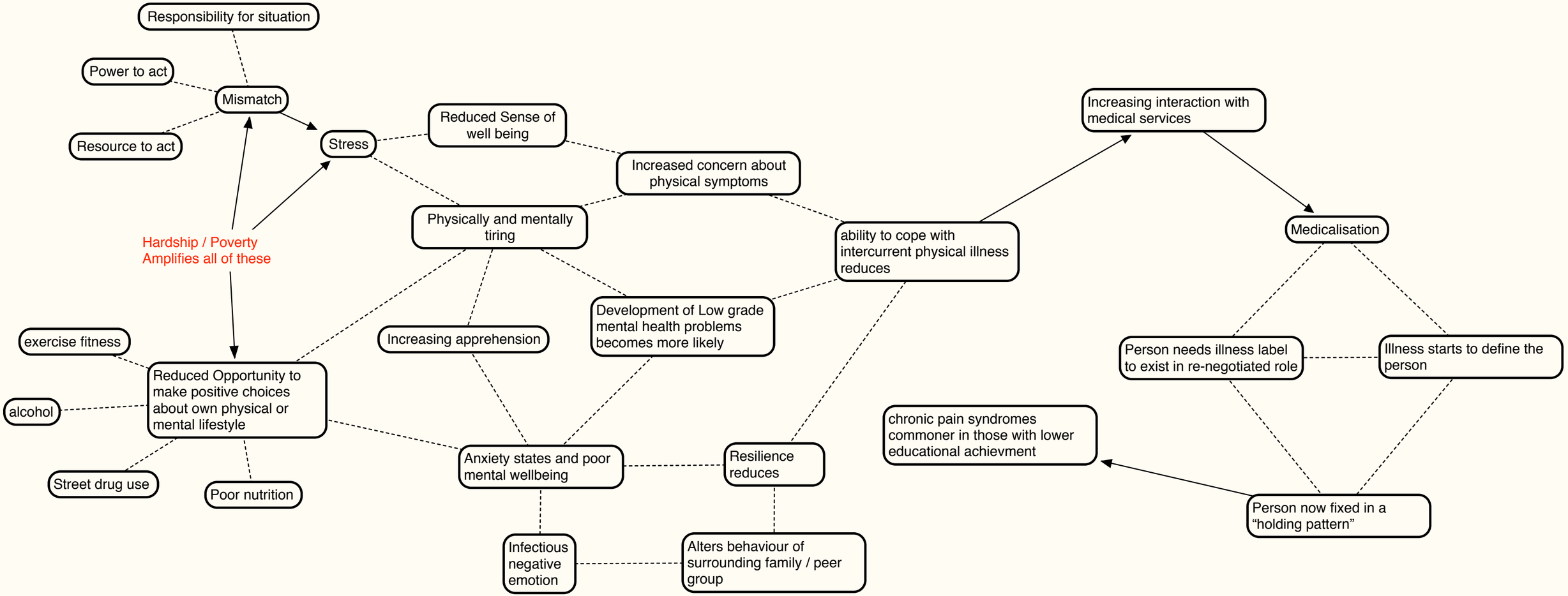
Responsibility for situation
Power to act
Mismatch
Resource to act
Stress
Reduced Sense of well being
Increased concern about physical symptoms
Physically and mentally tiring
Hardship / Poverty
Amplifies all of these
ability to cope with intercurrent physical illness reduces
Increasing interaction with medical services
Medicalisation
Development of Low grade mental health problems becomes more likely
Increasing apprehension
exercise fitness
alcohol
Reduced Opportunity to make positive choices about own physical or mental lifestyle
Street drug use
Poor nutrition
Anxiety states and poor mental wellbeing
Resilience reduces
Infectious negative emotion
Alters behaviour of surrounding family / peer group
Person needs illness label to exist in re-negotiated role
Illness starts to define the person
chronic pain syndromes commoner in those with lower educational achievment
Person now fixed in a “holding pattern”