

APPLIED PSYCHOLOGY

- **What is it about?**

Problems; what problems could there be in the areas of health, crime or education?

Aim of applied psychology is to produce **change** in human behaviour/experience in the form of **interventions**.

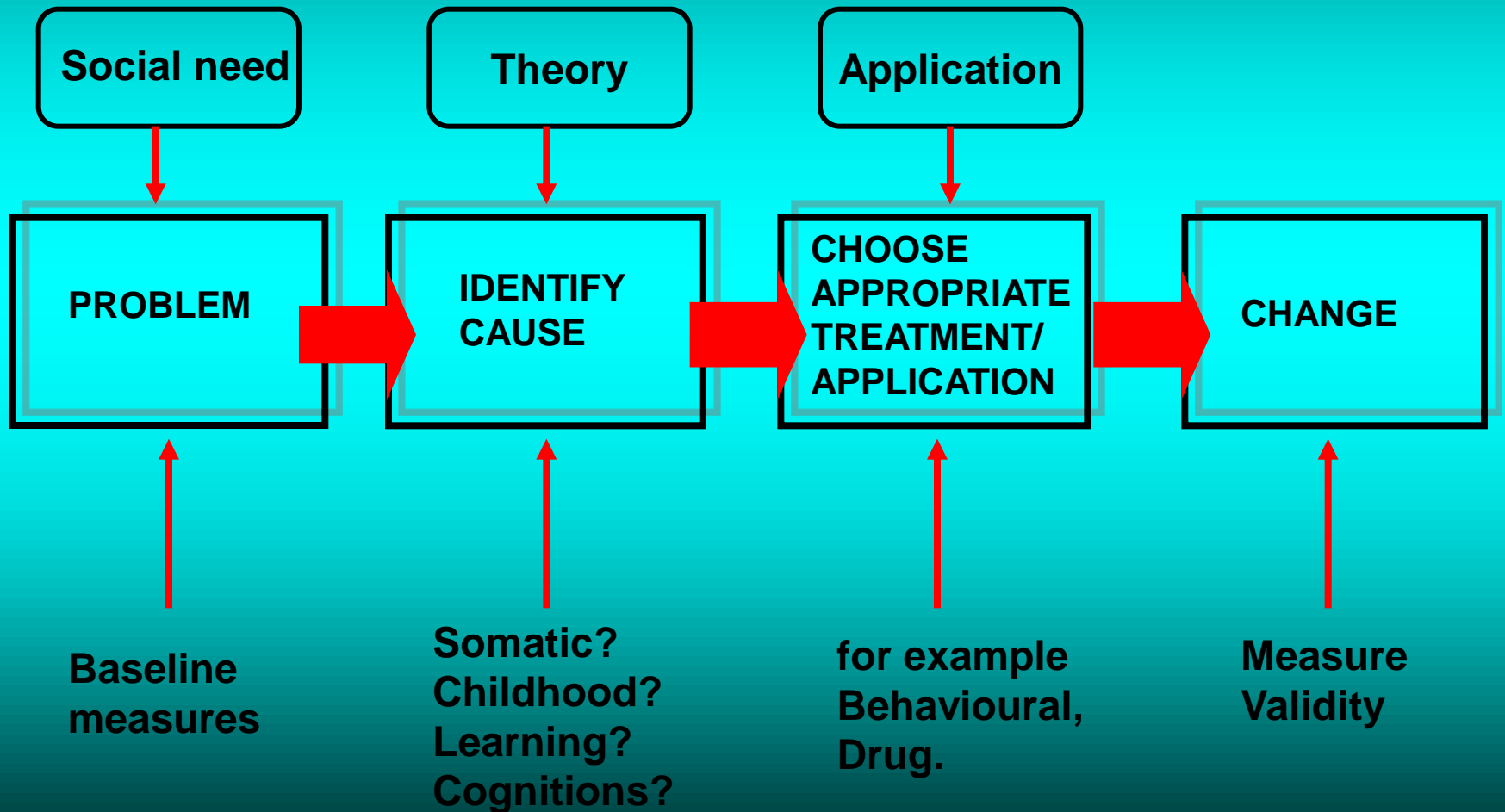
● Traditional research and application

Is psychology the same as traditional science? Why/Why not?

Psychology: humans unpredictable; many possible solutions/no guarantees that intervention will work.

Debate about how far psychology is really a science.

DO TREATMENTS AND APPLICATIONS WORK?



Psychology and Health; Assessment objectives

1. Be able to describe and evaluate all areas/units of health psychology.
2. Apply psychological methods, perspectives and issues.
3. Apply theory and evidence to the improvement of real life events and situations.
4. Explore social, moral and spiritual issues (where applicable)
5. Consider how the core Studies (AS) can inform our understanding of psychology and health.

● **Applying Core Studies to Health: create a table to show relevant areas;** →

Perspective	Theory/Concept	Area of Health
Cognitive	Memory (L&P) Unreliable	Adherence to medical advice

Health psychology

● Introduction;

What does Health psychology focus on?

- Why people stay healthy or get ill, and how they respond to these states.
- Problems?

● What is health?

- How do we distinguish between illness and health?
- 'Health' comes from Anglo-Saxon term – 'wholeness'. Links with 'holy', religion, and spiritual sense of health.
- **Wellness Continuum**; more useful definition of health; includes conditions from:-



HEALTH - ILLNESS

- SIGNS

- COGNITIONS

- * EMOTIONS

Models of Health

Two models to consider: Key features;

1. The Biomedical Model

- Traditional, physical approach.
- **Reductionist**; reduces explanations for illness to biological process.
- **Single-factor causes**; focuses on ONE cause rather than many possibilities.
- **Mind-body distinction**; mind seen as separate/split from physical symptoms.
- **Focus on illness**
- Weaknesses?

2. The Biopsychosocial Model

- **Systems model**; recognises role of social system, psychological, & biological systems.
- Acknowledges **many causes** in illness
- Move towards **psychological**; focus on wellness as well as illness.
- **Holistic**

