

# Health Psychology: Challenge for the future

For M.Phil

Psychology

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# Module outline

- ◆ Health Promotion
- ◆ Stress and Its Management
- ◆ Use of Health Services
- ◆ Management of Serious Illness
- ◆ Trends for the Future
- ◆ Becoming a Health Psychologist

# Health Promotion

- ◆ Efficient, Cost-Effective Interventions
- ◆ Focus on Those at Risk
- ◆ Prevention
- ◆ Focus on the Elderly
- ◆ Refocusing Health Promotion Efforts
- ◆ Promoting Resilience
- ◆ Promotion as a Part of Medical Practice
- ◆ Social Change to Improve Health
- ◆ Gender and Health

# Focus on the Elderly



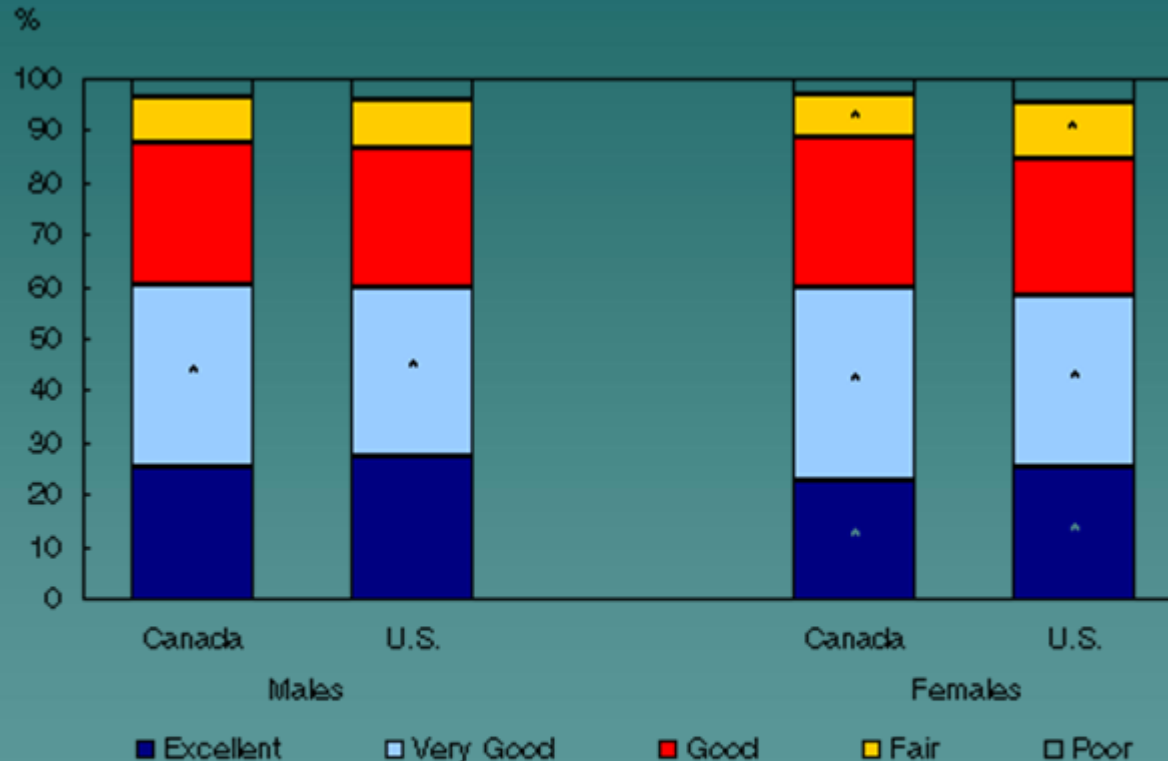
# Promoting Resilience



# The art of resilience



# Gender and Health



**Notes:** Household population aged 18 and over.

Missing data ("I don't know", "not stated", "refusal") have been excluded from the analysis.

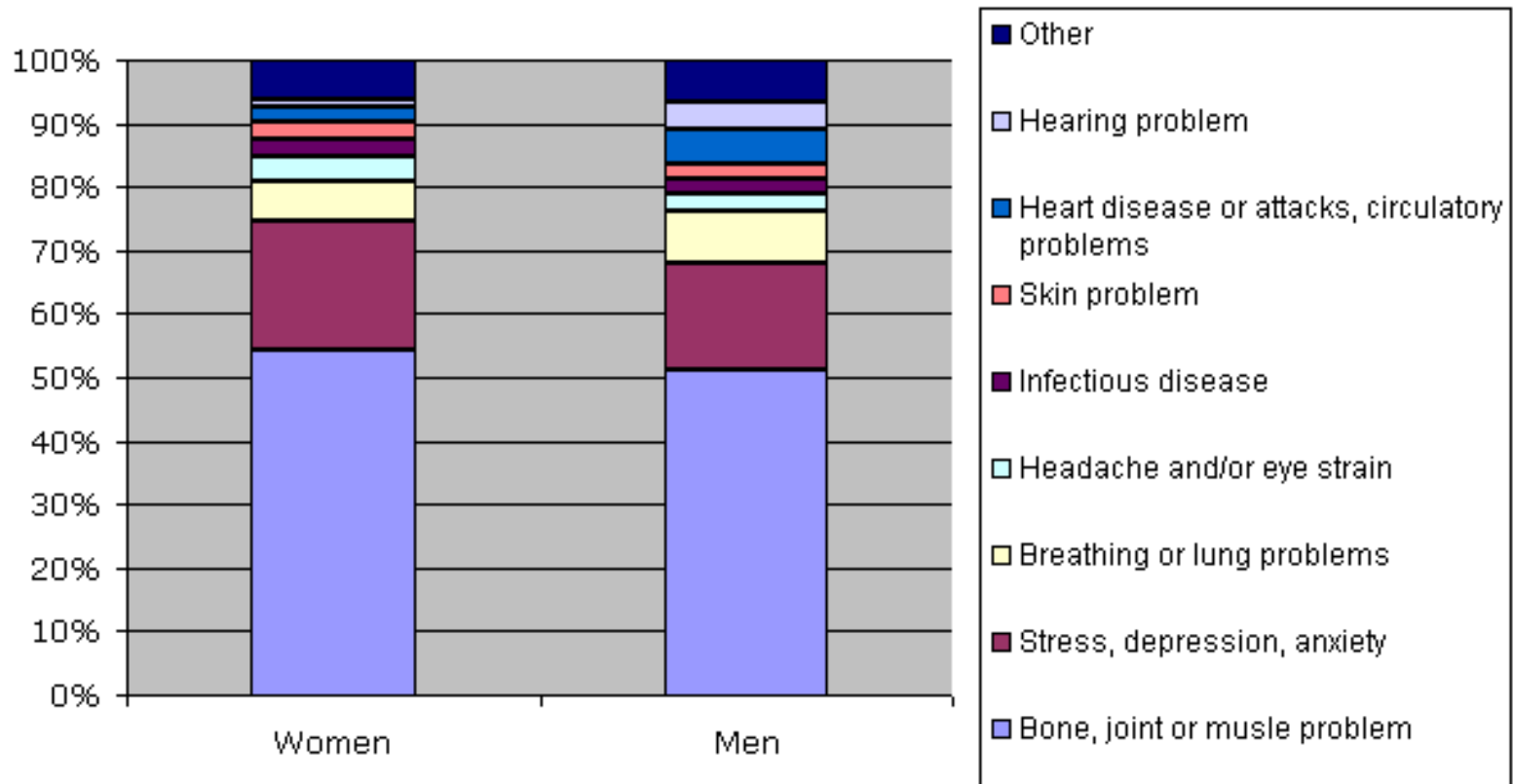
‡ Age-adjusted percents calculated using the projected 2000 U.S. standard population.

\* Statistically significant difference between Canada and U.S. ( $p < 0.05$ ).

Source: Joint Canada/United States Survey of Health, 2002/03.

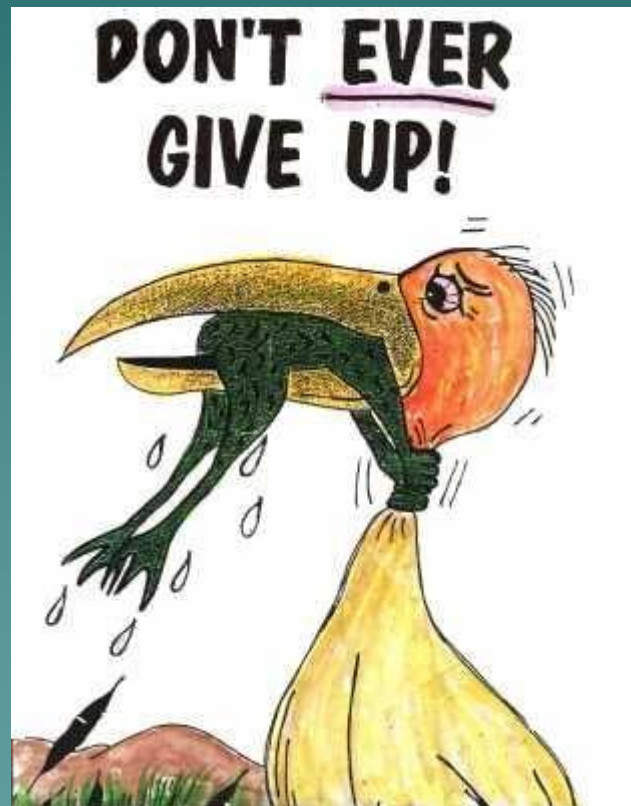
# Gender and Health

Proportion of women and men, by types of work-related illness, 1999





# Stress and Its Management



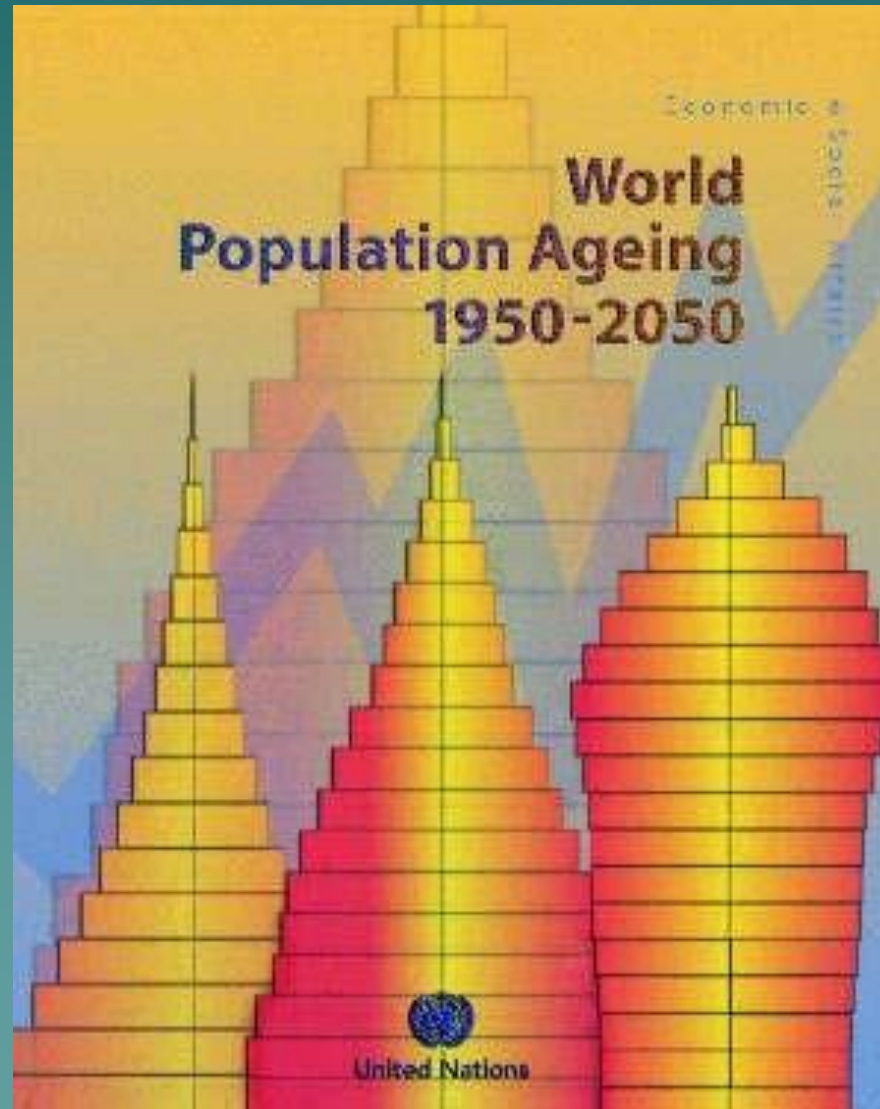
# stress and its management

- ◆ Environmental stress
- ◆ Occupational stress
- ◆ Stress-related disorders
- ◆ Fostering social support

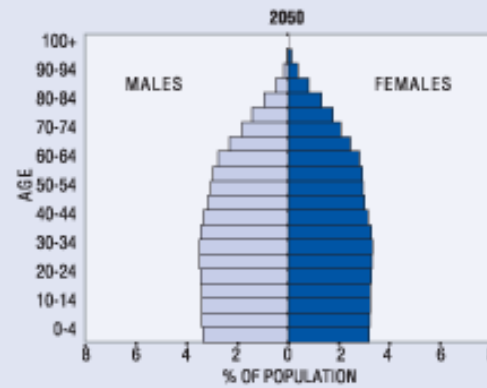
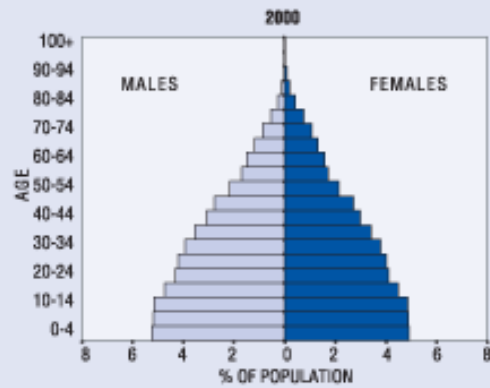
# Management of Serious Illness

- ◆ Quality-of-Life Assessment
- ◆ Pain Management
- ◆ Adherence
- ◆ Terminal Care
- ◆ The Aging of the Population

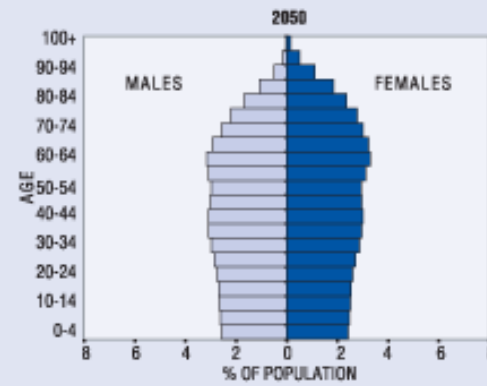
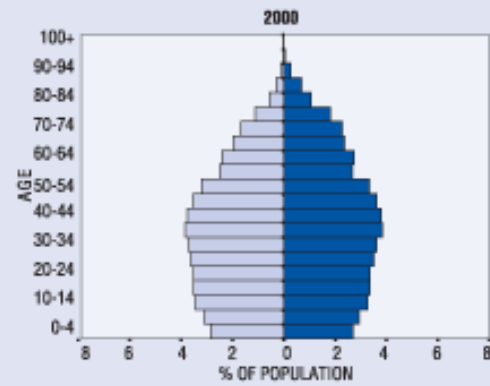
# World Population Ageing: 1950-2050



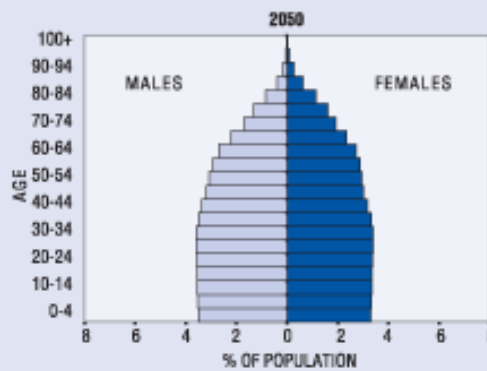
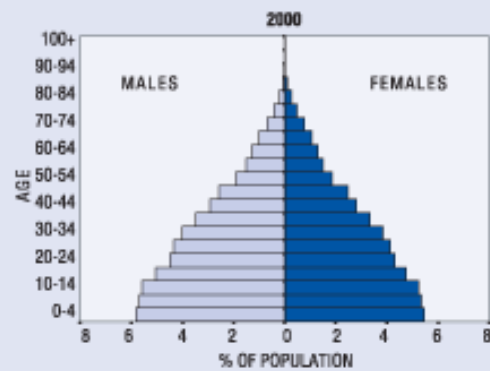
## WORLD



## MORE DEVELOPED REGIONS



## LESS DEVELOPED REGIONS



# Trends for the Future

- ◆ The Changing Nature of Medical Practice
- ◆ Systematic Documentation of Treatment Effectiveness
- ◆ Systematic Documentation of Cost-Effectiveness
- ◆ Remaining Issues

# Challenges

- ◆ Challenge 1: Understanding chronic illness, our most serious health threat
- ◆ Challenge 2: Promoting health and preventing disease
- ◆ Challenge 3: Increasing knowledge of health relevant processes among understudied groups
- ◆ Challenge 4: Reshaping the health care system to meet tomorrow's needs

# reflection

- ◆ So you want to become a health psychologist?
- ◆ Career and health psychology





# Please answer anonymously these questions

- What is the main thing you learned from this lecture?
- What is the main question you have that wasn't answered?
- The things the instructor did best ...OR the best things about the lecture that were?
- The things the instructor did worst ...OR the worst things about the lecture that were?