

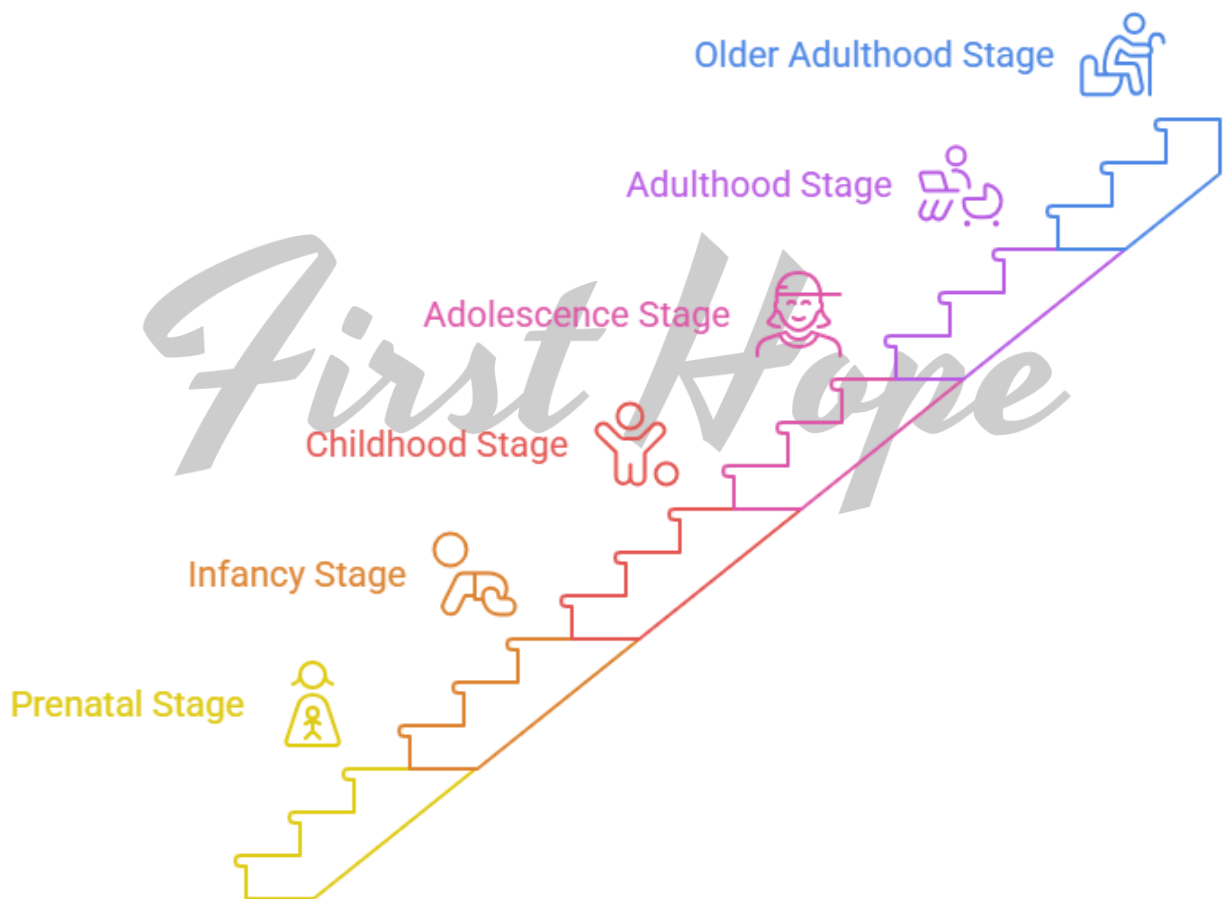
Developmental and Behavioural Psychology

Human Developmental Stages and Healthcare Needs

Basic idea

- Human development refers to the physical, mental, emotional, and social changes that occur throughout a person's life.
- Each stage of life has different healthcare needs, challenges, and behavioural patterns.
- Understanding developmental stages helps healthcare professionals provide appropriate care according to the patient's age and abilities.

Stages of Human Development



1. Prenatal Stage

- This stage begins from conception and continues until birth.
- Development during this period is influenced by the mother's nutrition, health, emotions, and lifestyle.
- **Healthcare Needs**
 - Regular antenatal check-ups are required to monitor the health of the mother and baby.
 - Proper nutrition and prevention of infections are important.

- Avoidance of harmful substances such as alcohol and tobacco is necessary.
- Emotional support helps reduce stress during pregnancy.

2. Infancy Stage

- This stage begins at birth and continues up to approximately two years of age.
- Rapid physical growth, sensory development, and early learning occur during this period.
- **Healthcare Needs**
 - Regular vaccination is required to prevent infectious diseases.
 - Proper nutrition, especially breastfeeding, supports healthy growth.
 - Growth and developmental monitoring help identify problems early.
 - Safe surroundings are needed to prevent injuries.

3. Childhood Stage

- Childhood is a period of physical growth, language development, learning, and social interaction.
- Children develop thinking abilities and emotional control during this stage.
- **Healthcare Needs**
 - Balanced nutrition supports growth and development.
 - Regular health check-ups help detect developmental problems.
 - Health education should be provided in a simple and understandable manner.
 - Emotional support from family and caregivers promotes healthy development.

4. Adolescence Stage

- Adolescence is the transition period between childhood and adulthood.
- Physical changes, emotional development, and identity formation occur during this stage.
- **Healthcare Needs**
 - Guidance about nutrition, hygiene, and physical changes is important.
 - Mental health support helps manage stress, anxiety, and emotional changes.
 - Education about healthy behaviours reduces risky activities.
 - Confidential and respectful communication encourages adolescents to seek healthcare.

5. Adulthood Stage

- Adulthood involves independence, work responsibilities, family roles, and personal development.

- Health risks may increase due to lifestyle choices and occupational stress.
- **Healthcare Needs**
 - Regular health screening helps detect diseases early.
 - Healthy lifestyle practices such as exercise and balanced diet should be encouraged.
 - Stress management is important for maintaining mental health.
 - Management of chronic diseases may become necessary.

6. Older Adulthood Stage

- Older adulthood involves physical changes, retirement, and adjustments to changes in health and social roles.
- Older individuals may experience reduced physical abilities and increased health problems.
- **Healthcare Needs**
 - Regular monitoring of chronic diseases is important.
 - Support is needed for mobility, nutrition, and medication management.
 - Emotional support helps reduce loneliness and depression.
 - Healthcare should focus on maintaining independence and quality of life.

Importance in Healthcare

- It helps professionals communicate according to the patient's age and understanding.
- It improves recognition of age-related health problems.
- It supports appropriate treatment planning.
- It promotes complete care throughout the lifespan.

Personality Theories and Patient Interaction Styles

Basic idea

- Personality refers to the unique patterns of thoughts, emotions, and behaviours that make each person different.
- Personality influences how patients understand illness, communicate with healthcare professionals, and respond to treatment.
- Understanding personality helps healthcare professionals develop effective interaction styles.

Personality Theories

1. Freud's Psychoanalytic Theory

- This theory explains that personality is influenced by unconscious thoughts, childhood experiences, and internal conflicts.
- It describes personality through three components.

Components

A. Id

- The id represents basic needs, desires, and immediate satisfaction.
- It focuses on seeking pleasure and avoiding discomfort.

B. Ego

- The ego helps a person make realistic decisions.
- It balances personal desires with social expectations.

C. Superego

- The superego represents moral values and social rules.
- It guides behaviour based on right and wrong.

2. Trait Theory

- This theory explains that personality consists of stable characteristics called traits.
- These traits influence how people behave in different situations.

Common Personality Traits

- Extroversion describes individuals who are outgoing and socially active.
- Introversion describes individuals who prefer quiet environments and limited social interaction.
- Openness describes curiosity and willingness to experience new ideas.
- Conscientiousness describes responsibility and organization.
- Agreeableness describes cooperation and kindness.

3. Humanistic Theory

- This theory focuses on personal growth, self-development, and achieving individual potential.
- It explains that people have the ability to make choices and improve themselves.

Importance in Healthcare

- Patients have different personalities that affect their communication and treatment preferences.
- Understanding personality helps healthcare professionals provide individualized care.
- It improves trust and cooperation between patients and healthcare providers.

Patient Interaction Styles

Basic idea

- Patient interaction style refers to the way patients communicate, express emotions, and respond during healthcare interactions.
- Healthcare professionals should adjust their communication style according to individual patient needs.

Common Patient Interaction Styles

1. Cooperative Patient

- This patient actively participates in treatment decisions and follows healthcare advice.
- Clear communication and encouragement help maintain cooperation.

2. Anxious Patient

- This patient may feel worried, fearful, or uncertain about illness and treatment.
- Healthcare professionals should provide reassurance and explain procedures clearly.

3. Aggressive Patient

- This patient may express anger, frustration, or dissatisfaction.
- Calm communication and understanding help manage difficult situations.

4. Dependent Patient

- This patient may rely heavily on healthcare professionals for decisions and support.
- Professionals should encourage confidence and independence.

5. Passive Patient

- This patient may avoid asking questions or expressing concerns.
- Healthcare professionals should encourage active participation and open communication.

Importance

- It improves patient-professional relationships.
- It increases patient satisfaction and trust.
- It supports better understanding of treatment instructions.
- It improves cooperation and healthcare outcomes.

Psychological Factors Affecting Illness Perception



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