



# What is the importance of clinical and health psychology?

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## PERSPECTIVE

Clinical Health Psychology (CHP) is a professionally recognized specialty that investigates and development medical services across various populations and settings to promote health and well-being and to control treat, prevent infection and disability.

Clinical health psychology sees health because the confluence of psychological, social and biological elements and applies this information to professional activities including: Research, Clinical services, Consulting with teaching other clinical health care providers Advising organizations, the public and policy makers.

Specialized knowledge of clinical and health psychology has implemented as specialty area of information and practice with foundations in clinical and health psychology, the field of health psychology that addresses the interactions of psychological, social and biological elements as they related to the clinical and health and well-being across various populations and settings.

The primary responsibilities of a clinical and health psychologist the main function of a Clinical and Health Psychologist is to apply empirical medical expertise of the interplay between behavioral, cognitive, social and biological components in health and disease. The overarching purpose of Clinical and Health Psychology is the protection of health and well-being, both bodily and psychologically, the prevention, treatment and rehabilitation of infection and disability, the development of the health care system and direct patient care.

Clinical and Health Psychologists work to reduce major chronic diseases such as AIDS, cancer, heart disease, mental infection and diabetes.

## Where do clinical health psychologists typically work

Clinical and Health Psychologists main work in an array of settings which includes hospitals, private companies and private universities. Some clinical health psychologists work in settings specializing in one region of direct health care including oncology, pain management, addiction therapy, women's health and smoking cessation programs. Health psychologists can also work in governmental corporations at many levels, participating in community health programs or implementing various public and health policies.

## Problems addressed

Clinical and health psychologists have information of how perception, motivation and influence health behaviors and effect physical illness, injury, and disability. Examples of problem regions addressed through the strong point includes: Weight management, tobacco use, psychological adjustment to critical and chronic disease. Appropriateness and adherence to clinical treatment.

## Populations served

Clinical and health psychology any serves individual with a disorder that would be Control, or treated through the use of mental procedures. The primary focus is on issues that present as physical complaints instead of problems which are restricted to the mental health. Recipients of clinical and a health psychology service includes: Healthy people for the purposes of health promotion and control disease. People at elevated risk for disease for e.g., genetic carriers, people who interact in unstable behaviors.

People with acute health issues or complicated

healthcare needs. People with chronic diseases.

### **Skills and procedures**

The critical abilities and methods related to medical health psychology includes.

**Assessment:** Clinical interviewing, behavioral observation, personality assessment, general and disease-specific self-report instruments, psychophysiological measures, clinical document review, biological parameters related to specific disease.

behavioral interventions provided to individuals, organizations and families.

**Consultation:** Consultation with the clinical health care team (which includes family members), participation in multidisciplinary teams.

**Evaluation:** Use of research methodologies to develop and evaluate practices based on the excellent available evidence and to develop new program assessment methods.

**Intervention:** Evidence-based psychotherapy,