

This study guide focuses on what I consider to be the important material from the lectures. If you use this in combination with the handouts you will be in excellent shape for the lecture portion of the midterm.

1. Distinguish between signs and symptoms. Give an example of each. How does 'sickness' or 'illness' fit into the picture?
2. How are health and disease related? Simple opposites, or in a more complex way? Is there a better scheme for considering issues of health and disease?
3. Discuss the four principal areas that health psychologists study.
4. Define adherence and give an example. What is the adherence issue about injecting drug users (IDUs) and anti-HIV treatments? What kinds of things can improve adherence?
5. What is helicobacter pylori, and what is its relevance to health psychology?
6. Discuss the changing trends in mortality in the 20th century and how they contributed to the development of the field of health psychology.
7. What has been the trend in the last few years about the percentage of Americans that have no health insurance? What role does Health Psychology play in the health care reform debate?
8. Describe psychological research that has contributed to the development of the field of 'Health Psychology'.
9. In what year was Division 38 (Health Psychology) of the American Psychological Association established?
10. Describe the contributions of Sigmund Freud and Franz Alexander to the development of the idea that mental processes can affect health. Be sure to distinguish between Alexander's and Freud's ideas.
11. What is the biopsychosocial model? Contrast it with the biomedical model.
12. What were the origins of the field of Psychosomatic Medicine and the field of Behavioral Medicine?
13. Describe three characteristics of living systems. How does systems theory relate to Health psychology?
14. Describe thalassemia. What is hemoglobin -- what is it composed of, and how does it relate to thalassemia?
15. What are genes? How do genes relate to chromosomes? Where are chromosomes located?
16. What do genes code for? Relate the following to each other: amino acids, polypeptides, proteins.
17. How do RNA and DNA differ?
18. Describe the processes of transcription and translation. That is, go from a gene to a protein.
19. What do activator and repressor proteins do? Where do they operate?
20. Describe three types of genetic mutations. Where do mutations come from, and what effect do they have? Is the effect always bad?
21. Distinguish between a mutagen and a carcinogen.
22. Thalassemia is a genetic disorder. How is health psychology relevant to someone who has it?
23. What are the functions of immunity?
24. Distinguish between innate immunity and specific immunity. Are they independent of each other?
25. In what sense do specific immune responses have 'memory'? Give an example.
26. Distinguish between humoral and cell-mediated immunity. Include differences in how neutralization is accomplished, which cells are principally involved, and what each defends against typically.
27. Distinguish between primary and secondary lymphoid tissue. Give examples of each.

28. Describe the following cell types and their function: T-cell, B-cell, NK cell, macrophage, neutrophil. Which are components of innate immunity, and which are components of specific immunity? Describe the subsets of T-cells; how can they be distinguished from each other?
29. What is vaccination? Describe four myths about vaccination, and the evidence against them.
30. What does complement do? What are cytokines and what do they do?
31. What is a virus? Describe the immune response to a virus.
32. What is the placebo effect, and what is its significance?
33. In what types of conditions have placebo effects been seen? In general, in what situation does a placebo have the greatest effect?
34. Describe the study showing that surgery itself can evoke a placebo effect.
35. Describe characteristics of the patient, the practitioner, the patient-practitioner interaction, the setting, the placebo itself, and social norms that contribute to placebo effects.
36. Distinguish between a blind and a double-blind study. What is the role of placebos in these kinds of studies?