

***IN THE NAME OF***

***ALLAH***

***THE GRACIOUS,***

***THE MERCIFUL***

# Bio-Psycho-Social (BPS) Model

# Psychosocial Health

- • **Being Mentally, Emotionally, Socially, and Spiritually Well**



Figure 2.1: Psychosocial Health. Psychosocial health is a complex interaction of mental, emotional, social, and spiritual health.

George Engel in early 1970s for the first time started to emphasize the importance of integrating the traditional

**Biological** (pathophysiological or structural) aspects of medicine with

**Behavioural sciences** (psychology, sociology and anthropology) and put forward the concept of Bio-Psycho-Social perspective of health and disease.

## Using the system Theory

( an individual is composed of complex, integrated system composed of interacting subsystem elements of mind, body, spirit and social relationships, all having feedback loops, )

He proposed a triad in which the biological system ensures a structural, biochemical and molecular study of a disease; the psychological system provides an insight into the role of personality, attitudes, attributes,

other dynamic factors and motivation in the genesis of the illness

whereas social system emphasizes the impact of the family, society, social forces, cultures, and

The milieu on the a etiology, presentation and the management of a given illness.

It stresses on the understanding and manipulation of the psychological environment of a patient in the same way as

The study of pathophysiological processes and methods of treatment is used to reverse them.



The death of a significant other, grief, loss of self esteem, a threat to one's life, property or integrity, even victories and reunions were proposed by Engel as events that can trigger a medical, surgical or psychiatric condition.

The bio-psycho-social model therefore provides a comprehensive clinical approach towards the practice of holistic medicine.

This approach lays a great emphasis on

The doctor-patient relationship,

Psychosocial assessment,

The use of communication skills,

Informational care,

Counseling crisis intervention and

Extension of care to the family..

One of the significant contribution of BPS model in health care is

The emphasis it assigns to the use of interventions that do not involve surgery or drugs: the non-pharmacological interventions

***Thanks***

