

**Title: Comprehensive Study Guide for Health Psychology (Psych 320) Students:
Understanding the Mind-Body Connection**

Introduction: Health Psychology is the study of the connection between psychological factors and physical health. This study guide will provide Psych 320 students with a comprehensive understanding of the essential concepts, theories, and empirical findings in Health Psychology.

The Biopsychosocial Model of Health

- 1. Answer:** The Biopsychosocial Model of Health is a theoretical framework that acknowledges the critical interplay between biological, psychological, and social factors in determining health outcomes.

Health Behaviors

- 2. Answer:** Health behaviors refer to actions that individuals take to promote and maintain their physical and mental health, such as engaging in regular physical exercise, eating a balanced diet, and avoiding risky behaviors like smoking and substance abuse.

Stress and Health

- 3. Answer:** Stress is a complex psychological and physiological response to challenging or threatening situations. Chronic stress has been linked to

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Léo Pomar



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