

BEHAVIOURAL SCIENCES

**BS RIT,OTT
1ST SEMESTER
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The integrated model of health care

- - A step ahead of the biopsychosocial model
- - Suggests a dynamic functional link between 5 domains of human beings:
 - - Biological
 - - Cognitive
 - - Behavioural
 - - Sociocultural
 - - Environmental

Continued

- - Health = Harmonious Equilibrium
- - Between these domains in response to eustress or distress
- - Achieved through homeostasis & allostasis

Homeostasis

- - Homeostasis is a reactive state that ensures harmony within the body.
- - It uses reactive systems through adaptive negative feedback loops.
- - It also uses behavioural adjustments in domains operating outside the body.

Allostasis

- An adaptive mechanism where the individual makes adaptations by predicting changes in advance.
- -**Characteristics:** Adaptations are made in anticipation of a possible challenge to health, rather than in reaction.
- - **Nature of adaptations:**
 - - Creative
 - - Organised multisystem changes

Example of homeostasis & Allostasis

- - A typical example of homeostasis is the increased intake of fluids and salts while working on a hot summer day
- - Allostasis on the other hand would be:
 - - to organise your work schedule in advance
 - - to be undertaken at the time of the day when it is least hot
 - - so that you may not need the extra salt and fluids

Eustress

- - **Definition:** Eustress is an optimum degree of stress in the integrated model.
- - **Purpose:** Considered appropriate and necessary for a person to function and stay healthy.
- - **Characteristics:**
 - - Seen as moderate stress.
 - - Motivating and inspiring.
 - - Ensures optimum functioning of homeostatic and allostatic mechanisms.
- - **Domains:** Works in synergy across biological, cognitive, behavioral, sociocultural, and environmental domains.

Distress

- - **Stress Definition:** Stress is a state where homeostatic and allostatic mechanisms are challenged.
- - ***Domains Affected*:** Biological, behavioural, cognitive, environmental, and sociocultural domains are challenged by extrinsic or intrinsic factors.
- - ***Impact on Health*:**
 - - Challenge to any one domain influences all other domains.
 - - Sets up a restorative feedback loop.
 - - Allostatic responses respond with effective homeostatic and allostatic mechanisms.

Continued

- - **Consequence of Failure:**
- - Failure of homeostatic and allostatic mechanisms results in disease and illness.
- - Stressor worsens if health isn't restored



Thank you!

