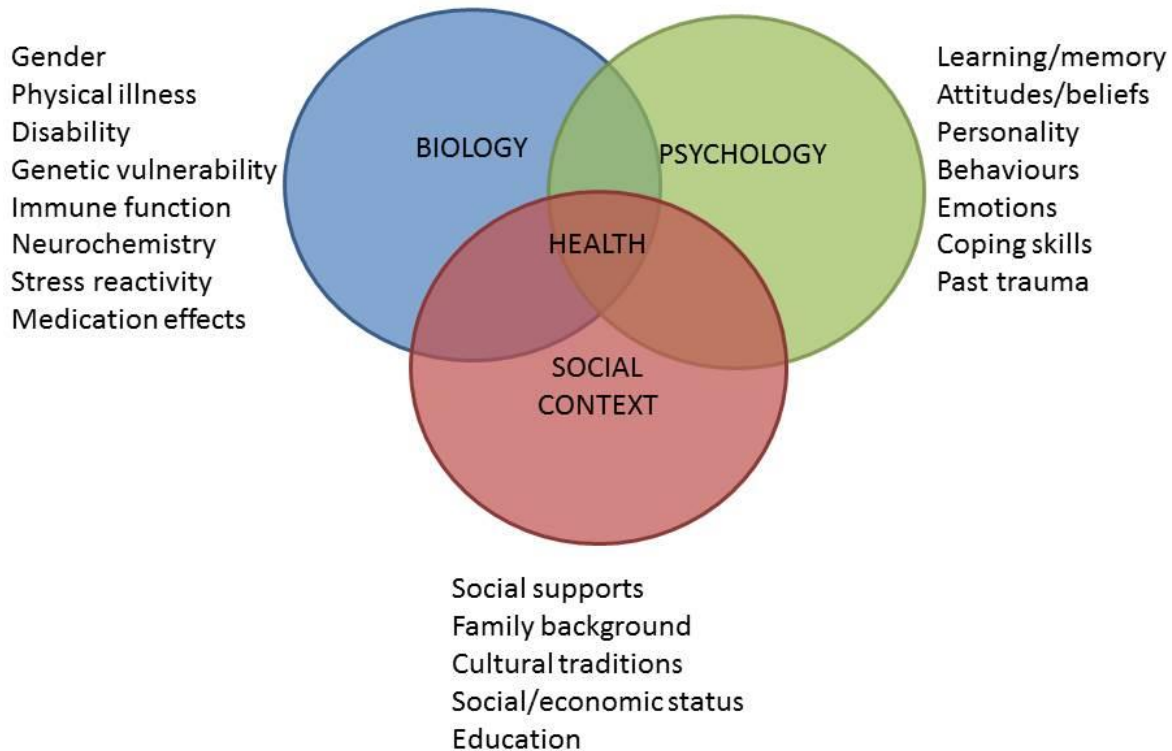


BIOPSYCHOSOCIAL APPROACH TO UNDERSTANDING HEALTH



The biopsychosocial approach systematically considers biological, psychological, and social factors and their complex interactions in understanding health, illness, and healthcare delivery.

A biopsychosocial model is a tool that clinicians in mental health services use to examine how psychiatric/psychological disorders develop.

What Is the Biopsychosocial Model?

How can we find out why a person has anxiety or depression? What elements are involved? We can often identify many factors leading to the development of a psychological disorder, such as genetics, difficulty regulating emotions, or environmental stress. There is so much to consider which examines biological, psychological, and social factors affecting an individual, to examine how and why disorders occur.

It isn't just used only by psychiatrists /psychologists but by a range of clinicians and doctors in various fields. A specialist cardiologist or a Neurologist may wonder how Stress could lead to a disease or a disorder or a complex interplay between these contributing to exacerbation of the process.

Biopsychosocial terms:

The 'bio' component of this theory examines aspects of biology that influence health. These might include things like brain changes what we term as chemical imbalances in the brain, genetics, or functioning of major body organs, such as the liver, heart, the kidneys, or even the motor system or an infection or inflammation process in the system leading to a risk factor for a mental health issue.

The 'psycho' component examines psychological components, things like thoughts, emotions, or behaviours and various predisposing factors like stress vulnerability, ability to understand the emotions of others, interpersonal aspects leading to ability or inability to cope with changes. These changes in thoughts might lead to changes in behaviours, like avoiding certain situations, staying at home, or quitting a job. As one engages in these behaviours, he or she could suffer from depression and anxiety.

The 'social' component of the model examines social factors that might influence the health of an individual, things like our interactions with others, our culture, or our economic status, psychosocial stressors like threatened job loss, relationship issues, financial issues. Being unable to fulfil a social role might trigger a further biological or psychological problems. Social factors are also related to expected support from the family and or friends when required which influence the recovery process to large extent.

An important connection to make here is that the elements of the Biopsychosocial model are all connected. Biology can affect psychology, which can affect social well-being, which can further affect biology, and so on.

Bio Psycho Social aspects of treatment s are some of the crucial factors for the recovery of an individual. Mental health centres should aim at the provision of Psychiatric and psychological components of treatment to the individuals as per the assessment requirements. A close collaboration of a psychiatrist and a Psychologist is crucial to support with these components. The multidisciplinary approach has good evidence base in the management of a client.

Psychiatryservices4u offer this approach with a committed collaboration between the psychiatrist and Psychologist. Our treatment model includes an MDT (Multidisciplinary team) approach and regular collaboration between the team members for discussion and exchange of expertise to support the client effectively.