

understanding health

An Exercise

Rank the following 11 factors in terms of their importance as predictors of mortality:

- Not smoking
- Quitting smoking
- Not being obese
- Not being exposed to air pollution
- Receiving social support
- Taking appropriate medication
- Exercising
- Being socially integrated
- Being physically active
- Not drinking excessive alcohol
- Flu vaccination

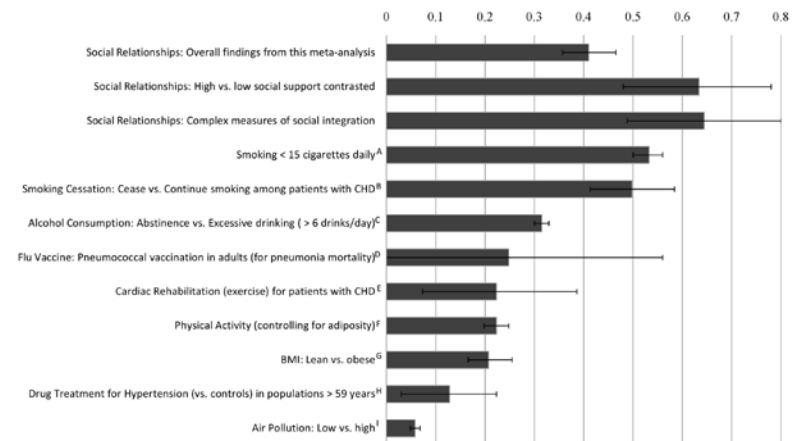
understanding health

Correct answers (based on Holt-Lunstad et al, 2010, *PloS Med*)

Rank the following 11 factors in terms of their importance as predictors of mortality:

- 3 Not smoking
- 4 Quitting smoking
- 9 Not being obese
- 11 Not being exposed to air pollution
- 1 Receiving social support
- 10 Taking appropriate medication
- 7 Exercising
- 2 Being socially integrated
- 8 Being physically active
- 5 Not drinking excessive alcohol
- 6 Flu vaccination

Meta-analysis of 148 studies, nearly 300,000 participants:



understanding health

Exercise alerts us to two things (Haslam et al, 2018, *SS&M*)

1. The factors that are most beneficial to health aren't the health behaviours that appear on most medical lists



The Chief Medical Officer's Ten Tips for Better Health

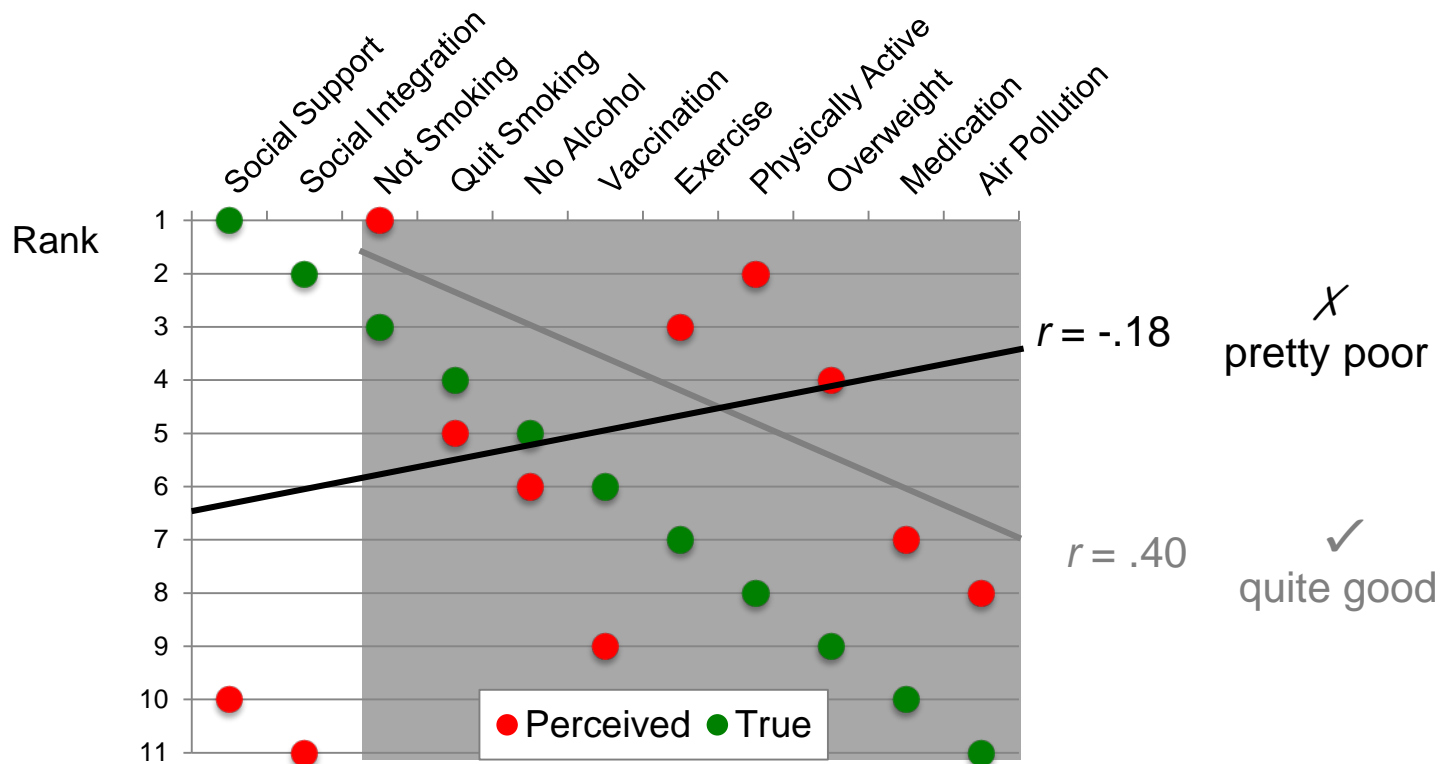
1. Don't smoke. If you can, stop. If you can't, cut down.
2. Follow a balanced diet with plenty of fruit and vegetables.
3. Keep physically active.
4. Manage stress by, for example, talking things through and make time to relax.
5. If you drink alcohol, do so in moderation.
6. Cover up in the sun, and protect children from sunburn.
7. Practice safer sex.
8. Take up cancer-screening opportunities.
9. Be safe on the roads: Follow the Highway Code.
10. Learn the First Aid ABC: airways, breathing, circulation.

Source: Chief Medical Officer of England (cited in Raphael, 2000, p.403)

understanding health

Exercise alerts us to two things (Haslam et al, 2018, *SS&M*)

- While people understand the benefits of physical health behaviours, they don't recognise the benefits of social behaviours.



understanding health

Exercise alerts us to two things (Haslam et al, 2018, *SS&M*)

2. While people understand the benefits of physical health behaviours, they don't recognise the benefits of social behaviours.

Why is this the case?

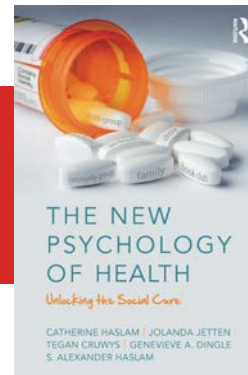
Because they're not on lists like those above

Because science (particularly medical science) doesn't have a good explanation of the importance of social factors for health.

There's also an ideological dimension: people who like convention tend to be wedded to medical models and the understandings of health they encourage.

Nevertheless, scientifically, this is an unsatisfactory state of affairs.

understanding health



The ‘new psychology’ of a **social identity approach to health** is an attempt to redress this unsatisfactory state of affairs.

In the process, it presents a new and integrated framework for understanding and addressing a range of health-related conditions.

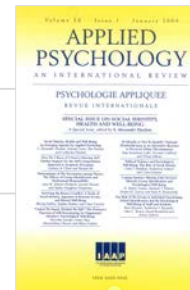
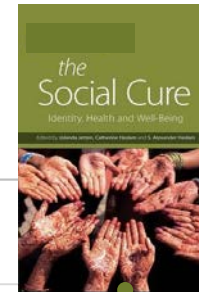
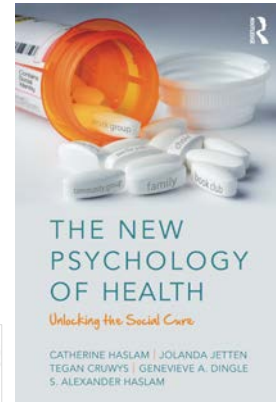
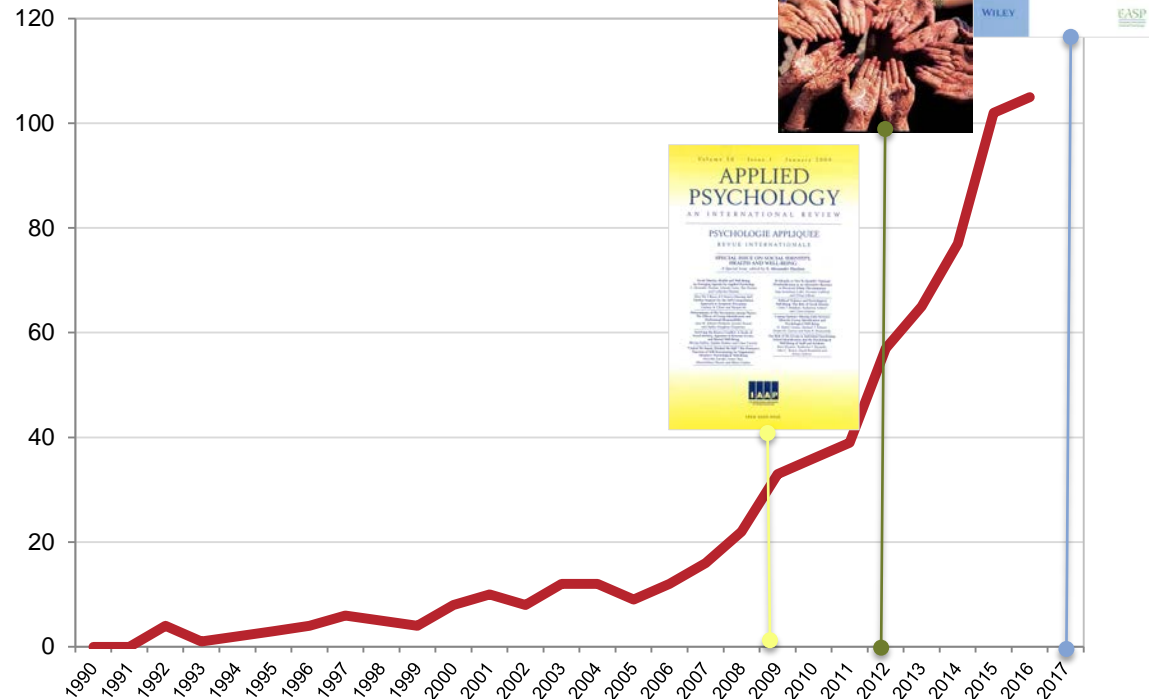
How does this differ from other approaches, and how does it fit in to the field as a whole?

1. Introduction
2. The social identity approach to health
3. Social status and disadvantage
4. Stigma
5. Stress
6. Trauma and resilience
7. Ageing
8. Depression
9. Addictions
10. Eating behaviour
11. Brain injury
12. Acute pain
13. Chronic mental health conditions
14. Chronic physical health conditions
15. Unlocking the social cure: GROUPS 4 HEALTH

approaches to health

4. The social identity approach

The approach — entailing what is often referred to as “**social cure**” research — has become increasingly influential over the last decade.



4. The social identity approach

The broad goal of the approach is to deliver on Engel's (1977) vision for a balanced **biopsychosocial approach** to health in which no single dimension — biological, psychological or social — is privileged.

Most importantly, in this approach all three dimensions are understood to be *interdependent* and to have the capacity to structure the other two.

Nevertheless, because these have been neglected, it draws particular attention to the importance of social group processes for health.

Best thought of as a **sociopsychobio approach** to health. In this reformulation, group psychology is no longer an afterthought. Instead, it assumes a position at the centre of our analytic gaze and is a cornerstone of the social cures that we look to unlock.

