Health Psychology

Institution Affiliation

Date

**Introduction**

 Health psychology is the research on the behavioral and mental operations in illness, health care, and health. It focuses on comprehending the way cultural, behavioral, and mental elements participate in the physical health of an individual. Psychological elements have the ability to directly influence health. For instance, consistently prevailing environmental nuisance impacting the hypothalamic pituitary adrenal axis, collectively have the ability to damage health (Ogden, 2012). Some of the concepts of health psychology comprise of the psycho-physiological concept, psychological concept, and the psychoanalysis concept. The concept of psychology concentrates on the comprehension of the participation of mental elements in personal as well as social behavior.

 The psycho-physiological concentrates on the comprehension of the effects of mental conditions on the body of people. The psychoanalysis, on the other hand, focuses on the assessment of mind and comprehending experience. It is a kind of psychotherapy utilized to medicate emotional or mental disorders mostly from the disputes present in the unconscious mind. Therefore, in this discussion, we will evaluate Juanita’s condition using these concepts as well as recommend the most suitable medication that she requires to effective results. A treatment plan will also be essential in this case to ensure her needs are met successfully.

**Models of Health Psychology**

**Bio Psychosocial Model**

 This model asserts that the operations of the environment, body, and the mind impact one another. It assumes that none of these elements are enough to cause health or disease on their own. In order to promote health, one must consider all the three elements. In this model, the coalition of the health condition, an outlook of health, and sociocultural limitations of obtaining healthcare that impact the possibility of a person participating in behaviors that improve their health such as physical workouts, appropriate nutrition and taking treatment (Suls, Davidson, and Kaplan, 2010). On the psychological perspective, this model concentrates on the behaviors that are connected with the dependency of alcohol whereby one is unable to control their drinking behavior.

 Therefore, in this scenario, Juanita had previously been affected by alcoholism which led to her admission to a rehab health center. She was rather able to manage her drinking problem which has recently emerged due to her psychological distress. Her recent engagement in alcoholism is due to agitation caused by the risk of losing her job as well as being left by her son. Therefore, she results to find comfort in alcohol. She cannot, therefore, be able to regulate herself due to her immediate surroundings. On the social perspective, this model explains how people become alcoholic due to social occurrences that overwhelm them or from a past of alcoholism. The issue of alcoholism could be caused by challenges in a person’s work, home or even peer pressure. Hence, Juanita’s case is caused by both her working environment as well as her home.

**The Health Belief Model**

 This model has the assumption that the possibility of an individual participating in a particular health trait is a role of numerous conceptions (Straub, 2014). The degree to which one believes that they are vulnerable to a specific disease, their outlook of the variety of disease repercussions, perceptions of the limitations of implementing certain health behaviors as well as the conceptions of the advantages of implementing the set health behavior. This model asserts that particular actions can motivate health behavior in cases where appropriate health beliefs are adopted. Internal elements that can act as possible motivation for implementing suitable health behavior comprise of getting involved in an accident or experiencing pain. The external elements comprise of reading a journal on consequences of unhealthy behaviors or having knowledge of a person affected by an unhealthy condition due to poor health decisions.

 For the case of Juanita, her motivation to visit the doctor is caused by the internal element which is physical pain. Her frequent accidents also serve as external elements that required her to pay a visit to her doctor. Her physician is, however, skeptical of whether she will adopt his recommendation to visit the trauma care institution. This is due to her past wrong decisions on her health. Resulting to taking alcohol to find comfort is one of the wrong decisions. Her domestic troubles due to violence could also make her not adhere to the doctor’s recommendations. This is because her spouse could have a different perspective on the health behavior of attending a trauma institution.

 Juanita exhibits a clear link between her mind and body through her current condition. She is said to have lost weight significantly hence the rising concern by her doctor on whether she has a good nutritional behavior. Depression affects a person’s appetite hence the notion that it could be the reason she has lost weight. Alcoholism also affects an individual’s feeding habits making them deteriorate. Her violent experiences at home, as well as anxiety caused by the uncertainty of retaining her job, led to her poor choice of resulting to alcohol. This, in turn, could have affected her exercises as well as other symptoms that she exhibits. Headaches falls, and dizziness is at times caused by poor nutrition which is found in Juanita. Therefore, these revelations facilitate the comprehension that the mind is connected to the functions of the body.

**Juanita’s Needs and a Plan to Meet Them**

 Some of the needs that Juanita is lacking in her situation comprise of the affection need due to the violence she is exposed to in her home, the identity needs for her to increase her self-esteem, the protection needs to the threat of losing her job, subsistence need due to her poor nutritional habits as well as her work troubles, and finally the freedom need. These needs could however be arranged in the order of priority which is most suitable for Juanita. The first priority could be to satisfy the need to subsistence need. This is for the reason that this need involves the issue of both physical and mental welfare of a person (Friedman, 2011). A person needs first to meet their physical and mental needs as they help them attain their livelihood.

 This type of need is met through having a comfortable dwelling, sufficient food and access to healthcare. Juanita is affected by the lack of this need since she is exhibiting some symptoms connected to mental health which as well affects her physical wellbeing. The concern of whether she will retain her job affects this need since it is her source of livelihood. Therefore, meeting this need will mean that she is guaranteed that she will retain her job and make her adopt suitable nutritional habits. Her regular falls, dizziness, damaged eardrum, and headaches mean that she is ailing physically and mentally. Therefore, she has taken the right step to improve her health by merely paying a visit to the doctor.

 The next order of need should be protection need since it is involved with the free will of a person as well as care and free will. Juanita’s social security is damaged by also the job issue. This need is affected by her social environment which happens to be violent. Her exposure to violence denies her the protection need that people need in order to feel safe. Her dwelling, in this case, happens not to be safe for her hence damaging her psychology making her result to alcohol. In order to meet this need, Juanita will require actual help from well-wishers as well as agencies that protect women from physical abuse. Her spouse should also be withdrawn from her life by either arresting him or through their voluntary separation since the living conditions are not suitable for her health.

 The third need to be met must be the affection need since it comprises of respect, sensuality, and generosity. These are aspects that Juanita clearly lacks in her day to day life. Her physical abuse by her husband reveals that she lacks respect in her marriage. Affection is usually affected by the relationships people have with one another. If one is lacking affection in their relationship, this affects their mental wellbeing which eventually impacts their general health. This can be solved by showing care to the patient, sharing wonderful experiences, and expressing feelings. This will hence significantly improve the patient’s welfare since they get a sense of being loved and accepted.

 The fourth need should be the identity need as it entails the need for one to have a sense of belonging (Sanderson, 2013). A person’s esteem is also involved in this category of need. Juanita expresses the deficiency of the satisfaction of this need when she reveals that her cause of depression is through the vulnerability to losing her job as well as being left by her lastborn son. This shows that she finds her sense of belonging in her work as well as the company of her son. This could be solved through helping her understand herself and independence and empowering her to grow and stop clinging on such issues.

 The last priority should then be the freedom need which Juanita clearly lacks since she is exposed to violence by her spouse and yet lacks the courage to abandon the marriage. Her free will and esteem are clearly damaged as well as her ability to have an open mind. Equal rights in the marriage are also lacking just by the mere revelation of its violent nature. To meet this need, Juanita should be empowered on the fatalities of tolerating an abusive husband to raise her awareness and hence increase her courage to leave her husband. This would significantly improve her mental state since the distress caused by being physically abused will be eliminated.

 There is a cultural aspect being revealed in Juanita’s marital violence. This is the inequality between the female and male genders in a marriage setting. This could be the reason Juanita is not leaving the abusive marriage. It could be because she is embarrassed by how the society would perceive her as being in a failed marriage or because the female gender has generally accepted that they are inferior and could be subjected to violence by their male spouses. Therefore, one way of saving Juanita from this situation could be ensuring the arrest of the abusive husband since physical violence is a violation of the human rights. The other action could be linking Juanita with a female welfare agency that saves women from abusive marriages. This would remarkably improve her situation and save her life since marital violence has been proved before to have caused the demise of many women.

**Treatment Plan**

Problem 1: Abusive relationship with alcohol as revealed by the alcohol level in the blood on reporting of .25, history of the second medication of a similar addiction, as well as symptoms of withdrawal.

Goal A: Create a program that facilitates recovery with a sober way of living as evidenced by the past experiences

Objective 1: Juanita will report to her counselor 8 times in the event that the usage of alcohol impacts her way of life unfavorably by 17th December 2016.

Intervention: Obligate the client with the duty of creating a list of 8 times when the consumption of alcohol impacted her life unfavorably.

Responsible professional: Dr. Kimberly

Objective 2: Juanita will be required to complete her history of consuming chemicals and discuss in teams her comprehension of her alcohol challenge by 17th December 2016

Intervention: obligate the client to finish up her exercise of chemical consumption past and let her discuss her reasons with the team.

Responsible professional: Dr. Kimberly

**Reasons for The Treatment Recommendations**

 The treatment suggestion for Juanita is based on her challenges in alcohol abuse. Therefore, it is essential to make Juanita fill a list of her past troubles with alcohol abuse and share with a group of other people undergoing a similar challenge. This facilitates her embracement of reality and hence giving her the ability to cope with certain situations rationally. Sharing with other people will help her increase her self-esteem since she will be able to listen to other people’s experiences as well and have a feeling of belonging. Listening to other people’s experiences which are similar or even worse that her encounters have the ability to make her feel relieved as well. She feels she is not alone in this world and that other people are also having challenges in their lives.

 The constant appointment with a counselor facilitates the follow-up process. This is essential since a health counselor is able to keep track with Juanita’s progress and determine the effectiveness of her treatment. Going back to her past addiction to alcohol will also be minimized since she will be constantly be reporting the last time she consumed it and she will also be having a constant reminder of the effects of alcohol abuse when she shares her bad experiences with the group. Blood tests to measure the alcohol level will also keep track of whether she has resorted to the wrong act or she is adhering to the doctor’s recommendations. Her openness will also be improved by these group discussions hence increasing her confidence.

**The Utilization of Health Psychology Concepts in My Personal Life**

 After learning the concepts of health psychology, I am facilitated with the knowledge of how the mind is linked to the functions of the body. The mind is hence very powerful to an individual’s wellbeing since it determines all the actions a person undertakes that affect their body. Therefore, these concepts are useful in my personal life since they will assist my decision making when it comes to the matters that affect my body. A lack of appetite is usually an element of the mind which makes a person deny their body the essential nutrition. Hence, consistent lack of appetite could significantly result to loss of weight and deterioration of one’s health condition. A person should then make an effort to eat despite them losing appetite since it is beneficial to their body.

**Conclusion**

 Therefore, health psychology is essential to facilitate one’s comprehension of the power the mind has over the general body. Resulting to alcohol due to lacking some needs in one’s life should be discouraged since it affects a person’s general wellbeing. Depression is usually a consequence of lacking some essential needs in a person’s life. Therefore, solving it should always begin with determining the need that is lacking in that person and finding other methods of solutions. These could comprise of counseling sessions or just showing some concern for the particular individual so as to increase their sense of worth.

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