and disadvantages of these models. Discuss the clinical implications of each model.
- 5) Describe how systems theory explains the interaction between biological, psychological, and social variables.
- 6) How does the health care system alter patient utilization, costs, and physician practice. How could we redesign our current health care system to focus on primary prevention rather than treatment of the end stages of chronic diseases?
- 7) Describe the research methodologies employed by health psychologists.
- 8) Describe the different occupations that employ health psychologists.

**Chapter 2 (Not required reading but I will assume you know this from Intro Psych)**

- 1) Identify and describe the structure and function of the autonomic nervous systems, the central nervous system, and the endocrine system.
- 2) Describe the nature and functions of neurotransmitters, hormones, and immune cells.
- 3) Describe the nature of diabetes, differentiating between type I and type II diabetes.
- 4) Describe the structure and function of the cardiovascular system. Discuss how the heart works and the common diseases of the cardiovascular system.
- 5) Describe the structure and function of the immune system. Differentiate between specific and non-specific immunity. Describe the course of infection. What are some common disorders of the immune system?

**Chapter 3**

- 1) Define health promotion and describe factors that have contributed to the health promotion movement in the US. Discuss Winnett's framework for health promotion and describe how a multi-method approach that combines individual and environmental interventions can be combined. Also discuss the stages of research on health promotion, focusing on the distinction between efficacy and effectiveness studies.
- 2) Define health behaviors, health habits and primary prevention. Discuss how do individual differences, emotional, cognitive, SES, at-risk people, and developmental/lifespan factors, influence health behaviors and the success of health promotion and primary prevention efforts.
- 3) Summarize the effectiveness of attitudinal approaches and the use of fear appeals in changing attitudes and health behaviors.

- 4) Describe the components of the health beliefs model and explain how useful it is in predicting and changing health behaviors.
- 5) Define self-efficacy and explain the relationship between self-efficacy and health behaviors.
- 6) Describe the Theory of Planned Behavior and evaluate its usefulness in predicting health behaviors.
- 7) Describe the basic principles of cognitive-behavioral therapy. Include discussion of self-observation/self-monitoring, classical conditioning, instrumental conditioning,, discriminative stimuli and stimulus control, contingency contracting, self-reward, self-punishment, behavioral assignments, covert self-control, cognitive restructuring, and self-talk.
- 8) How are skills training and relaxation training used in cognitive behavioral therapy in health settings?
- 9) Discuss the nature and rate of relapse in addictive disorders and in complex health behavior change (e.g., diet, exercise). Differentiate between a lapse and a relapse. What factors tend to predict relapse? How do you determine which factors are high risk situations for relapse in a particular patient? Explain the abstinence violation effect and its relationship to relapse. Describe behavioral interventions designed to control relapse and their effectiveness in preventing relapse.
- 10) Describe the stages of change model of health behavior change and the effectiveness of this model in explaining health behavior change. How does staging a patient alter treatment matching?
- 11) How does social engineering change health behaviors?
- 12) How can various venues for health behavior change be integrated?

#### **Chapter 4**

- 1) Define aerobic exercise and summarize the beneficial effects of such exercise. Describe the individual and setting characteristics associated with adherence to aerobic exercise regimens. Also discuss recent theories of social ecology, new urbanism, and other environmental choice-enabling approaches to physical activity enhancement through urban planning to promote pedestrian-focused environments, as opposed to automobile focused environments.
- 2) Discuss the role of accidents as a major cause of death and injury in adults and children. Include discussion of MVAs and strategies to increase seatbelt use and safety related behavior.
- 3) Discuss strategies for increasing breast and testicular self-examination and screening. Also discuss the effectiveness of these programs and adherence to mammography.
- 4) Discuss the relationship between diet and disease. Which diseases are linked to dietary factors. What evidence is there that reduction of cholesterol, especially LDL, can reduce one's risk of cardiovascular disease and stroke.
- 5) Describe factors associated with obesity and why it is a health risk. How is obesity treated in the US, include discussion of dieting, fasting, surgical procedures and appetite suppressant drugs. Evaluate the effectiveness of these techniques.
- 6) Describe how behavior modification principles and cognitive-behavioral techniques can be applied to the treatment of obesity and evaluate its effectiveness. Explain the

use of multi-modal approaches to obesity. Also discuss worksite and commercial weight loss programs.

- 7) Define bulimia and binge eating disorder. Discuss the societal and individual factors contribute to the development of these disorders. How are they treated?
- 8) What are the advantages of setting modest weight loss goals that focus on improving health status (lowering blood pressure, reducing cholesterol, glycemic control, improving energy level) rather than attaining a societal aesthetic ideal.
- 9) Explain the health risks associated with a poor diet and describe the nature and effectiveness of dietary intervention programs. Which dietary factors are associated with increased risk for heart disease, diabetes, stroke, cancer and obesity? Summarize the National Research Councils recommendations regarding dietary changes to prevent chronic disease. Include discussion of recent research presented in lecture.

## **Chapter 5**

- 1) Define health compromising behaviors.
- 2) Explain the role of physical dependence and withdrawal in addiction. How does opponent process theory explain the development of dependence and withdrawal over time.
- 3) Define substance dependence. Differentiate between the terms alcohol abuse, alcohol dependence, problem drinker, and alcoholic. Define the prevalence and costs of alcohol abuse and dependence in the US.
- 4) Discuss how alcohol abuse and dependence differs across genders, ethnic groups, and personality/psychiatric disorders.
- 5) Discuss the clinical implications of high rates of co-morbidity between alcohol abuse and mood/anxiety disorders. Who should treat these co-morbid patients and why?
- 6) What factors contribute to the under-detection and under-treatment of alcohol and other substance abuse problems with in clinical psychology and primary care medical settings.
- 7) Describe how alcohol affects the brain and specific neurotransmitter systems.
- 8) What is the relationship between alcohol use and coronary heart disease.
- 9) What are negative health effects of chronic alcohol abuse and dependence. Include discussion of the neuropsychological and neurological effects of alcohol and Wernicke's Korsakoff's syndrome. 5. Describe the goals and nature of treatment programs for alcoholism and problem drinking.
- 10) Describe the use of behavior-modification, of drugs, and of stress management approaches in the treatment of alcoholism and problem drinking. Describe the problem of relapse.
- 11) Summarize the factors associated with favorable treatment outcomes and the effectiveness of treatment programs.
- 12) Describe the controversy over whether recovered alcoholics may drink again, and describe treatment programs that focus on controlled drinking skills.
- 13) Summarize the effectiveness of preventive approaches to alcohol abuse.
- 14) Describe the nature and prevalence of drunken driving.
- 15) Describe the prevalence and costs of smoking in the United States. Describe the synergistic effects of smoking. Trace social trends in smoking in the United States.

- 16) Describe the physiological, psychological, and social factors that determine smoking in adolescents and adults.
- 17) Explain the nature of addiction in smoking. Compare and contrast the nicotine-regulation theory and the social learning theory of smoking addiction.
- 18) Summarize the effectiveness of attitude-change campaigns to reduce smoking.
- 19) Describe the use of multimodal intervention in smoking cessation, and evaluate its effectiveness. Describe the role of social support and stress management in smoking cessation. Describe the role of relapse prevention in the maintenance of smoking cessation.
- 20) Compare and contrast the effectiveness of different change agents in smoking cessation.
- 21) Explain why smoking is so difficult to change, the relationship between smoking and weight gain, and the nature of withdrawal.
- 22) Describe the variables characteristic of people who stop smoking on their own.
- 23) Describe the nature and advantages of smoking prevention programs.
- 24) Explain the use of social influence interventions in smoking cessation and evaluate their effectiveness.
- 25) Describe the life-skills training approach to smoking cessation, and evaluate its effectiveness.
- 26) Describe the use of social engineering strategies in smoking cessation, and evaluate their effectiveness.