Chapter 11: Health, Stress, & Coping
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Terms

- Trephination: drilling holes in the skulls of diseased individuals to allow evil spirits to escape.
- Humoral theory of illness: the theory asserting that disease is caused by an imbalance in the four fluids, or humors, of the body.
- Cartesian dualism: the doctrine of dual spheres of mind and body.
- Cellular theory of illness: the idea that illness and disease result from abnormalities within individual cells.
- Stress: a challenge to a person's capacity to adapt to inner and outer demands, which may be physiologically arousing.
- Psychosomatic medicine: the idea that changes in physiology mediate the relationship between unconscious conflicts and illness.
- Biopsychosocial model: the idea that health and illness stem from a combination of biological, psychological, and social factors.
- Health belief model: the theory which states that health behaviors are predicted by the perceived susceptibility to the behavior threat, the perceived seriousness of the health threat, the benefits and barriers of undertaking particular health behaviors, and cues to action.
- Perceived susceptibility: a person's perception that he or she is likely to contract a particular illness.
- Optimistic bias: unrealistic optimism.
- Susceptible gene hypothesis: the theory that certain genes increase but do not guarantee the development of a particular trait or characteristic.
- Social support: relationships with others that provide resources for coping with stress.
Important People

- **Hippocrates**—the father of modern medicine, proposed the humoral theory of illness, which asserted that disease is caused by an imbalance in the four fluids, or humors, of the body: blood, phlegm, black bile, and yellow bile.

- **Sigmund Freud**—he was trained as a physician, realized that some illnesses could not be traced to an underlying biological cause.

- **Walter Cannon**—had a description of the fight-or-flight response in which an organism prepares for danger with endocrine and sympathetic nervous system activation.
Chapter 11 and Health, Stress, and Coping

**Summary:**

1. **Health Psychology**
   a. History of Health Psychology
   b. Theories of Health Behavior
   c. Barriers to Health Promotion

2. **Stress**
   a. Stress as a Psychobiological Process
   b. Stress as Transactional Process
      c. Source of Stress
      d. Stress and Health

3. **Coping**
   a. Coping Mechanisms
   b. Social Support

4. **The Future of Health Psychology**