

Health Psychology

Treatment and
Research Issues

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PREFACE

This book is primarily based on the proceedings of a conference entitled "Health Psychology: A Workshop in Behavioral Medicine, Treatment and Research Issues," held April 8-9, 1983 at the University of Oklahoma Health Sciences Center and Oklahoma Childrens Memorial Hospital, Oklahoma City, Oklahoma. This conference brought together researchers from pediatric psychology, pediatrics, clinical psychology, developmental psychology, neurology, and psychiatry as part of a continuing medical education series.

While Health Psychology and Behavioral Medicine are the fastest growing segments of Psychology, relatively little attention has been paid to the pediatric segment of the life cycle. Yet, if we are serious about risk factor reduction and prevention of chronic diseases, it is precisely intervention with the young which will give the largest, most cost-effective results. Thus, the primary focus of the conference was on the pediatric aspects of health and disease.

Chapter 1 deals with the problems of behavioral health and sets forth some goals for our nation by the year 1990. Chapters 2 and 3 present an overview of behavioral medicine and the research trends current and predictive of the future for the field. Chapter 4 takes on issues about psychology, child health, and human development. Chapter 5 addresses issues in pediatric medical compliance and how this situation might be improved. Chapter 6 deals with prematurity and the family, and Chapter 7 addresses pain management problems in the young. Chapter 8 sets forth issues in treating adolescent substance abuse and the implications of such activities for health down the road. Chapter 9 deals with the more general problem of cognitive factors in health and disease, while Chapter 10 specifically addresses the strong and pervasive influence of cognitive factors in the control of elevated blood pressure. The development and operation of collaborative services in neurological rehabilitation and clinical neuropsychology is discussed in Chapter 11, which makes a strong case for the interdisciplinary team approach.

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Associate Editor Patricia M. Vann of Plenum Press must be recognized for her technical expertise, excellent advice, good humor, and patience in dealing with delays imposed by the vagaries of dealing with a heterogeneous group with varying priorities.

Finally, last but not least, special thanks are due to Lynn Montgomery whose dedication and perseverance contributed in large measure to this final product.

The Editors

CONTENTS

Chapter 1 BEHAVIORAL HEALTH: FOCUS ON PREVENTIVE CHILD
 HEALTH BEHAVIOR.....1
 Bryan D. Carter, R. Debra Bendell, and
 Joseph D. Matarazzo

Introduction.....1
Health Psychology and Behavioral Health.....6
Salutogenesis and Behavioral Health.....8
Social Support and Coping Responses.....15
Models for Preventive Intervention in Child Behavioral
 Health.....19
Approaches to Macrosystems Change: Behavior Health and
 Social Policy.....26
Challenges Awaiting Psychology in Child Behavioral Health...28
Conclusions.....47
References.....48

Chapter 2 AN OVERVIEW OF BEHAVIORAL MEDICINE.....63
 C. Eugene Walker and Terri L. Shelton

Introduction.....63
Mental Health, Medical Model, and Behavioral Health.....65
Mind-Body Problem.....66
History of Psychosomatic Medicine.....68
The Emergence of Behavioral Medicine.....71
Definitions of Behavioral Medicine.....72
Development of Behavioral Medicine.....77
References.....78

Chapter 3 RESEARCH TRENDS IN BEHAVIORAL MEDICINE.....83
 W. Doyle Gentry and Michael D. Miller

Introduction.....83
Research Trends in Track I: The Behaviorism Definition.....85
Research Trends in Track II: The Yale Definition.....90
References.....94

Chapter 4	PSYCHOLOGY, CHILD HEALTH, AND HUMAN DEVELOPMENT.....	99
	Donald K. Routh	
	Introduction.....	99
	Pediatric Psychology.....	100
	Health Psychology.....	101
	Behavioral Medicine.....	104
	The Tortoise and the Hare.....	108
	References.....	109
Chapter 5	MEDICAL ADHERENCE IN PEDIATRIC POPULATIONS.....	113
	Roberta A. Olson, Jeffrey Zimmerman, and Santiago Reyes de la Rocha	
	Introduction.....	113
	Assessment of Adherence.....	114
	Factors Associated with Adherence.....	119
	Behavioral Intervention Strategies.....	131
	Summary.....	134
	References.....	135
Chapter 6	PREMATURITY AND THE FAMILY.....	145
	R. Debra Bendell, Mary Anne McCaffree, Jan L. Culbertson, and Diane J. Willis	
	Introduction to Medical Aspects of Prematurity.....	145
	Parental Response to the Birth of a Premature Infant: Grief Reactions.....	150
	Competencies of the Healthy Neonate.....	157
	The High Risk Experience.....	158
	Effects of Early Intervention and Stimulation on Pre-term Infants.....	159
	Conclusions.....	161
	References.....	161
Chapter 7	PAIN IN CHILDREN: AN OVERVIEW OF PSYCHO- LOGICAL ASSESSMENT AND INTERVENTION.....	167
	Susan M. Jay	
	Introduction.....	167
	Definition.....	167
	Acute vs. Chronic Pain.....	168
	Common Pain Problems.....	169
	Assessment.....	173
	Psychological Intervention.....	180
	Summary and Conclusions.....	189
	References.....	191

Chapter 8 ISSUES IN TREATING ADOLESCENT SUBSTANCE ABUSE...197
 Efstratios Demetriou and William Shaw

 Introduction.....197
 Epidemiology of Adolescent Drug Use.....197
 Patterns of Adolescent Drug Abuse.....201
 Abuse vs. Addiction vs. Dependence.....202
 Risk Factors.....204
 Maintenance of the Abusive Pattern.....206
 How Does the Drug-Using Adolescent Present to the
 Primary Care Physician?.....206
 Medical Complications of Drug Use.....208
 Preventive Interventions.....212
 Talking to Teenagers About Drugs.....213
 Assessing Readiness for Treatment.....215
 Summary.....217
 References.....217

Chapter 9 COGNITIVE ASPECTS OF ILLNESS AND HEALTH.....221
 Harriet K. Zeiner

 Introduction.....221
 Differences in Patient-Physician Models.....222
 The Cognitive and Perceptual Basis of
 Patient Models.....228
 Dissonance in Patient-Physician Models
 Affect Compliance.....231
 References.....234

Chapter 10 RESEARCH UPDATE OF BEHAVIORAL INTERVENTIONS
 FOR ESSENTIAL HYPERTENSION: THE ROLE OF
 COGNITIVE FACTORS.....237
 Candace M. Jeavons and Arthur R. Zeiner

 Introduction.....237
 Review of Studies.....240
 Discussion of Studies.....241
 The Individual Hypertensive Patient's Perspective.....246
 The Experimenter's or Therapist's Perspective.....252
 The Current Conceptual Framework
 of Hypertension Research.....257
 Summary and Conclusions.....261
 References.....264

Chapter 11 ISSUES IN THE DEVELOPMENT OF COLLABORATIVE
 SERVICES BETWEEN PSYCHOLOGY AND NEUROLOGY...271
 Paul Buck and John B. Bodensteiner

Index.....281