

Towards A Model of Lay Understandings of Health

R. Brent Stansfield, PhD., Department of Learning Health Sciences
Stephanie Preston, PhD., Department of Psychology
University of Michigan, Ann Arbor



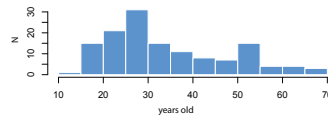
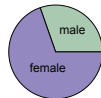
What is health? Do people agree?

The biopsychosocial model promotes a multidimensional, **patient-centered definition of health**.

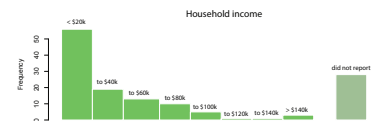
Teaching health professionals about **different ideas about health** will help them promote health behaviors.

Participants

N = 136
US residents
Amazon MTurk



Sample occupations:
Self employed, office manager,
teacher, sales, student, railroad safety,
nurse, librarian, graphic design,
corrections officer, etc.



Survey

Participants rated **"It is extremely healthy"** for 115 items on a 9-point Likert agreement scale.

(anchors: "strongly disagree", "neutral", "strongly agree")

Maximum-Likelihood Exploratory Factor Analysis of 115 ratings of health with oblimin rotation

Demographics survey at the end. Participants' factor scores tested for correlations.

Results

There was **general agreement** about what was healthy.
Cronbach's alpha = .87

There were **four types of health** in the ratings.
Scree plot suggested
4 factors of health

Different types of people had higher scores on the four types.

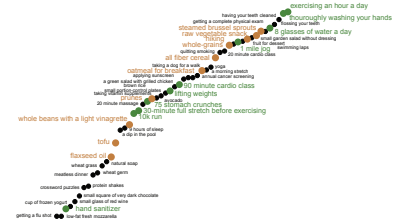
This suggests that health promotion requires **sensitivity** to what different **people consider to be healthy**.

For instance, it may be more difficult to promote **Exercising and cleanliness** behaviors to a person who finds health in **Hard, fun living**.

Ten highest-loading items on each factor highlighted:

Natural and vegetarian

Older, higher BMI participants had significantly higher scores. Reported healthier eating habits.

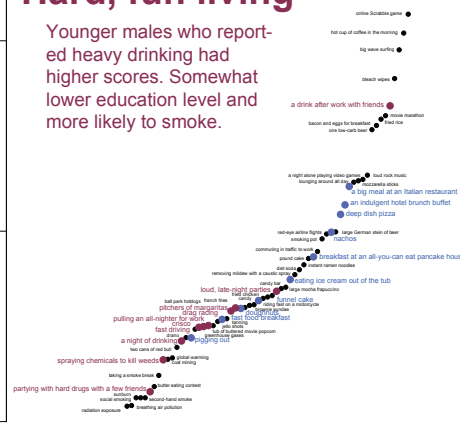


Exercising and cleanliness

Younger non-smokers had significantly higher scores. Tended to have lower BMI.

Hard, fun living

Younger males who reported heavy drinking had higher scores. Somewhat lower education level and more likely to smoke.



Indulgent eating

Poorer participants had higher scores and were less likely to be heavy drinkers. Had somewhat lower BMI.



Health Professions Education Day 2015

rbrent@umich.edu

