

## SUMMARIES IN ENGLISH

*Bo Möhl: Health psychology – introduction and development.*

Health psychology is one of the youngest disciplines in psychology. Since health psychology was recognized as a division of the American Psychological Association in 1978 it has developed radically. In this article health psychology will be defined and distinguished from related disciplines: behavioral medicine, medical psychology and psychosomatic medicine. The basis of health psychology is the biopsychosocial model (formulated by Engell in 1977). This approach to health and disease will be discussed and related to the classical biomedical model which has dominated medicine since the Renaissance. Finally it will be discussed how health psychology has developed as a discipline in its own right.

*Hysse Birgitte Forchhammer: Health, Humanity, Culture*

In this article 4 research themes are presented as examples of how the humanistic research network HEALTH, HUMANITY, CULTURE has contributed to the development of health research and health psychology. In the article the historical background of health psychology is briefly presented and it is argued that there is a need for interdisciplinary research in order to develop and to provoke the theory and praxis of contemporary health psychology.

*Erik Lykke Mortensen: Personality and Disease*

The article discusses the relation between personality and physical disease. First, the most important methodological problems are described and it is argued that unambiguous conclusions about the relation between personality and disease are only possible on the basis of prospective longitudinal studies of healthy individuals. Next follows a discussion of various factors that may explain the relations between personality and health: possible relations between personality and symptom/illness behavior or health related behaviors. Personality may also moderate the effects of stress or may provoke stress, and finally there may be a relation between personality and constitutional dispositions. The Five-Factor model of personality describes five broad personality dimensions: neuroticism, extroversion-introversion, conscientiousness, hostility-agreeableness, and intelligence. The relation between each of these personality traits and health is discussed on the basis of a selective literature review. It is concluded that there is a probable association between trait depression and disease, and between hostility and disease.

*Gretty M. Mirdal: Between Health and Illness: Reflections on Somatization*

Embedded in the concept of somatization, lie two of the most difficult problems of psychology: the relationship between body and mind and the question of causality, the term »somatization« presupposing both psychophysical dualism and psychological etiology. The implications of these positions for diagnosis and treatment are discussed in relation to the two different meanings of the concept: 1) as medically unexplained physical complaints, and 2) as a process of psychosomatic disorganisation, with or without objective anatomical and/or physiological etiology. It is in the latter connotation, inspired by recent french psychoanalytic thinking, that the author finds the use of the term somatization justifiable and clinically meaningful.

*Bjarne Jacobsen: Illness & Crisis*

To Kierkegaard, man is fundamentally in a critical position. One reason for this critical position is that man is a complex character, consisting of both body and mind. By pointing to the body as a critical existential and anthropological category, Kierkegaard offers us an opportunity to evaluate the psychological meaning of disease. The crisis that will show itself in connection with disease is not only determined by the physical modification, but also by the given knowledge that the sick person has about the concrete disease. Furthermore the concrete crisis will reflect the way the person understood himself in relation to the fundamental crisis prior to the disease. On the one hand, Kierkegaard's psychology is open to a great variety of reactions to the concrete disease, on the other hand Kierkegaard will claim that the concrete disease is always confronting man with specific problems and is thus pointing at a specific crisis.

*Peter Elsass: The History of Fatigue*

The history of fatigue shows how the »human motor« without fatigue became an ideal for the bourgeois in the industrial upstart. To day the syndrome of chronic fatigue is prevalent among people in work-rehabilitations. They are in search of an organic diagnosis and a case shows how they resist a psychological understanding of their situation. The humanistic approach within health psychology have as an central theme the understanding of this complex field of illness and disease.

*Susanne Lunn: Anorexia Nervosa of the Health – and of the Illness.*

The article takes its point of departure in the different meanings that are attributed to Anorexia Nervosa depending on particular historical contexts and points of view. The main emphasis is on the discussion of the different consequences of viewing the condition from a medical-psychiatric and a psychodynamic approach, respectively. Both perspectives have their limitations, and it is argued that there is a necessity for a double-approach that can contain the paradoxical movement of Anorexia toward life as well as death.

*Karen Albertsen: Sense of Coherence – health promoting or protecting?*

Health and illness are often described as opposite poles in a continuum, where absence of illness constitutes the midpoint. In accordance with this view, health promotion is an effort towards the healthy pole while health protection is an effort trying to hinder a development towards the illness-pole. In the article it is discussed whether this understanding of the relationship is adequate. In particular, consequences of the bipolar understanding for empirical research are pointed out: the mixture of positively and negatively phrased items resulting in unclear dimensionality of the concepts. The problems are illustrated by applying Antonovsky's concept of Sense of Coherence. It is proposed, that the bipolar understanding are replaced by a multi-dimensional.

*Benny Karpatschof & Søren Ballegaard: Psychological Treatment Factors in an Integrated Program of Rehabilitation for Cardiological Patients.*

The article is the result of an interdisciplinary cooperation between a psychological statistician and a MD, the latter being the director of a clinic for cardiological patients receiving a comprehensive treatment program, including acupuncture and instruction in life style adaptation. After a theoretical attempt to define a concept of psychological treatment factors the empirical documentation is brought for the existence of such factors in a prospective data material from the treatment protocols of the clinic in question.

*Stephan Lang Jørgensen: Breast Reconstruction – Psychological Considerations*

The requests for breast reconstruction after mastectomy have increased dramatically in recent years. The paper reviews the psycho-social literature in the area. It hints at the existence of uncertainty of what the wish for breast reconstruction mirrors. In an attempt to eliminate the uncertainty, empirical findings are contrasted to the theoretical considerations in the area. Since this approach is it is demonstrated that psychoanalytic theory and existential theory both can explain why mastectomized women seek breast reconstruction.

*Eva Ethelberg & Jette Fog: The Healing Communication*

The doctor-patient communication has been criticized, in the media as well as in medical journals, and the topic of the present article is the psychological aspects of this communication. First we describe the typical conditions laid down in the very communication and then we look at the general and specific conditions of the medical communication. Our main point of view is that good communication must be an essential part of the medical service, and that this fact has ethical as well as practical consequences. Finally, we unfold the ethical consequences and touch upon the practical consequences in our short discussion of the communicative model employed by communication projects within the Nordic Cancer Union and by the Danish Cancer Association in the beginning of the 90's, now taught at the training courses in communicative skills arranged by the Danish Medical Association.

*Talli Ungar Felding: Vaginismus and Pregnancy*

The purpose of this paper is to show that the time limited, symptom focused, behavioristic Sex Therapy, which today is considered almost the only way of treating vaginismus, is based upon a restricted and limited understanding of the psychological meaning of the symptom. Sex Therapy treats vaginismus as a mechanical disorder which disturbs coital function, but my clinical case material shows that the symptom affects female psychosexuality in a much broader sense, including conceptions of pregnancy, childbirth and motherhood. Sex Therapy considers vaginismus the easiest of the sexual dysfunctions to treat, but my case material shows that vaginismus can be the result of quite severe psychosexual conflicts which, because of conscious and unconscious resistance, can be difficult to treat and require long term psychotherapeutical effort.

*Birgit Bork Mathiesen et al.: What is the Subject of Psychological Science?*

The authors of this article argue that the subject of psychology, the psyche, is irreducible. While the authors agree on this point, they otherwise adhere to widely different psychological schools. Each proposes his or her definition of the irreducible characteristics of the psyche. Finally, there is an attempt to combine the different points of view, eclecticism is argued against, and several fundamental questions are specified for further determination of the psyche.