

# [Psychology modules for active learning (13th edition)](https://assignbuster.com/psychology-modules-for-active-learning-13th-edition/)

Biopsychosocial modelApproach which states that diseases are caused by a combination of biological, psychological, and social factors. Health psychologyA study of the ways cognitive and behavioral principles can be used to prevent illness and promote health. ONPSYCHOLOGY MODULES FOR ACTIVE LEARNING (13TH EDITION) SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowBehavioral medicineThe study of behavioral factors in medicine, physical illness, and medical treatment. They apply psychology to manage medical problems. Lifestyle diseaseA disease related to health-damaging personal habits (heart disease, HIV/AIDS, lung cancer, etc)Behavioral risk factorsBehaviors that increase the chances of disease, injury, or premature death. Disease-prone personalityA personality type associated with poor health; marked by persistent negative emotions, including anxiety, depression, and hostility. Refusal skills trainingProgram that teaches youths how to resist pressures to begin smoking (also can be applied to other drugs and health risks). Life skills trainingA program that teaches stress reduction, self-protection, decision making, self-control, and social skills. Community health campaignA community-wide education program that provides information about how to lessen risk factors and promote health. StressThe mental and physical condition that occurs when a person must adjust or adapt to the environment. Stress reactionThe physical response to stress, consisting mainly of bodily changes related to autonomic nervous system arousal. General adaptation syndrome (GAS)A series of bodily reactions to prolonged stress; occurs in three stages: alarm, resistance, and exhaustion. Alarm reactionFirst stage of the GAS, during which bodily resources are mobilized to cope with a stressor. Stage of resistanceSecond stage of the GAS, during which the bodily adjustments to stress stabilize, but at a high physical cost. Stage of exhaustionThird stage of the GAS, at which time the body's resources are exhausted and serious health consequences occur. Subjective well-beingA positive state of good health; more than the absence of disease. StressorA specific condition or event in the environment that challenges or threatens a person. Primary appraisalDeciding if a situation is relevant to oneself and if it is a threat. Secondary appraisalDeciding how to cope with a threat or challenge. PressureA stressful condition that occurs when a person must meet urgent external demands or expectations. BurnoutA work-related condition of mental, physical, and emotional exhaustion. Social Readjustment Rating Scale (SRRS)A scale that rates the impact of various life events on the likelihood of illness. Hassle (microstressor)Any distressing, day-to-day annoyance. FrustrationA negative emotional state that occurs when one is prevented from reaching a goal. Acculturative stressStress caused by the many changes and adaptations required when a person moves to a foreign culture. AggressionAny response made with the intent of causing harm. Displaced aggressionRedirecting aggression to a target other than the actual source of one's frustration. ScapegoatingBlaming a person or a group of people for conditions not of their making. EscapeReducing discomfort by leaving frustrating situations or by psychologically withdrawing from them. ConflictA stressful condition that occurs when a person must choose between incompatible or contradictory alternatives. Approach-approach conflictChoosing between two positive, or desirable, alternatives. Avoidance-avoidance conflictChoosing between two negative, undesirable alternatives. Approach-avoidance conflictBeing attracted to and repelled by the same goal or activity. Multiple approach-avoidance conflictBeing simultaneously attracted to and repelled by each of several alternatives.