

centre for

health studies

sixth annual

health studies day 2008

program



- 1:00 p.m. Welcome and opening remarks
Deborah Kennett, Psychology and
Director, Center for Health Studies
- 1:15 p.m. **Rory Coughlan**, Psychology
The Irony of Qualitative Research in Medicine:
A Holistic Methodology in a Dualistic Discipline
- 1:45 p.m. **David B. King**, Psychology
Brighter Paths to Wellbeing: An Integrative Model of
Human Intelligence and Health
- 2:15 p.m. **Peri J. Ballantyne**, Sociology
Negotiating the Pharmaceutical Self in Later Life:
Perils and Possibilities of Pills in Sickness and Health
- 2:45 p.m. Break
- 3:00 p.m. **Terry Humphreys**, Psychology
Understanding Virginity: First Sexual Experiences and Attachment
- 3:30 p.m. **Fergal O'Hagan**, Psychology
Back to Work with a Bad Ticker: Adaptation to Work with
Heart Disease
- 4:00 p.m. **Carlyle Smith**, Psychology
Sleep, Memory and Successful Aging
- 4:30 p.m. Closing Remarks, Deborah Kennett

Tuesday, January 29, 2008

1:00 p.m. to 4:45 p.m.

Living Room, Alumni House

Trent University

Coffee, tea, water and desserts will
be available throughout the day at
no charge.

If you have any questions please
e-mail lindaward@trentu.ca

everyone welcome

Rory Coughlan, Psychology

The Irony of Qualitative Research in Medicine: A Holistic Methodology in a Dualistic Discipline

Medicine tends to be viewed by critics as deeply dualistic and a conservative, reductionist enterprise creating knowledge that reinforces the biological paradigm. Many clinical practitioners tend to use this knowledge to guard their authority and to control patient behaviour. Conversely, qualitative methodologies, drawing upon feminist and discursive traditions examine multi-layered and richly contextualized experiences with a view to resisting traditional privilege and power and have an allegiance to emancipatory ethics. Thus we have a clash between the commitments of the qualitative researcher that is more in line with the holistic "lifeworld" of the patient who would prefer power differentials to be minimized and the mainstream clinician who attempts to translate patients' contextualized experiences into separated biological variables to maximize their own authority. This paper will discuss this differentiation and explore how qualitative research can help explain the power politics of medicine and improve health outcomes.

David B. King, Psychology

Brighter Paths to Wellbeing: An Integrative Model of Human Intelligence and Health

The health-related functions of bodily, rational, emotional, and spiritual intelligence are first reviewed. While research supports a relationship between health and both IQ and emotional intelligence, focus will be directed towards an emerging spiritual ability set and its potential role in health and wellbeing. Of particular interest is the facilitation of coping and disease/disorder interpretation. Although often overlooked, it is argued that spiritual intelligence plays a vital and highly adaptive role in health management.

Peri J. Ballantyne, Sociology

Negotiating the Pharmaceutical Self in Later Life: Perils and Possibilities of Pills in Sickness and Health

Findings from research examining elderly persons' interpretations of health and illness, and the management of formal health care are presented. Specifically, we illustrate how participants' perceptions and actions relating to pharmaceutical health care are negotiated around long-standing perceptions of and expectations of self, and in on-going and new relationships with health professional 'others'. Complexities related to the ethno-cultural, language, and migration status of the study participants (elderly Canadian immigrants of Chinese heritage) are central in our discussion.

Terry Humphreys, Psychology

Understanding Virginity: First Sexual Experiences and Attachment

The first coital experience is a significant event in the sexual development of most young people and it has the potential to be positive and pleasurable. Unfortunately many young women describe their first time as less than ideal (Sprecher, Barbee, & Schwartz, 1995). Carpenter (2001) describes three common understandings of virginity: (1) stigma, (2) gift, and (3) process. The current talk will explore how different conceptualizations of virginity impact numerous decisions to have sexual intercourse for the first time, including partner choice, planning, safer sex, and emotional impact

Fergal O'Hagan, Psychology

Back to Work with a Bad Ticker: Adaptation to Work with Heart Disease

One third of a million Canadians of working age are afflicted by heart disease, reporting ill health, more distress, and social disadvantage including reduced earning. Understanding the process of adaptation for workers with heart disease is important in developing policies, practices and programs which enhance adaptation to the work milieu following disabling cardiac illness. This presentation will focus on the experiences of 12 workers returning to the job following disabling cardiac illness and the influences on their adaptation to the workplace.

Carlyle Smith, Psychology

Sleep, Memory and Successful Aging

Sleep quality varies between individuals and also tends to become less beneficial as age increases. Studies at Trent have shown that good quality sleep aids in the formation of new memories, while sleep loss or poor sleep results in some memory loss, especially for recently learned material. The presentation will talk about the reasons for poor sleep and how to maximize learning efficiency.

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