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Introduction to Psychology in Healthcare

Definition:

→ It is the scientific study of behaviour, mental process, emotion, thinking, feeling and action of individual.

→ How these all factors affects individuals life

SCOPE OF PSYCHOLOGY

→ The scope of health psychology includes a broad range of areas where psychology principles intersect ē health and well-beings.

→ It includes the study of

(1) Human behaviours: In different places like Home, school, workplace, and society)

(2) Mental Process: like Perception, Memory, learning, thinking, Motivation & Emotions.

(3) Personality development: Individual difference

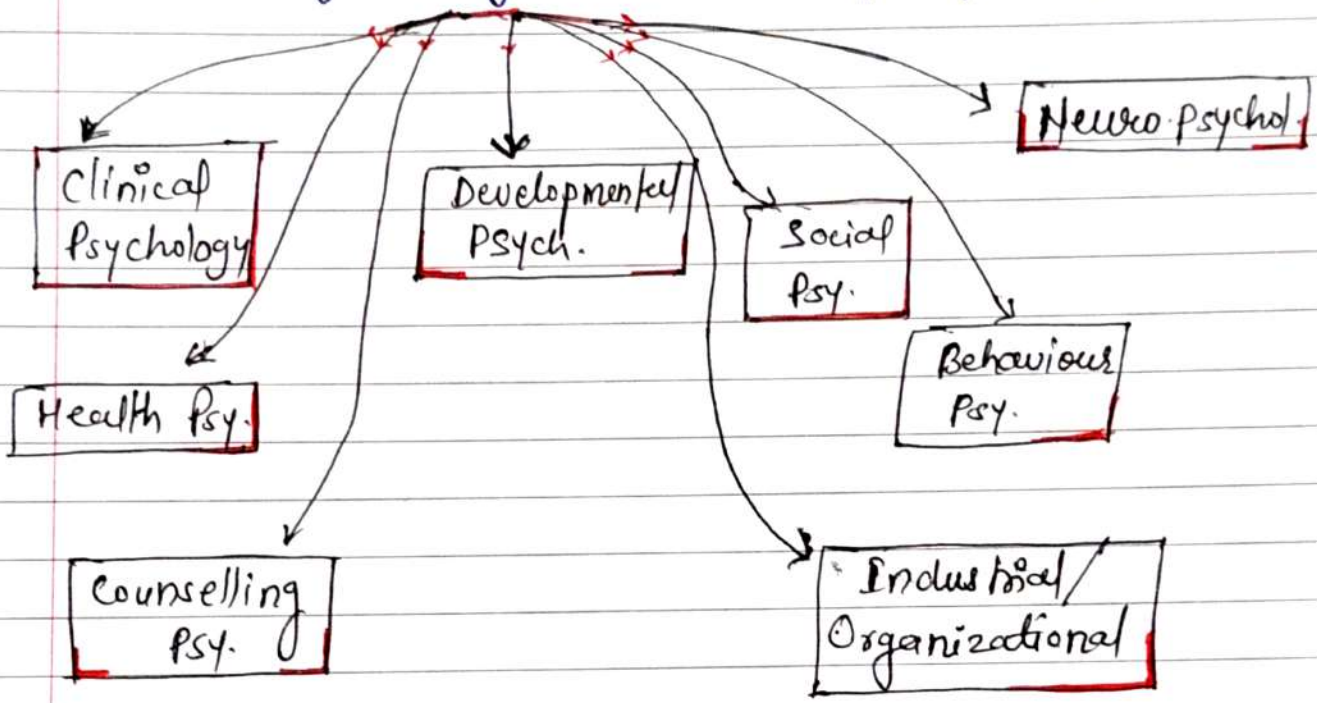
(4) Mental health disorder: Disorders, prevention & treatment

(5) Social Interaction:

(6) Health & well-being

Branches of Psychology with Healthcare Relevance

There are following branches of Psychology.



(1) Clinical Psychology

→ It is the largest field of psychology.
→ It includes the causes of mental illness, abnormal behaviour of patient, suggest treatment and effective adjustment of affected person in society.

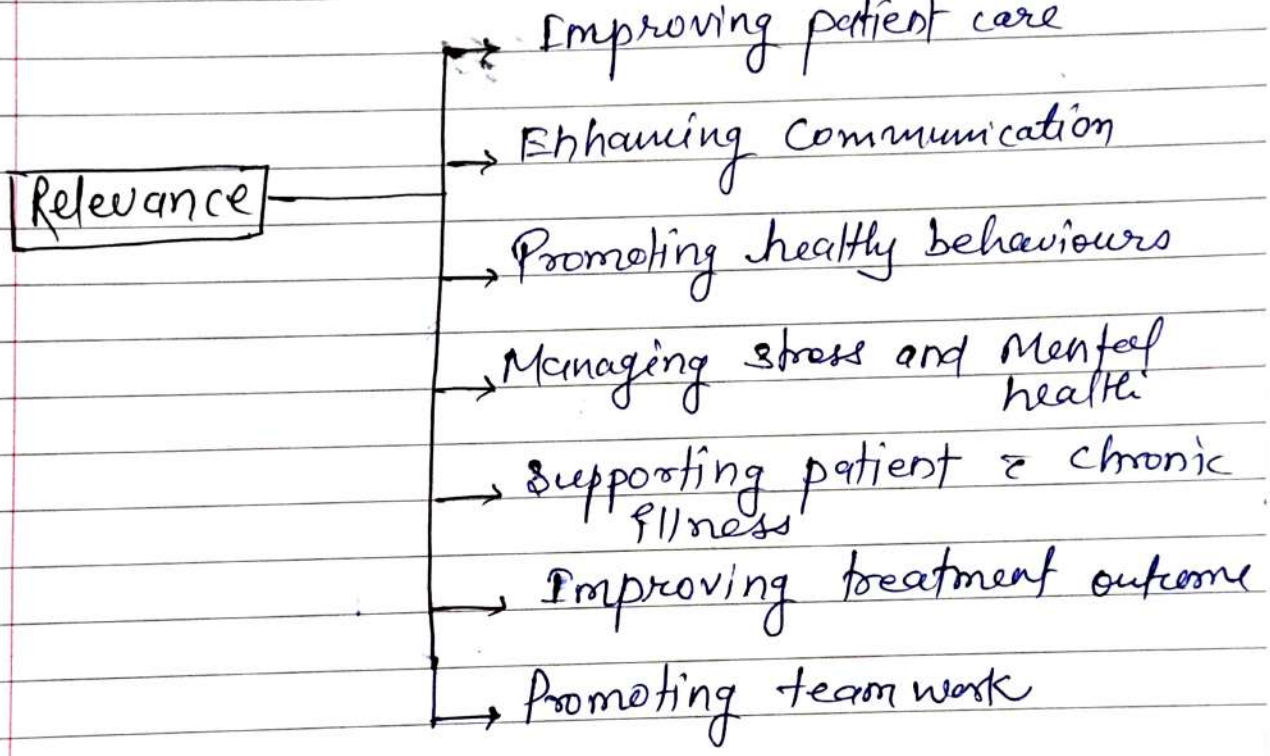
(2) Health Psychology

It is the study of Biological, psychological and social factors affect the physical health, illness, and healthcare.

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Relevance of psychology

It plays a vital role in health science because it help to understand the relationship b/w mind, behaviour, & physical health.



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① Clinical Psychology

It is the branch of Psychology focussed on Assessment, Diagnosis and treatment of mental illness and emotional distress.

Activities

(a) Assessment & diagnosis

Clinical psychologist uses structured interviews some psychological test, behavioural observation and review of medical and social history to evaluate patient mental health condition

(b) Treatment

After Assessment & diagnostic test Psychologist provides treatment / therapy such as cognitive behavioural therapy or psychodynamic therapy to individuals, couples or groups.

* Psychotherapy and Counselling
* Psychopharmacological support
  → Provide medication for management of mental illness and observe therapeutic monitoring of patient

* Psychologist provide emergency care when needed such as mental health crisis, suicidality, Trauma,

* Chronic illness support : In disease like cancer, diabetes; provides counselling & mental support.

* Research Practices
: Clinical Psychologist evaluate therapeutic outcomes and develop new interventions.

(2) Health Psychology

→ It includes the study of biological, psychological and social factors influencing physical health, illness. and healthcare.

→ It includes the following methods.

(a) Illness management :
It help patient to cope up with new diagnosis, chronic pain management, & chronic disease management.

(b) Behavioral change :
Examination of patient struggling with health habits and their management plans.

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(c) Management of Mind-Body connection
Identify how stress, emotions, thought impact physical functions like immune and cardiovascular system.

(3) Behavioural Psychology

It is the scientific study of observational actions that focus on shaping of human behaviour, learned through the interaction ∈ environment.

→ Some key ideas/concept for learning as follows

Behaviour Modification
It includ the classical conditioning to encourage desirable behaviour and reduce harmful habbits.
eg. smoking cessation, weight management

Pain Management
Patient cope with acute and chronic pain via relaxation training, cognitive restructuring to reduce psychological impact of pain.

Life styl and habit formation
It promote the life styl changes like exercise, balanced nutrition etc and habbit formation techniques.

Application in Rehabilation
→ It include physical and occupational therapy by motivating patient, improving function

4. Developmental Psychology

Developmental psychology studies human growth and changes across the lifespan and has significant healthcare application in understanding and supporting individuals at different life stage.

Stages

(1) Infancy and Early Childwood
It tract physical, cognitive, emotional and social milestone, important for recognizing normal development and potential health risk or delays.

(2) Adolescent development
It includes : Puberty
identific identity formation
: Tsed risk taking behaviours
: Support mental health

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Adult development

→ It is a transition state & includes career changes, parenthood, and stress-related health challanges.

→ This phase helps understand stress management and promote psychological well-being during these phase.

Aging and Geriatrics

→ It focus on cognitive decline, dementia, emotional health, and quality of life in older adults.

→ It include the management of Neuro-degenerative diseases and supporting mental health in geriatrics.

* Research in developmental psychology contribute to improve patient care by applying age specific knowledge of growth, risk factors and interventions to clinical and pubile health setting.

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"SENSATION"

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→ It is an awareness of stimulus.
→ It is the stimulation of sensory receptor and convey sensation to CNS.
→ Clinical Assessment covers sensory modalities such as vision, hearing, touch, tast and smell.
→ Different sensory modalities are transmitted through specific pathway
→ Sensory receptors are located in sensory Organs. Stimulus detection depends upon stimulus intesity.

Sensory deficit & Disorders

It includes various impairement disorders i.e. Neuropathy blindness, hypoesthasia (↓ sensation) paraesthesia (tingling) and sensory processing disorder, It involves difficulties in recieving, integrating or responding to sensory information

Assessement

standard test and instrument included

1. Sensory profil Questionaires
2. Vibratory tunning fork
3. Monofilament for touch Assessement.

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PERCEPTION

→ Perception is the brain's process of organizing and interpreting sensory information to give it meaning.

→ Individual organizes perception according to certain principles of pattern perception.

⇒ Perpetual Process

The processing involve the major region of brain like:

(1) Occipital lobe
Parietal lobe
Temporal lobe
Frontal lobe

} These all integrate the sensory data for proper response.

→ Perpetual Distortion

→ Some clinical situations encounter perpetual distortion such as hallucination (perception out external stimuli) and illusions (Misinterpre-tations of real sensory stimuli)

→ These phenominone occurs in psychiatric condition i.e. Schizophrenia, Parkinson disease.

→ Impact on daily functioning.
perpetual impairement can severly limit the quality of life, affecting independance social & everyday activity.

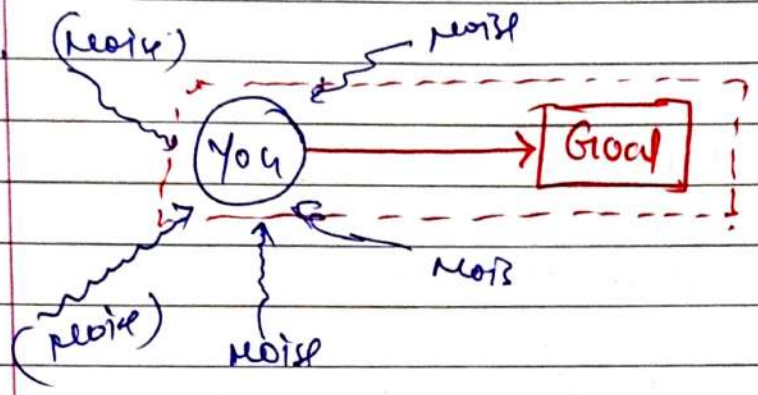
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Attention

It is a mental process of focussing your awareness on certain information, while ignoring or reducing focus on other information.

Ex.



→ Attention help us to select the proless, and respond to relevent information.

Types of Attention

(1) Selective Attention : Focusing on specific stimulus while ignoring distraction.

(2) Sustained Attention : Maintaining focus over prolonged periods.

(3) Divided Attention : Responding to multiple stimuli or tasks simultaneously.

(4) Alternating Attention : Shifting focus b/w task requiring different cognitive demand.

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* Attention plays an important role in healthcare because healthcare professionals must focus on relevant information, recognize changes in patient and make accurate decision.

Assessement Techniques for Attention

(1) OBSERVATION : Observe the ability of patient to stay focuse, observe the distraction, loss of concentrations.

(2) Digit span test :
: Person is asked to repeat the sequence of Numbers forward / backward.

(3) Continuous Performance Test (CPT)
Evaluate sustained and selective attention through response to specific stimuli overtime.

(4) Digit Cancellation Test
The person identifies and mark specific number among many distractors.

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Learning & Memory

Learning is the acquisition of new information or behaviours, while memory is the ability to store and retrive that information over time.

Types of Memory

(A) **Sensory Memory**: Hold input for a fraction of second

(B) **Short term Memory**: Keeps a small amount of data active for seconds/minutes to use right away.

(C) **Long term Memory**: Store vast amount of data for a long period.

(d) **Declaritive**: concious recall of facts & events.

(e) **Non-declarative**: Unconcious skills and habits (driving, riding etc.)

"Reinforcement"

It is a mechanism that drives health behaviour change by using consequences for taking specific action.

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The role of reinforcement in health behaviour change is fundamental for encouraging and sustaining desired health related behaviour.

* **Positive Reinforcement**

It envolve encouraging healthy behaviours by providing rewards. e.g. Includes
- praise
- tangible reward
-

Eg. A patient c medication receive a verbal praise c strengthen compliance and motivation.

* **Negative Reinforcement**

It strengthen the behaviour by removing or reducing an unpleasant stimulus. When the desired behaviour occurs.

Example
① A patient exercise regularly to reduce back pain.
⇒ Removal of pain encourage continuation of exercise.

② **Punishment**: Punishment ↓ undesirable behaviour

ex:⇒ A patient experience health complication due to smoking and he become

motivated to stop smoking.

Areas where Reinforcement is used.

① Smoking Cessation
: Patients are rewarded for reducing smoking.

② Weight Management
: Patient relieve encouragement for
1) following diet plan
2) Regular exercise
3) Weight reduction achievement.

③ Diabetes Management:
Health care professionals reinforces: for.
→ Glucose monitoring
→ Medication adherence
→ Healthy eating habits.

④ Drug & Alcohol - De-addiction
Behavioral therapy uses reinforcement to : 1) Encourage abstinence.
2) Reduce relapse
3) Improve coping skills.

⑤ Medication Adherence
Pharmacist and health care workers reinforced by. 1) Providing reminders
2) Educating patient regularly
3) Appreciating compliance.

Emotion and Motivation

Theories and complication.

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Emotion and motivation are important Psychol.. -ogical process that strongly influence human behaviour, decision-making, health practices, and overall well-being.

Emotion

Emotion is a complex psychological and physiological state that involves feelings, thoughts bodily changes and behavioral responses.

Component of Emotion

↓

(1) cognitive component : feel fear by illness
(2) Physiological component
- → ↑ H.R.
- → sweating
- → Rapid breathing
- → ↑ B.P.

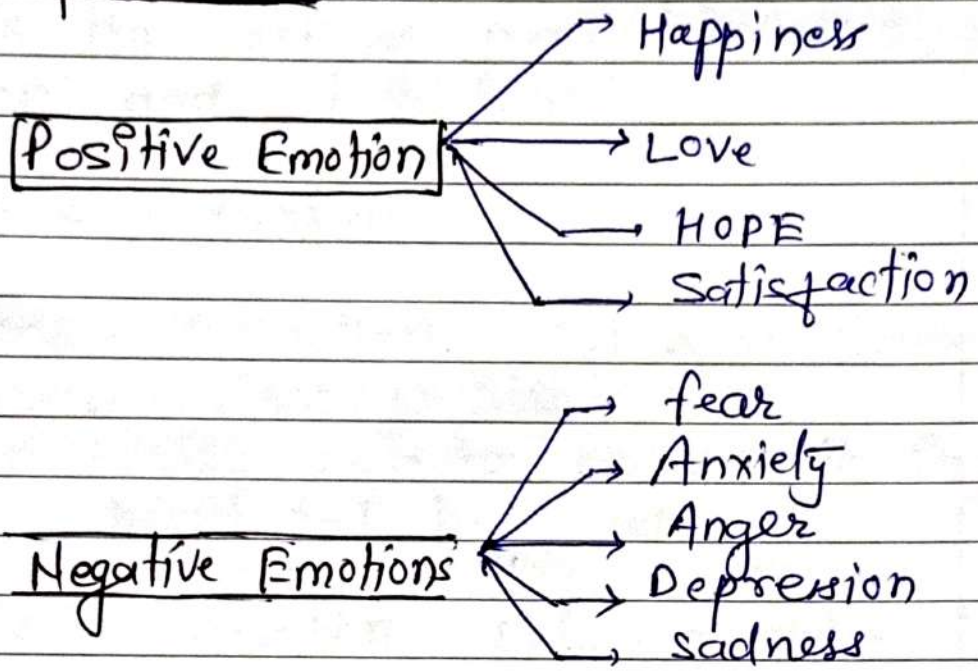
(3) Behavioral Component

Includes outward expression of emotions such as:

(1) crying
(2) Smiling
(3) Anger etc.

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Types of Emotions



⇒ **Theories of Emotions**

① **James - Lange theory**

② : Physiological changes occurs first then emotion expressed.

② **Cannon - Bard Theory**

: Physiological and emotional experiences occurs simultaneously.

③ **Cognitive Appraisal theory**

: Emotion result from how individual evaluate or interpret event.

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MOTIVATION

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It is the driving force behind human action and behavior.

Types of Motivation

(a) Intrinsic Motivation: Behavior driven by internal satisfaction.
ex. A person exercise because it improve health and happiness.

(b) Extrinsic Motivation: Behavior driven by external rewards or punishment.

ex. A patient follows treatment advices to avoid complications.

Theories of Motivation

① Drive reduction Theory (by clark hull)

Physiological need create internal tension (drive) and behavior occurs to reduce this tension.
ex. Hunger motivates eating behaviour.

② Maslow's Hierarchy of Needs (Abrahm Maslow)
: Motivation through a hierarchy of human needs.
ex. Physiological Need → Safty Needs → Social needs

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③ Incentive Theory
: Behaviour is motivated by rewards and incentives.

✡ Implications of Emotion on health ✡

① Effect on Physical health : (Negative emotion may contribute) ⇒ Hypertension, Heart diseas, Diabetes, Sleep Disorders.

② Effect on Mental Health (Uncontrolled emotion may leads to) ⇒ Depression, Anxiety, Emotional instability

③ Pain Perception
Emotion affects pain intensity
ex. Anxiety and fear may enhance pain perception in hospital.

④ Doctor-Patient Relationship
Health care professonals who understand patient emotion can:
1) Build trust
2) Reduce anxiety
3) Provide emotional Support.

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Implication of Motivation in Healthcare

① Treatment Adherence → Take medicine on time
↳ Proper visit

② Life style modification
↳ Weight reduction
↳ Exercise
↳ smoking/Alcohol cessation.

③ **Rehabilitation**
Patient recovering from stroke, injury or surgery needs strong motivation for recovery.

④ **Mental Health Improvement**

Motivation encourages
① Social interaction
② Positive thinking
③ Stress management