

Slide 1: Stress, Coping, & Health

- * Medical Model of Illness~~An outdated model?
 - Built around the belief that single causative agents are responsible for illness
- * 1900: Leading Causes of Death (Figure)
 - Contagious Diseases:
 - ◆ Tuberculosis Pneumonia Influenza (the flu)
 - ◆ Measles Scarlet Fever Diphtheria
- * What is common to these diseases
 - caused by singular infectious agents
 - can be treated by singular treatments (e.g., antibiotics)

Slide 1

Slide 2: Medical Model Outdated?(cont.)

- * 1998: Leading causes of Mortality
 - Chronic Diseases:
 - ◆ Heart Disease Cancer Stroke
- * What is common to Chronic Diseases?
 - Come on slowly
 - Cause and progression cannot be pinpointed on one factor.
- * Psychosomatic Medicine~ 1930's
 - * a clinical outlook that observes how social and psychological factors influence the course of disease (cancer, hypertension etc.)

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Slide 3: The Biopsychosocial Model etc.

- * The Biopsychosocial Model of Medicine, (Engel, 1962)
 - physical illness is caused by a complex interaction of biological, psychological, and sociocultural factors
 - figure
- * Health Psychology~ the relationship of psychosocial factors (e.g., stress of various types) to the maintenance of health and prevention of illness/death.

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Slide 4: Defining Stress

- ❖ Stress: conditions that tax, and/or are perceived as threatening to our well-being.
 - ☒ (a bit different definition from the book)
- ❖ A Popular Model of Stress: Life Change
 - ☒ a/k/a Social Readjustment
- ❖ Holmes & Rahe (1967)- noticed many of their sick patients have experienced traumatic changes recently.

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Slide 5: Life Change Stress & SRRS

- ❖ Social Readjustment Rating Scale
- ❖ Score yourself
 - ☒ (figure)
- ❖ Sum all points-----
 - * <150 pts: less than 1/3 chance of major illness in next year.
 - * 150-300 pts 50% chance of major illness in next year.
 - * 300+ pts: high probability of (>75%?) chance of major illness
- ❖ Newer inventories~ measure both major life events and “daily hassles”

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Slide 6: Life Change Stress Models-Problems

- ❖ Problems with Life Events Inventories
 - ☒ (what do you think)
 - * all change treated as harmful
 - * good change not seen as “healthy” (i.e, new job)
 - * personal Appraisal not factored into model
- ❖ Appraisal: Particularly Important~~
 - ☒ Richard Lazarus--- how can an event be stressful if we don't see it as a threat?
 - ☒ Only “bad” “threatening” conditions which hurt us.
 - ☒ Figure

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Slide 7 : Stress and Performance

- * The Inverted-U Hypothesis
 - ☒ Arousal (stress) /Performance Relationships
 - ☒ HOWEVER...as task complexity increases “optimal arousal” must be less
 - ☒ Figure
- * Three Tasks ~ complexity, arousal performance
- * Low complexity: 40 yard dash
- * Moderate Complexity: Typing ?
- * High Complexity: Final Exam in Calculus?

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Slide 8 : The Physiology of Stress ~ Selye

- * Film Clip:
 - ☒ The Brain Series #29 (Emotions, Stress and Health)
- * Stress as a physiological event- “wear & tear”
- * Hans Selye- father of stress medicine.
 - ☒ Patients demonstrated highly similar syndrome of effects (e.g., BP problems, Immune problems, High sympathetic nervous system arousal)
- * 1929: “just being sick” syndrome
- * 1940(apprx): Called this syndrome “STRESS”

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Slide 9: Selye, Nonspecificity & G.A.S.

- * Stress Activation and Illness:
 - ☒ The General Adaptation Syndrome~ Selye
- * Alarm- first response to a stressful condition
- * Resistance- marshaling of energy reserves to meet the demands of a chronic stressor
- * Exhaustion- “weak link” cracks~~ disease/death
- * Nonspecificity
 - ☒ Selye noticed this response pattern to a variety of (physical/psychological) stressful stimuli (Stressor) appeared to generate the same physiological responses

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Slide 10: Stress Pathways

- ✧ 2 Main Pathways of Response
- ✧ Fast On/Fast Off~ Sympathetic Axis
 - ☒ Electrochemical conduction of information
 - ◆ Epinephrine (EPI) & Norepinephrine (NE)
- ✧ The Neuroendocrine Axis: slower on/slower off
 - ☒ turned on by hormonal secretion into circulation of the blood: cortisol
 - ☒ same effects as sympathetic axis
 - ☒ takes much longer (to turn off)
- ✧ Physiological Effects (figure)

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Slide 11: Stress, Personality and Health

- ✧ Psychosomatic Disease~
 - ☒ disease whose course is affected by stress or other psychosocial components
- ✧ Friedman & Rosenman: Stress-prone personalities
 - ☒ The story of Type A personalities (scale on overhead)
- ✧ Characteristics:
 - ◆ neurotic competitiveness highly impatient/time cons.
 - ◆ Multiple jobs at one time self-focused conversation
 - ◆ finish sentences for you easily irritated/quick to anger

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Slide 12: Stress Resistant Personalities

- ✧ Type B: relatively relaxed, intracompetitive, little anger or hostility
- ✧ The Hardy Personality (Kobasa)
 - * Commitment (sense of purpose, direction in life)
 - * Control (general feel in control of self, life decisions)
 - * Challenge (change is welcomed and seen as natural)
- ✧ Stress Prone vs Resistant Personality and Illness
 - * Type A 6x more likely to develop CHD
 - * Hardy 4x less risk of major life illness during stressful times

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Slide 13: Coping Styles: Dealing w/ Stress

- ❖ *Emotion Focused Coping*- deal with feelings of stress rather than source of stress
 - ☒ self-indulgent coping: smoking, eating, substance abuse
 - ☒ aggression- displacement of emotion on other with intent to harm
- ❖ *Problem-Focused (Active) Coping*- active and healthful efforts to deal with stressful conditions
 - ☒ direct/planful confrontation
 - ☒ physical preparation for stressor
- ❖ Learned helplessness (Seligman)
 - ☒ Passive behavior produced by exposure to uncontrollable stressful stimuli
 - ◆ Film Clip: The Brain, Module #28

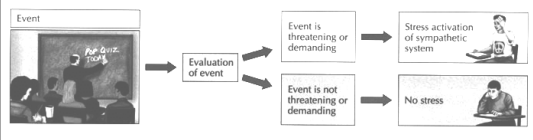
Slide 13

Slide 15: Stress Moderation & Management

- ❖ Moderators of Stress:
 - ☒ Social Support Networks
 - ☒ Optimistic Style
- ❖ Stress Management
- ❖ Relaxation Response (Benson)
 - ◆ quiet setting
 - ◆ mental device
 - ◆ object of focus
 - ◆ comfortable position
- ❖ Humor- release of “pent-up” emotion (class activ)

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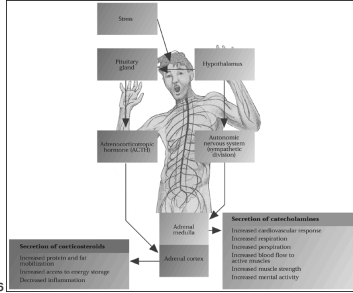
Cognitive Appraisal: Gateway to the Stress Response



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The Human Stress Response

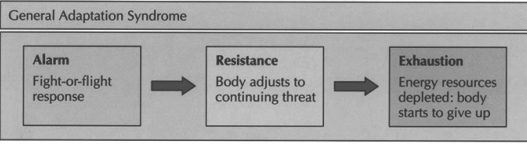


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Figure 13.6 Brain-body pathways in stress. In times of stress, the brain sends signals along two pathways. The pathway through the autonomic nervous system controls the release of catecholamine hormones that help mobilize the body for action. The pathway through the pituitary gland and the endocrine system controls the release of corticosteroid hormones that increase energy and ward off tissue inflammation. Slide 16

The General Adaptation Syndrome

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Arousal - Performance Curves

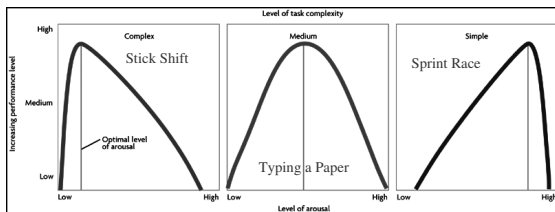


Figure 13.5 (BACK) Arousal and performance. Graphs of the relationship between emotional arousal and task performance tend to resemble an inverted U, as increased arousal is associated with improved performance up to a point, after which higher arousal leads to poorer performance. The optimal level of arousal for a task depends on the complexity of the task. On complex tasks, a relatively low level of arousal tends to be optimal. On simple tasks, however, performance may peak at a much higher level of arousal. Slide 18

Patterns of Mortality: 1900-2000

Mansfield University
Introductory Psychology

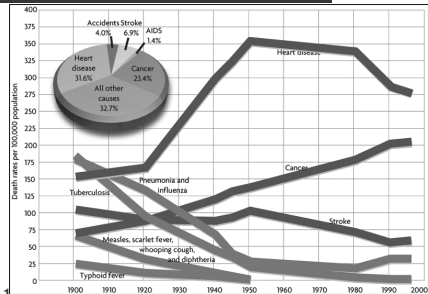
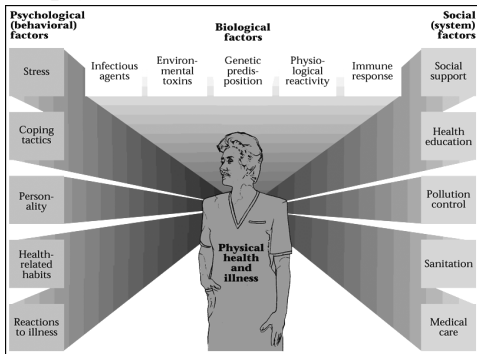


Figure 13.1
Changing patterns of illness. Trends in the death rates for various diseases during the 20th century reveal that contagious diseases (shown in blue) have declined as a threat to health. However, the death rates for stress-related chronic diseases (shown in red) have remained quite high. The pie chart (inset) shows the results of these trends: three chronic diseases (heart disease, cancer, and stroke) account for 61.9% of all deaths.

(BACK)

The Biopsychosocial Model

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Social Readjustment Rating Scale

Mansfield University
Introductory Psychology

Table 3.1 Social Readjustment Rating Scale (SRRS)

Rank	Life event	Mean value	Rank	Life event	Mean value
1.	Death of spouse	100	23.	Son or daughter leaving home	29
2.	Divorce	73	24.	Trouble with in-laws	29
3.	Marital separation	65	25.	Outstanding personal achievement	28
4.	Jail term	63	26.	Wife begins or stops work	26
5.	Death of close family member	63	27.	Begin or end school	26
6.	Personal injury or illness	53	28.	Change in living conditions	25
7.	Marriage	50	29.	Revision of personal habits	24
8.	Fired at work	47	30.	Trouble with boss	23
9.	Marital reconciliation	45	31.	Change in work hours or conditions	20
10.	Retirement	45	32.	Change in residence	20
11.	Change in health of family member	44	33.	Change in schools	20
12.	Pregnancy	40	34.	Change in recreation	19
13.	Sex difficulties	39	35.	Change in church activities	19
14.	Gain of new family member	39	36.	Change in social activities	18
15.	Business readjustment	39	37.	Mortgage or loan less than \$10,000	17
16.	Change in financial state	38	38.	Change in sleeping habits	16
17.	Death of close friend	37	39.	Change in number of family get-togethers	15
18.	Change to different line of work	36	40.	Change in eating habits	15
19.	Change in number of arguments with spouse	35	41.	Vacation	13
20.	Mortgage over \$10,000	31	42.	Christmas	12
21.	Foreclosure of mortgage or loan	30	43.	Minor violations of the law	11
22.	Change in responsibilities at work	29			

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