**Disease-Prone Personalities**

Complete the following:

“Psychosomatic medicine is based on the idea that the *psyche* (mind) affects …”

“In the 1920s and 1930s, many interesting ideas about psychosomatic medicine grew out of the psychodynamic theorizing of Sigmund Freud.”

Illustration: Psychosomatic medicine.

Complete the following:

“More difficult than observing such phenomena is *explaining* them using …”
Figure 12.1, Links between Personality and Health
[Page 414]
Health Behaviors
(Continued)

Question: What are health behaviors?

Complete the following:

“Why are … particular personality characteristics associated with … unhealthy behaviors?”

“There are two sets of reasons. First, people with problems in emotional regulation may seek the …

“Second, certain social factors tend to encourage unhealthy behaviors …”

Example: Social factors that encourage unhealthy behaviors.

Complete the following:

“Risk taking, thrill seeking, and sensation seeking are known to be relatively stable personality characteristics.”

“Psychologist Marvin Zuckerman developed a sensation-seeking scale, which is related to …
Health Behaviors
(Continued)

Complete the following:

“(The instrument has subscales of …”

“Is this propensity related to health?”

Evidence: Sensation seeking.

Complete the following:

“A related approach is Frank H. Farley’s Type T theory of psychobiological motives.”

“Type T stands for …

“This theory derives from Eysenck’s ideas about the physiological basis for …

“It suggests a psychobiological need for stimulation due to an internal …

“It is argued that if type T people’s needs for stimulation and risk taking can be satisfied by appropriate experiences in appropriate environments, they will be …

“So, it may be a mistake to forbid thrill seekers from their …
Complete the following:

“Rather, it may be better to channel these motives into activities that are …” (415)

“In short, the evidence is strong that one key type of link between personality and health involves health behaviors.”

“Certain types of people, because of their biology and socialization, are more likely to engage in risky behaviors, ranging from …” (416)

“These people are prone to disease and premature mortality because of their …”

The Sick Role

“A second key reason for an association between personality and illness comes from society’s idea of the sick role.”

Question: What is the sick role?

“Sometimes, people take on the sick role even though there is no organic (medical) condition that can account for their activities.”

Examples: The sick role.
The Sick Role
(Continued)

Question: What is the behaviorist explanation of the sick role?

Question: What is the cognitive explanation of the sick role?

Examples: Cognitive explanation of the sick role.

Disease-Caused Personality Changes

Complete the following:

“The third set of reasons for associations between personality and health involves the notion that disease affects personality (rather than personality causing disease).”

“This is sometimes termed a {\textit{somatopsychic effect}} because the body …

Examples: Somatopsychic effect.
Personality Disorders

"… stress and abuse … places the individual at much higher risk for later problems with mental and physical health."

"In particular, the risk of experiencing borderline personality disorder clearly rises."

Illustrations: Personality disorders. (418)

Diathesis-Stress

Question: What is the diathesis-stress model of disease? (420)

Illustrations: Diathesis-stress model of disease.
Stress

Complete the following:

“Bernard Lown, a well-known Harvard cardiologist, has made many significant contributions to understanding heart disease and treatment.”

“Lown has found that the most potent stress related to the …” (412)

“It is known that stress can bring on a heart attack. But why do only some people drop dead from emotional shock?”
Stress
(Continued)

Lown proposes a three-part model to account for the variability in sudden cardiac death after encountering stress.”

“First, some …

“Second, the person must be feeling a …

“Third, there must be a …

“In other words, as Gordon Allport often argued, we should not expect straightforward and direct links between …

Evidence: Stress, personality, and health. (422)

Depression and Anxiety

“Lung cancer is a relatively easy cancer for personality researchers to study because most victims are dead within a year to two.”

Evidence: Depression, anxiety and lung cancer.
Depression and Anxiety

(Continued)

Complete the following:

“These studies do not necessarily allow a simple inference that personality causes cancer.”

“In the first place, the associations are …” (422)

“Many people with emotional disturbances …

“Second, personality is associated with a …

Question: What is meant by the following statement?

“ … for many life-threatening diseases, the risk factors are neither necessary nor sufficient causes.”

Personality and Coronary-Proneness

The Type Behavior Pattern

Question: What is the Type A Behavior Pattern? (423)
Choleric Struggle

Question: What is meant by the following statement?

“… a Type A person is most likely to be a 'choleric,' …”

Evidence: Type A personality.

Giving Up

Question: What does “giving up” have to do with health behavior?

Illustrations: Giving up and health behavior.
**Other Diseases**

“Although the most rigorous research has focused on heart disease, scattered studies during the past fifty years have explored personality and proneness to other diseases, such as ulcers.”

“To place these various studies into a single conceptual framework, a meta-analysis was conducted.”

**Question:** What is meta-analysis? (425)

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**The Human Termites**

“The psychologist Lewis Terman was one of the leading intelligence researchers in the twentieth century.”

“Among other contributions, he developed the well-known Stanford-Binet IQ test.”

“Terman began one of the most comprehensive studies in psychology. To investigate his genetic theories of intelligence, Terman recruited bright California schoolchildren (and) intensively studied their psychosocial and intellectual development, and followed them into adulthood.”

“(Terman’s) participants nicknames themselves Terman’s ‘Termites.’ ”

**Question:** How does one describe Lewis Terman’s “gifted” children? (426)
The Human Termites
(Continued)

Question: Is there evidence that resilient personalities—high in stability, sociability, and optimism—are prone to health?

Question: What is survival analysis?

Conscientiousness

Question: Does childhood personality predict premature mortality decades later?

Question: What kinds of questions are raised concerning the prediction of survival across the life span?

Sociability

Complete the following:

“… the locus of health-relevant effects seems to be centered in … traits as …
Sociability
(Continued)

“For example, childhood ratings on such variables as popularity and preference for playing with other people did not …

Question: What did Lewis Terman discover about “Termites” who grew up to be scientists?

Cheerfulness

Question: What seems to be the relationship between cheerfulness (optimism and a sense of humor) to longevity insofar as the Terman “gifted” population was concerned?

Stressed Termites

Question: What is the evidence that the detrimental effects of parental strife and divorce reach across the life span and affect longevity and cause of death insofar as the Terman “gifted” population was concerned?

Question: What is the evidence that the detrimental effects of death of a parent can affect longevity?
**Mental Health**

**Question:** What has been documented about personality and mental state in adulthood insofar as the Terman “gifted” population was concerned?

Complete the following:

“Although both personality and stress variables have direct (psychosomatic) and behaviorally mediated effects on health, we do yet know their …”

“Overall, there is reliable confirmation in the physical health arena of the importance of what psychologists have typically called …”

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**Blaming the Victim**

Complete the following:

“(The) tendency to blame victims for their own illnesses is strong for two reasons.”

“First of all, most of us have some …”

“The second reason we tend to blame people for their own disease has to do with our desire for a …”
Blaming the Victim
(Continued)

Question: What is meant by the following statement?

“… it is a disservice to both the healthy and the ill to pretend that they can have no effect on their prognosis.”

The Self-Healing Personality

Control, Commitment, and Challenge

“Almost two decades ago, an extensive analysis … of business executives under stress in a large midwestern firm examined the psychological differences between those who became ill and those who did not. Over a period of eight years, several key factors emerged.”

Complete the following:

“First, the executives’ feeling of control was a …

“Those who remained healthier did not feel …

“They tended to believe that challenging situations could be influenced by their …

Example: Lacking control in business management.
Complete the following:

“The second characteristic of executives who remained healthy was their commitment to something they felt was …

Example: Maintaining commitment in business management.

“Third, executives who remain healthy were those who responded to live with …

Example: Maintaining challenge in business management.

Trust and Devotion

Question: What have been Julian Rottor's contributions to the study of the self-healing personality?
Complete the following:

“IT is useful to think about two major types of self-healing personalities.”

“The first is the more …”

“These people actively seek out …”

“The second main type of self-healing personality is the …”

“These two types of healthy people have different optimal levels of stress.”

“For the second, more reserved and content type of person, it is better to have conflicts …”

“For the first, more excitement-seeking type of healing personality, a higher level of challenge is …”

“In line with this think, research suggests that in similar situations these two types of people have different tendencies toward …”

“The low-key, goal-oriented individuals show more …”

“The more spontaneous and arousal-seeking individuals, on the other hand, are especially likely to be …”
Helpful Placebos

Question: What is a placebo?

Question: What is meant by the following statement?

“… placebo effects … are very real …”

The Influence of Humanistic and Existential Aspects on Understanding Self-Healing

Question: What has been Carl Rogers' contributions to the study of the self-healing personality?

Growth Orientation

Question: What have been Abraham Maslow's contributions to the study of the self-healing personality?

Identity and Purpose

Question: What have been Victor Frankl's contributions to the study of the self-healing personality?
Sense of Coherence

Question: What have been Aaron Antonovsky's contributions to the study of the self-healing personality?

Summary and Conclusion

“Much insight into the complexities of personality can be gained by studying an applied areas such as stress, illness, and health.”

Complete the following:

“There are a number of ways in which personality has been shown to be …”

“One key link between personality and health involves …

Certain types of people, because of their biology or socialization, are more likely to engage in …

“A second key association between personality and illness comes from society’s idea of the …

A third set of associations between personality and health involves …

“The fourth and most fascinating connection between personality and health is the …

“Diathesis is the predisposition (often hereditary) of the body to a …
Summary and Conclusion
(Continued)

Complete the following:

“However, the illness does not surface unless and until it is …” (441)

“This model of illness has much in common with the idea of …

“There is now strong evidence that people who lead hostile, competitive, and driven lives are more likely to …

“But it is not hard work, …

“Rather it is the …

“On the other hand, if you are in a situation in which you cannot control the outcome, no matter what you do, you may learn to be …

“There are associations between various psychological disturbances (like chronic anger or anxiety or depression) and …

“In other words, it is not the case that anxiety is related specifically to ulcers and repression solely to asthma. Rather there is evidence for a …

“The Terman Life-Cycle study, which began in 1921-22, provides a means of seeing the effects of …

“It was found that childhood social dependability, or conscientiousness, is predictive of …
Summary and Conclusion  
(Continued)

Complete the following:

“Children, especially boys, who were rated as prudent, conscientious, truthful, and free from vanity …

“A person who was conscientious as a child is less likely to suffer an …

“In studying self-healing, personality researchers have drawn much inspiration from humanistic and existential approaches, which consider …

“There are two major types of self-healing personalities. The first is the more …

“These people actively seek out stimulation, are highly …

“A second main type of self-healing personality is the more …

“Both types achieve a …

“There is increasing evidence that the fulfillment and playfulness of living are …

END