

## **Lecture 12 – February 20, 2008**

### **IV. Social factors**

#### **A. Social support**

- 2. Models of social support and illness**
  - a. stress-buffering model**
  - b. main effects model**
- 3. What does social support provide?**

#### **B. Cultural influences**

- 1. National effects**
- 2. Cultural differences in US**
  - a. acculturation**
  - b. collectivism vs. individualism**
  - c. racial identity**
- 3. Cultural research in HP**
  - a. social support**
  - b. symptom reporting**
- 4. Conclusions**

### **V. Health behaviors**

#### **A. What are health behaviors?**

- 1. behavioral factors in disease**
- 2. the importance of health habits**

#### **B. Relationship of health habits to each other**

#### **C. Models of health promotion**

- 1. health beliefs model**

**READING: Ch. 6, Ch. 2 (pp. 16-22); Ch. 14 (pp. 378-388); Ch. 7; Ch. 11**

**Extra credit assignment on web page, due  
Wednesday, 5 March 08**

**Exam 2: Mon, 25 Feb 08**