

## The Focus of Health Psychology

HEALTH PSYCHOLOGY focuses upon how biological, psychological, and social factors affect health and illness. It is a fairly new field because society has become more conscious of being healthy -- whether it pertains to the food we eat, the way our bodies look, or how we feel. Because of this, psychologists developed health psychology. Many health psychologists perform on the best ways to promote healthy living and prevent disease and/or how people react psychologically when they are diagnosed with an illness. Health psychologists are also interested in patients' personality or attitude to see if it has a positive or negative effect on their health.

Health Psychology has become so involved in physical health and illness that medical centers have become important employers of psychology majors today. Health psychologists study patients' coping strategies, adjustment to their illness, and how they view their quality of life. The main focus today is why people do certain things knowing that it can harm them in the end (e.g., why teenagers or adults smoke when they know it causes cancer or even death).