

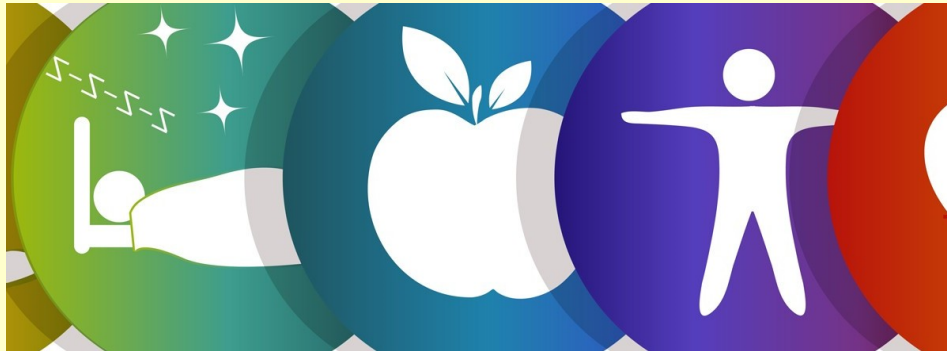
Stress and Health

Nipat Pichayayothin, Ph.D.

Developmental Psychology Program

The Faculty of Psychology

Chulalongkorn University



Health Psychology

- Impact of physical and social activities and psychological factors related to **wellness and illness**
- Including the prevention, diagnosis, and treatment of medical problems

Psychoneuroimmunology

Studies the effects of stress, emotions, thoughts, and behavior on **the immune system.**



(Feldman, 2013)

The Immune System

Keep us healthy and prevent infections



(Feldman, 2013)

Stress

Pattern of **responses** to something that blocks our access to a **goal**
Distress?



(Feldman, 2013)

Stressor

- Something that **threatens** our wellbeing
 - Circumstances and events
 - Must be **perceived** as threatening



(Feldman, 2013)

- Stressors can range from catastrophic events to micro-stressors or daily hassles.
- Both types take their toll on physical and psychological well-being



(Feldman, 2013)

The Nature of Stressors

- Catastrophic / cataclysmic events
 - Occur suddenly and typically affect many people simultaneously
- Personal stressors
 - Major life events
- Background (environmental) stressors
 - Daily hassles/frustration

Catastrophic events

- Suddenly
- Shocking
- Affect many people simultaneously
- Life threatening



Personal Stressors

- Divorce, marriage, illness in the family, new job, losing job, moving



Background (Daily) Stressors

Effects of the environment: can be as bad as one big stressful event



cataclysmic stressors

- Often include personal stressors (the death of loved ones) and background stressors (housing, work, and transportation)



Psychological Sources of Stress

- Pressure
- Uncontrollability
- Conflict
- Frustration



Psychological Sources of Stress

- Frustration
 - Persistence
 - Aggression
 - Displaced aggression
 - Withdrawal

Appraisal processes

- how you interpret the events
- Threatening? Challenging?
No consequence
- Resources to deal with the stressors
 - Time? money? social support?



Uplifts

- Minor positive events that make us feel good
- The higher number of uplifts, the fewer psychological symptoms reported

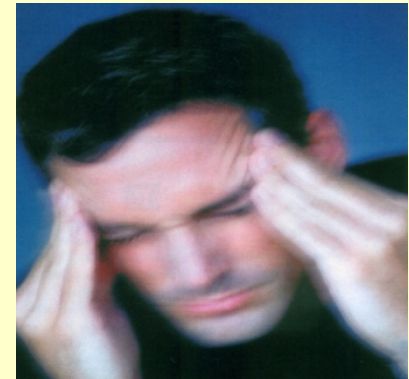


Perceived Stress

- <http://www.youtube.com/watch?v=9xYvN4DlyUI&feature=channel>
- Training your mind to perceive positivity

The High Cost of Stress

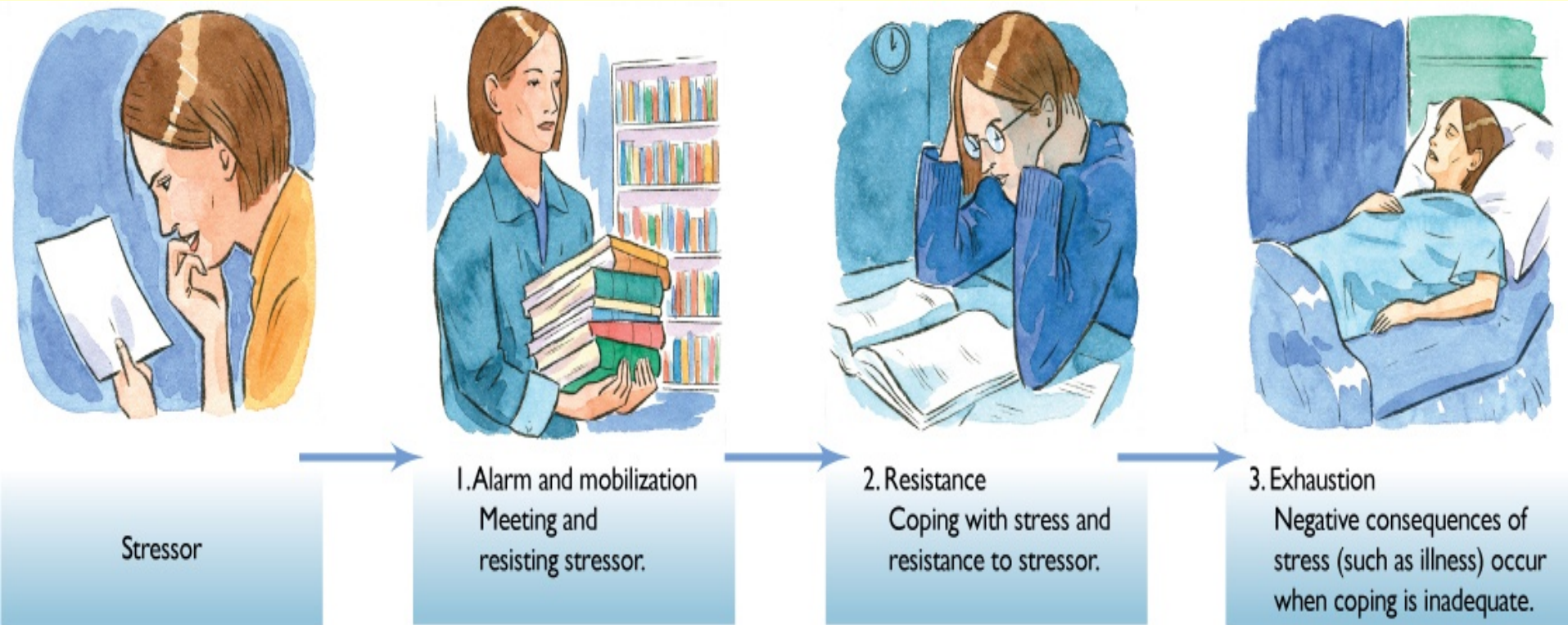
- Psychophysiological disorders
 - Medical problems influenced by an interaction of psychological, emotional, and physical difficulties
 - High blood pressure
 - Head aches
 - Anxiety



The Course of Stress

The General Adaptation Syndrome Model

- Three major stages to stress responses



Phase 1: Alarm Reaction



- Caused by a sudden activation of your sympathetic nervous system
- Body recognizes danger and mobilizes for a "*fight-or-flight*" situation...



Phase 2: Resistance

Time to fight the challenge

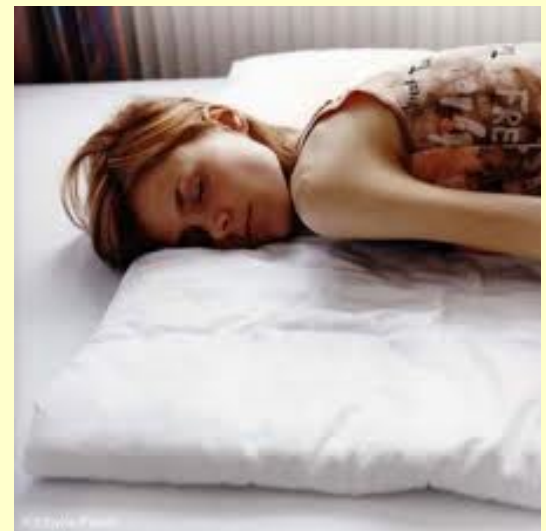
- Body responds with stress hormones
- Increasing temperature, blood pressure, heart rate, and respiration
- Coping with the stressors



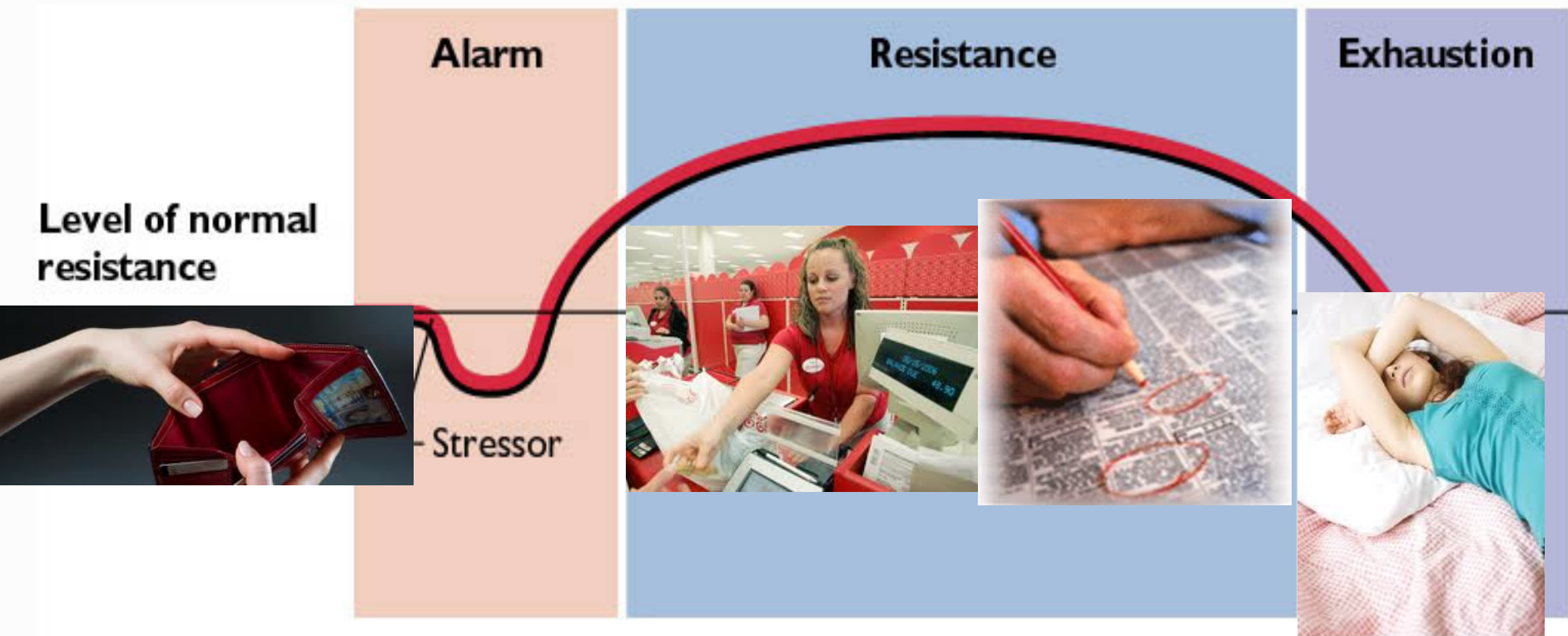
We can do it!

Phase 3: Exhaustion

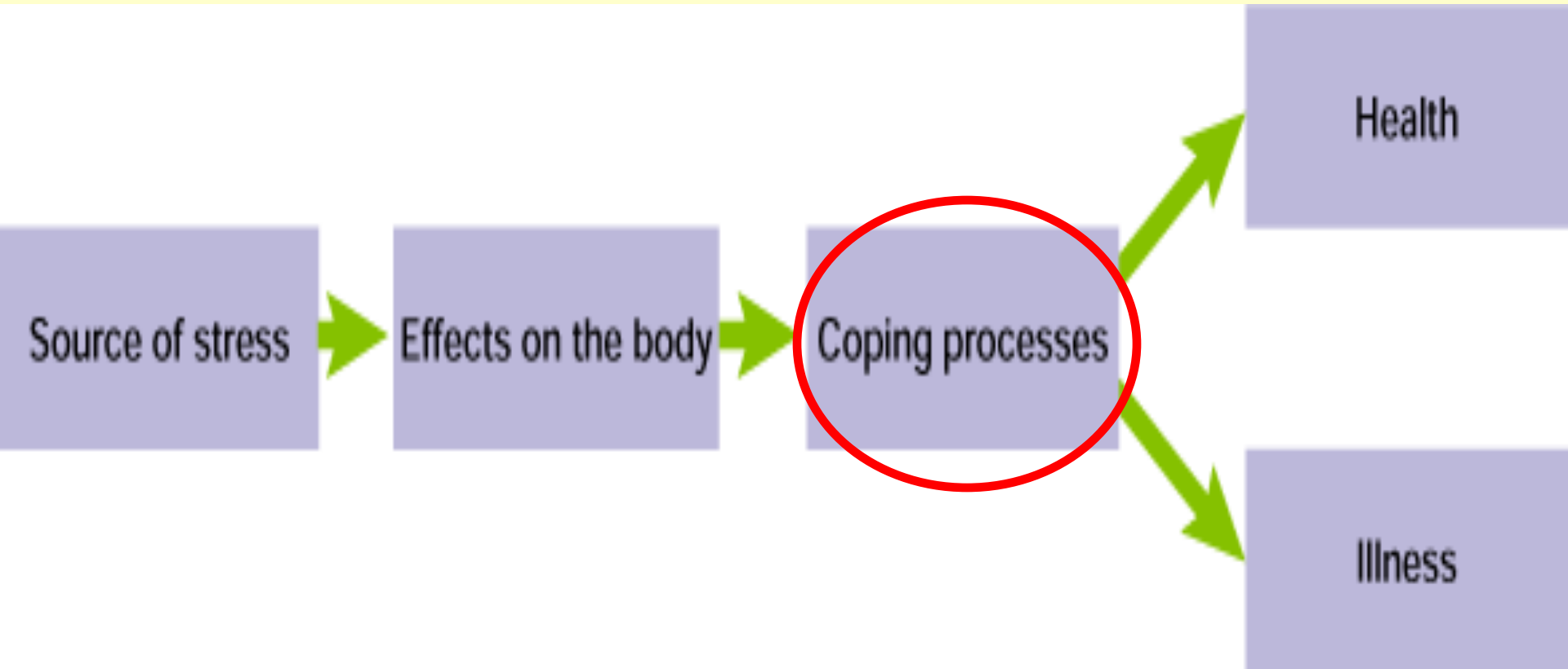
- During this phase, the individual reservoir of resources is becoming depleted
 - Become more vulnerable to diseases



General Adaptation Syndrome Model



Stress and Coping



Coping Strategies to Stress

- Efforts to control, reduce, or learn to tolerate the threats that lead to stress
 - **Emotion**-focused coping
 - Change the way one **feels** about or perceives a problem
 - **Problem**-focused coping
 - Attempting to **modify** the stressful problem or source of stress

Coping Strategies to Stress

- **Emotion-focused**
- When you think you can't change
- Avoid situation
- Wishful thinking
- Drinking
- Drug use
- Emotional insulation: show no emotion

- **Problem-focused**
- **Yes, I can!**



Coping with Stress

- Learned Helplessness
 - Conclude that unpleasant or aversive stimuli cannot be controlled
 - Experience more physical symptoms and depression



Coping with Stress

- **Hardiness:** Characteristic associated with a lower rate of stress-related illness
 - Three components:
 - **Commitment**
 - Sense of purpose in work, family and life
 - **Challenge**
 - Openness to new experiences and change
 - **Control**
 - Belief that you have the power to influence

Coping with Stress

- **Resilience:** Ability to withstand and thrive despite difficult situations
 - Ability to find something positive in a bad situation
 - Promote personal growth or self-improvement



Coping with Stress

- Social Support: Turning to Others
 - Emotional and practical assistance
 - Therapeutic effects
 - Lower mortality rates





Effective Coping Strategies

- Turn a threat into a challenge
- Make a threatening situation less threatening
- Change your goals
- Take physical action
 - Biofeedback
 - Exercise
- Prepare for stress before it happens
 - Proactive coping

**Laugh at your
problems!
Everybody
else does.**

Psychological Aspects of Illness and Well-Being

- How do psychological factors affect health-related problems such as coronary heart disease, cancer, and smoking?



Psychological Aspects of Illness and Well-Being

- Type A behavior pattern
 - Hostile, competitive, sense of time urgency, and feeling driven



Type A Behavior Pattern



- Increased risk of angina, heart attack, or sudden death
- Hostility and anger



Stress and Personality

- Type B behavior pattern
 - Patient, cooperative, noncompetitive, and lack of time urgency



Stress and Personality

- Type C behavior pattern
 - Pleasant but repressed
 - Internalizing their negative emotions



Stress and Personality

- Type D behavior pattern (distressed)
 - Insecure, negative, and anxious
 - Contribute to poor heart health



Psychological Aspects of Cancer

- **Emotional responses** of cancer patients to their disease may affect its course
- Some **psychological therapies** have the potential for improving quality of life and even extending the lives of cancer patients



Why Do People Smoke?

- Heredity
- Genetics (race, gender)
- Environmental factors
 - “Cool”
 - Media
 - Habit that becomes addictive



Smoking



- Why Do People Smoke?
 - Marketing of cigarettes
 - shifted from the U.S. to Europe, India, and Latin America
 - In some parts of Latin America 50% of teenagers smoke
 - In some countries children as young as 6 smoke on a regular basis
 - Much higher rate compared to the US

Viceroy's FILTER the Smoke!



As your Dentist,
I would recommend
VICEROYS



20,679* Physicians
say "**LUCKIES**
are *less irritating*"

"It's toasted"

Your Throat Protection against irritation against cough

SCIENCE
DISCOVERED IT...
YOU CAN PROVE IT!

"No Unpleasant After-taste"
...added to the world's most famous ABC...

Always Milder
Better Tasting
Cooler Smoking

Here's the Biggest "Plus" in Cigarette History!
"CHESTERFIELD IS THE ONLY CIGARETTE of all brands tested in which members of our taste panel found no unpleasant after taste."
From the report of a well-known research organization

Always Buy CHESTERFIELD

Noted throat specialists report on 30-day test of Camel smokers...

NOT ONE SINGLE CASE OF THROAT IRRITATION due to Smoking **CAMELS!**

You, there were the findings of noted throat specialists after a test of 3,470 smelly specimens of the throats of hundreds of men and women who smoked Camels—and only Camels—for 30 consecutive days.

... AND THOUSANDS MORE AGREE!

Start your own 30-Day Camel MILDNESS Test Today!

THE TEST: "I had never had any throat irritation, hoarseness, or cough, and I never noticed any irritating after-taste. (I'M MILD!)"

... AND THOUSANDS MORE AGREE!

Start your own 30-Day Camel MILDNESS Test Today!

It's one of the best reasons doctors... While his throat may say (Please Don't Test it), it actually says (I'm Mild) 24 hours a day.

The doctor is a doctor, a physician, and a literally respectable human being all in one. An answer how long and hard he works.

According to a recent *Nationwide survey*:

MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

Dr. [Name] is all-over pleased in this nationwide study of cigarette smokers. These leading research organizations make the survey. The gist of the survey was: "No cigarette for you smokes, Doctor!"

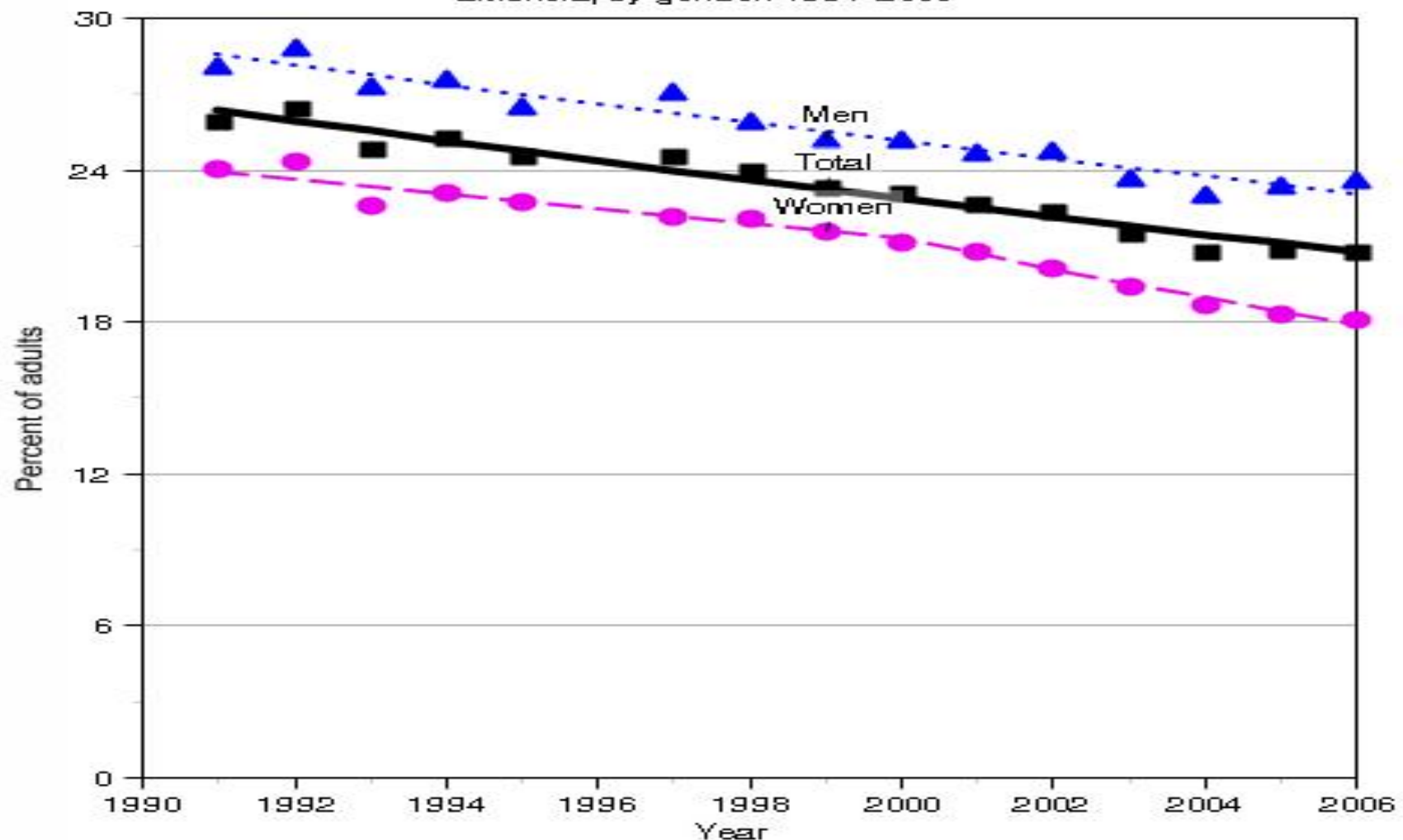
The brand named was... Camel!

The rich, full flavor and cool smoke of Camels, a gentle blend of certain tobacco leaves so have also been agreed on the smoking tastes of doctors as to others of other smokers. If you are a Camel smoker, the pleasure among doctors will hardly surprise you. If you're not—well, my Camels can...

Your "T-Zone" Will Tell You...
It has been...
It has been...
It's your...
growing...
for any...
See if Camels...
don't suit you...
"It's done" to a "C"

CAMELS Costlier Tobacco

Figure P3a. Percentage of adults aged 18 years and older who were current cigarette smokers, by gender: 1991-2006



Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Health Interview Survey.
Data are age-adjusted to the 2000 standard using age groups: 18-24, 25-34, 35-44, 45-64, 65+.
Analysis uses the 2000 Standard Population as defined by NCHS (<http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>).

Quitting Smoking

- “Cold turkey” – stopping with no assistance
- Nicotine replacement drugs
- Behavioral strategies and counseling
- Best method? Least effective method?
- Changes in societal norms and attitudes toward the habit
- Long-term effect of information about the negative consequences

The earlier people begin to smoke, the more problematic it is to quit

Promoting Health and Wellness

- How do our interactions with physicians affect our health and compliance with medical treatment?
- How does a sense of well-being develop?



Following Medical Advice



- Noncompliance
 - Link to increased illness, treatment failures, higher mortality rates
 - **Waste** expensive medical visit, medications
 - Increase medical admissions
 - At least 85% of patients not fully comply
 - 60 % don't know what meds should be taking
 - 50% ignore instruction, make errors

Following Medical Advice

- Noncompliance

- **Reactance**: strong reaction if instructions restrict their current lifestyle

- Smoking, eating, partying

- Might become upset and hostile

- Might even begin to increase restricted behavior



Following Medical Advice

- **Creative non-adherence**
 - Adjusting a treatment prescribed by a physician
 - Rely on one's own medical judgment and experience
 - Quit taking meds when feel better
 - Mix the meds with other herbal remedy
 - Decide not to take meds at all



Following Medical Advice

- Increasing Compliance with Advice
 - Provide **clear instructions** to patients regarding drug regimens
 - **Honesty** about nature of medical problems and treatments
 - How a message is **framed** can influence decisions



Message Framing and Compliance

- **Positively** framed messages
 - Change in behavior will lead to a gain or benefit
 - Best for motivating preventive behaviors
 - Ex. Breast exams lead to faster diagnosis and quicker recovery

Message Framing and Compliance

- Negatively framed messages
 - Highlight what can be lost if you don't perform certain behavior
 - Best for detecting disease
 - “Over 40,000 people will die from colon cancer in the U.S. this year. Have a colonoscopy so that you won't be among those 40,000 people.”

Positive vs. Negative framed message

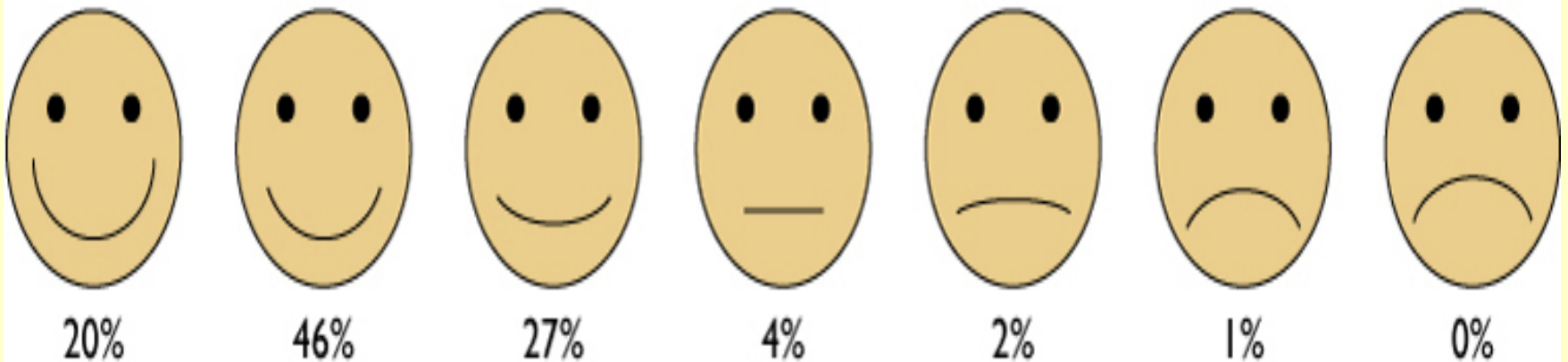
Which works best?

- Both work, but in different context
- Detecting disease? or prevention?
- Those at **risk**, respond better to negative framed message

Well-Being and Happiness

- Subjective Well-Being
 - People's evaluations of their overall happiness and life satisfaction

Faces Scale: "Which face comes closest to expressing how you feel about your life as a whole?"



Well-Being and Happiness

- Characteristics of happy people
 - Have high self-esteem, domain-specific
 - Have a firm sense of control
 - Are optimistic
 - Like to be around other people

