

Social Support, Cardiovascular Disease, and Mortality

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Abstract. This chapter presents a conceptual and selective review of the relationship between social support and cardiovascular illness and death. It is argued that cardiovascular health is not only determined by biological factors but also by social and psychological factors. For decades, epidemiological studies have linked mortality rates to marital status and social networks, thus indicating a beneficial effect of such social factors on longevity. Moreover, studies on cardiac patients have attributed increased survival rates to the existence of close social bonds. In the case of conjugal loss, for example, widowers are at risk of illness and death in the absence of a compensating network of support providers. Health psychology is looking for the mediating mechanisms that help explain such epidemiological associations. For this purpose, social support is distinguished from social integration, and further differentiations are made to better understand the quality and function of interaction processes that result in favorable health outcomes. Physiological, behavioral, and psychological pathways are distinguished in the etiology of disease, magnifying differences in how people may respond to stressful encounters and critical life changes.

1. Social integration and social support

People can be predisposed to illness by long-term experiences of social isolation, neglect, loneliness, and social stress. Before discussing some current issues in the relationship between social factors (as predictors) and illness and death (as outcomes), the conceptual background of the former needs to be made clear. The term "social support" is often used in a broader sense, including social integration and social networks. In this chapter, too, we will use it as a summary term in the title and headings. However, these three notions should be clearly distinguished. *Social networks* represent the objective basis for social integration and social support. The latter two are seen as theoretical constructs. They refer to the degree to which individuals are socially embedded, have a sense of belonging and intimacy, and tangible needs are met, such as assistance, guidance, and access to information. Social integration and social support need to be distinguished. *Social integration* refers to the structure and quantity of social relationships, such as the size and density of networks, frequencies of interaction, but sometimes also to subjective perceptions of embeddedness. *Social support*, in contrast, refers to the function and quality of social relationships, such as perceived availability of help or actually received support. It occurs through an interactive process and can be related to altruism, a sense of obligation, and the perception of reciprocity [1, 2, 3]. Both constructs have been related to ill health and mortality which represents the topic of the present chapter.

1.1 Social integration

Social Support And Cardiovascular Disease

Rosmarie Mahrer-Imhof

Social Support And Cardiovascular Disease:

Social Support and Cardiovascular Disease Sally A. Shumaker,Susan M. Czajkowski,2013-11-21 In this groundbreaking work distinguished contributors explore the myriad relationships between networks of social support and the development treatment and rehabilitation of individuals with cardiovascular disease Chapters span the range from conceptual to methodological issues and take into account gender environmental and cultural differences The book will provide a wealth of information for clinicians and students in the fields of behavioral medicine psychophysiology and cardiovascular disease

Heart Disease Gerdi Weidner,Mária Kopp,Margareta Kristenson,2002 Annotation This book addresses one major question Why do men get more heart disease than women Recent global trends in heart disease show that traditional coronary risk factors such as elevated blood pressure and cholesterol are poor candidates in explaining the gender gap in heart disease Changes in these risk factors also cannot explain the recent cardiovascular disease epidemic among middle aged men in Eastern Europe This book will focus on environmental behavioral and psychosocial variables as well as new risk factors of a biological nature in an attempt to understand the gender gap in heart disease It combines perspectives from numerous disciplines such as demography epidemiology medicine sociology and psychology This book features the work of a distinguished group of international researchers appearing in Richard Stone s report on Stress the invisible hand in Eastern Europe s death rates Science vol 288 June 9 2000 pp 1732 33 It combines perspectives from numerous disciplines such as demography epidemiology medicine nutrition sociology and psychology to explore the environmental behavioral and psychosocial influences on men s greater susceptibility to heart disease

Precision Medicine in Cardiovascular Disease Prevention Seth S. Martin,2021-07-07 This book contains the current knowledge and potential future developments of precision medicine techniques including artificial intelligence big data mobile health digital health and genetic medicine in the prevention of cardiovascular disease It reviews the presently used advanced precision medicine techniques and fundamental principles that continue to act as guiding forces for many medical professionals in applying precision and preventative medical techniques in their day to day practices Precision Medicine in Cardiovascular Disease Prevention describes current knowledge and potential future developments in this rapidly expanding field It therefore provides a valuable resource for all practicing and trainee cardiologists looking to develop their knowledge and integrate precision medicine techniques into their practices

[The Measurement and Health Outcomes of Social Support](#) Keiko Anne Taga,2006 **The Canadian Journal of Cardiology** ,2005 [Cardiovascular Health and Disease in Women](#) Pamela S. Douglas,2002 This practical resource takes a close look at an emerging issue in woman s health the gender difference in cardiovascular disease Health care providers involved in the care of female patients can rely on this extraordinary reference for the latest coverage of cardiovascular health and disease The new 2nd Edition features an expanded scope that offers more information on patient care approaches risk factors hormones and CAD and more New

chapters cover hot topics such as estrogen diet and nutrition first and second degree prevention strategies managing CAD and acute coronary syndromes A much broader scope presents more information on patient care risk factors hormones and CAD and clinical manifestations of CAD New authors bring an up to date perspective to material that focuses on their areas of expertise New chapters provide the latest information on hot topics including Nutrition Antioxidants and Inflammation Primary Prevention in Women Lessons from Human Trials Management of Chronic Stable Angina Acute Coronary Syndromes Angiography and Angioplasty Coronary Artery Surgery Implementation Strategies for Secondary Prevention Syndrome X and Coronary Vascular Resistance and Normal Cardiovascular Physiology Updates and new information have been incorporated throughout and substantial revisions have been made to chapters on Diabetes Mellitus and Obesity Smoking Clotting and Thrombosis Physical Activity Lessons from Animal Models Prescribing HRT Diagnostic Testing Valvular Heart Disease CHF and Myocardial Dysfunction Stroke and PVD Preexisting Heart Disease and Diagnostic and Therapeutic Strategies Expanded discussions of estrogen address both the underlying science and clinical applications for practice Strategies for first and second degree prevention of disease offer a proactive approach to treatment and patient care

Social Support and Cardiovascular Disease Risk Reducing Behaviours for People with Severe Mental Illnesses in Primary Care

Alexandra Burton, 2020 Background People with severe mental illness SMI have an increased risk of cardiovascular disease CVD Research in the general population suggests that social support may protect against CVD morbidity and mortality however little is known about social support and cardiovascular health in people with SMI Objectives For people with SMI 1 Assess the effectiveness of CVD risk reducing interventions that involve supportive others 2 Develop and integrate a social support strategy into a CVD risk reducing intervention in primary care 3 Explore the relationship between social support and cardiovascular health behaviours 4 Describe how existing social support was explored within initial appointments in a CVD risk reducing intervention in primary care Methods Systematic review longitudinal and cross sectional observational study and qualitative thematic analysis of intervention appointments Results Few studies were identified on effective interventions that used existing support networks to improve cardiovascular health in people with SMI Recommendations for involving supportive others in CVD risk reduction were identified from focus groups workshops and UK clinical guidelines These included exploring how to involve supportive others respecting confidentiality and identifying strategies for those without social support Higher social support predicted significantly greater appointment attendance in unadjusted but not adjusted analyses and greater medication adherence There was no association between higher perceived social support and greater physical activity healthier diet lower alcohol use or being a non smoker Social support was explored in first appointments with most participants identifying a supportive other Reasons to involve others included companionship positive feedback and health improvements for supportive others and participants Some participants described family or friends as negative influences on their health Conclusions Perceived social support may be an important facilitator for adherence to CVD

medications but there was limited evidence for an association between perceived social support and other CVD health behaviours in people with SMI Harnessing positive social relationships within interventions should be considered as a strategy for encouraging uptake of CVD health behaviours in people with SMI Further work is needed to develop interventions that increase social support and improve health outcomes for people with SMI who have limited social contacts

The Impact of Cultural Orientation on the Relationship Between Social Support and Psychological Well-being Sinead Natasha Younge,2002 *The Psychologist* ,2006 **Couples' Daily Experiences After the Onset of Cardiac Disease**

Rosmarie Mahrer-Imhof,2003 **The Relationship of Women's Age and Perceived Social Support to Perceived Cardiac Rehabilitation Success** Kristin Lee Forester,1996 *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* American College of Sports Medicine,Jeffrey L. Roitman,2001 This complementary book to ACSM's Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM's Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

Heart Disease Judith Ann Skala,Kenneth E. Freedland,Robert M. Carney,2005 Despite the stunning progress in medical research that has been achieved over the past few decades heart disease remains the leading cause of death and disability among adults in many industrialized countries Behavioral and psychosocial factors play important roles in the development and progression of heart disease as well as in how patients adapt to the challenges of living with this illness This volume in the series Advances in Psychotherapy provides readers with a succinct introduction to behavioral and psychosocial treatment of the two most prevalent cardiac conditions coronary heart disease and congestive heart failure It summarizes the latest research on the intricate relationships between these conditions and psychosocial factors such as stress depression and anger as well as behavioral factors such as physical inactivity and non adherence to cardiac medication regimens It draws upon lessons learned from a wide range of studies including the landmark ENRICHD and SADHART clinical trials It then goes on to provide practical evidence based recommendations and clinical tools for assessing and treating these problems Heart Disease is an indispensable treatment manual for professionals who work with cardiac patients *International Journal of Circumpolar Health* ,1997 **Social**

Support and Physical Health Bert N. Uchino, 2004-01-01 This book will change the way we understand the future of our planet It is both alarming and hopeful James Gustave Speth renowned as a visionary environmentalist leader warns that in spite of all the international negotiations and agreements of the past two decades efforts to protect Earth's environment are not succeeding Still he says the challenges are not insurmountable He offers comprehensive viable new strategies for dealing with environmental threats around the world The author explains why current approaches to critical global environmental problems climate change biodiversity loss deterioration of marine environments deforestation water shortages and others don't work He offers intriguing insights into why we have been able to address domestic environmental threats with some success while largely failing at the international level Setting forth eight specific steps to a sustainable future Speth convincingly argues that dramatically different government and citizen action are now urgent If ever a book could be described as essential this is it

Handbook of Aging and the Social Sciences Robert H. Binstock, Linda K. George, 1990

Preventive Cardiology: A Practical Approach, Second Edition Nathan D. Wong, Henry Black, Julius Gardin, 2005
PREVENTIVE CARDIOLOGY is the premier source of clinically relevant information on the prevention of coronary heart disease Thoroughly updated by international experts the book discusses screening risk factors prevention in special populations and primary and secondary prevention in the context of the daily practice of medicine PREVENTIVE CARDIOLOGY is a must have for cardiologists and primary care physicians Review of the first edition Excellent Structured in a way that invites the reader to use it as a comprehensive reference The combination of theory and guidelines with a practical approach to the patient at risk for cardiovascular diseases is a strength The New England Journal of Medicine

Handbook of Work and Health Psychology Marc Schabracq, Jacques A. M. Winnubst, Cary L. Cooper, 1996-06-12 This book surveys illness and health in different occupations and in different parts of the world It covers basic theoretical issues of work and health psychology such as job control autonomy job threat individual differences social support and organizational climate Examines diagnostic techniques and monitoring methods to assess stress job satisfaction and other psychosocial hazards at work

Effective Health Behavior in Older Adults K. Warner Schaie, PhD, 2002-10-31 In what ways do health behaviors and societal mechanisms help or discourage individuals in assuming responsibility for their health Highly esteemed and diverse contributors examine the health behaviors of older adults and the ways in which these behaviors are affected by societal trends The volume begins with a discussion of the personal attributes affecting health behaviors and responsible health care choices in older adults Additional topics explored include Psychosocial factors in the prevention of cardiovascular disease behavioral interventions such as the role of exercise in preventing chronic illness and how societal structures such as reimbursement patterns and changes in health insurance affect initiation change and maintenance of health behaviors This is a valuable resource for professionals and students interested in individual development the study of health behavior and chronic disease health economics and social policy

Revue Canadienne de Recherche en Sciences Infirmières, 1994

Whispering the Secrets of Language: An Emotional Journey through **Social Support And Cardiovascular Disease**

In a digitally-driven world where monitors reign supreme and instant connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases frequently get unheard. Yet, nestled within the pages of **Social Support And Cardiovascular Disease** a fascinating literary treasure pulsating with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, that charming opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of every word. Within the psychological depths of this touching evaluation, we shall embark upon a honest exploration of the book is core themes, dissect their fascinating writing design, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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