

# Psychology modules for active learning (13th edition)



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**Biopsychosocial model** Approach which states that diseases are caused by a combination of biological, psychological, and social factors.

**Health psychology** A study of the ways cognitive and behavioral principles can be used to prevent illness and promote health.

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**Behavioral medicine** The study of behavioral factors in medicine, physical illness, and medical treatment. They apply psychology to manage medical problems.

**Lifestyle disease** A disease related to health-damaging personal habits (heart disease, HIV/AIDS, lung cancer, etc)

**Behavioral risk factors** Behaviors that increase the chances of disease, injury, or premature death.

**Disease-prone personality** A personality type associated with poor health; marked by persistent negative emotions, including anxiety, depression, and hostility.

**Refusal skills training** Program that teaches youths how to resist pressures to begin smoking (also can be applied to other drugs and health risks).

**Life skills training** A program that teaches stress reduction, self-protection, decision making, self-control, and social skills.

**Community health campaign** A community-wide education program that provides information about how to lessen risk factors and promote health.

**Stress** The mental and physical condition that occurs when a person must adjust or adapt to the environment.

**Stress reaction** The 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 reaction** First stage of the GAS, during which bodily resources are mobilized to cope with a stressor.

**Stage of resistance** Second stage of the GAS, during which the bodily adjustments to

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stress stabilize, but at a high physical cost. Stage of exhaustion Third stage of the GAS, at which time the body's resources are exhausted and serious health consequences occur. Subjective well-being A positive state of good health; more than the absence of disease. Stressor A specific condition or event in the environment that challenges or threatens a person. Primary appraisal Deciding if a situation is relevant to oneself and if it is a threat. Secondary appraisal Deciding how to cope with a threat or challenge. Pressure A stressful condition that occurs when a person must meet urgent external demands or expectations. Burnout A 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. Frustration A negative emotional state that occurs when one is prevented from reaching a goal. Acculturative stress Stress caused by the many changes and adaptations required when a person moves to a foreign culture. Aggression Any response made with the intent of causing harm. Displaced aggression Redirecting aggression to a target other than the actual source of one's frustration. Scapegoating Blaming a person or a group of people for conditions not of their making. Escape Reducing discomfort by leaving frustrating situations or by psychologically withdrawing from them. Conflict A stressful condition that occurs when a person must choose between incompatible or contradictory alternatives. Approach-approach conflict Choosing between two positive, or desirable, alternatives. Avoidance-avoidance conflict Choosing between two negative, undesirable alternatives. Approach-avoidance conflict Being attracted to and repelled by the same goal

or activity. Multiple approach-avoidance conflict Being simultaneously attracted to and repelled by each of several alternatives.