

Name: _____ Date: _____ Block: _____



Discovering Psychology
– Video 23 - Health, Mind, and Behavior
Annenberg Learner [2001]

- 1) What is the Bio-Psycho-Social model and how is it “new”?
- 2) The field of _____ studies why people become ill, how they respond when ill, and how people maintain health.
- 3) Provide 4 ways psychological and medical problems are related:
 - I.
 - II.
 - III.
 - IV.
- 4) Is a decline as we age inevitable? What is the key factor?
- 5) How do psychological factors play a role in the interaction between the brain and immune system?
- 6) Describe the potential impact of stress application on human fertility.
- 7) What is biofeedback? How can it be useful?
- 8) _____ is the classic disease of civilization. It is a pattern of responses an organism makes to events that disturb its equilibrium and tax or exceed its ability to cope. Provide an example of a *physical stressor*: _____
Provide an example of a *social stressor*: _____
- 9) _____, whether negative or positive, is one of the most significant sources of stress because it demands an adjustment.
- 10) Increased, prolonged stress can lead to _____!!! It is our _____ of stressors that truly regulates the impact of stress.