Introduction

By

Dr: Ibtihal M.A. Ibrahim
Lecturer Psychiatry- Mansoura University
Psychology

Definition:

• It is the scientific study of the human behavior in all its different forms, especially in relation to the social environment.

• It is concerned with the normal behavior.

Models of health and illness:

Biomedical model:

Its roots are related to Rene Decartes (1596-1650), who believed that body and mind are separate but linked at the pineal gland at the center of the brain, this believe dominated medicine and psychology for 300 years.

This model has four characteristics:

1. Dualistic: physical and psychosocial processes are separate
2. Mechanistic: body is like a machine.
3. Reductionistic: ignores the complexity of factors focusing only on physical systems.
4. Disease Oriented: health is defined as absence of disease.

**Advantages of the biomedical Model:**

1) Development of medications that destroy pathogen.
2) Development of vaccines to protect against viral diseases
3) Development of medical technology to diagnose disease
4) Development of new surgical procedures to reduce complications and save lives.
5) Improved public hygiene and better sanitation.

**The changing pattern of illness:**

As a result of the achievement of the biomedical model, people living longer and engaged in behavior patterns life styles that put them in new risk factors.

A lack of physical activity, poor nutrition, cigarette smoking and drug abuse, all contribute to development of non-infectious diseases e.g. heart diseases, cancer, stroke and road accidents.

**Biopsychosocial Model:**

The mind and body are not separate they are two aspects of a whole person.

This model represents a better alternative for dealing with life style diseases.

**In the biopsychosocial model health is defined as:** “Freedom from illness, as homeostatic balance and as optimal physical, mental and social functioning”.
