

# **BEHAVIOURAL SCIENCES**

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# The integrated model of health care

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

# Continued

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

# Homeostasis

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- - 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

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- 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

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- - 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

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- - **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

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- - **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

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



