

Health Psychology
Chapter 12: Preventing Injuries

Submitted to :

Mam Samar Fahad

Submitted by :

Ramizah Rashid

6th Semester

Bs. Applied Psychology

Session: 2017-2021



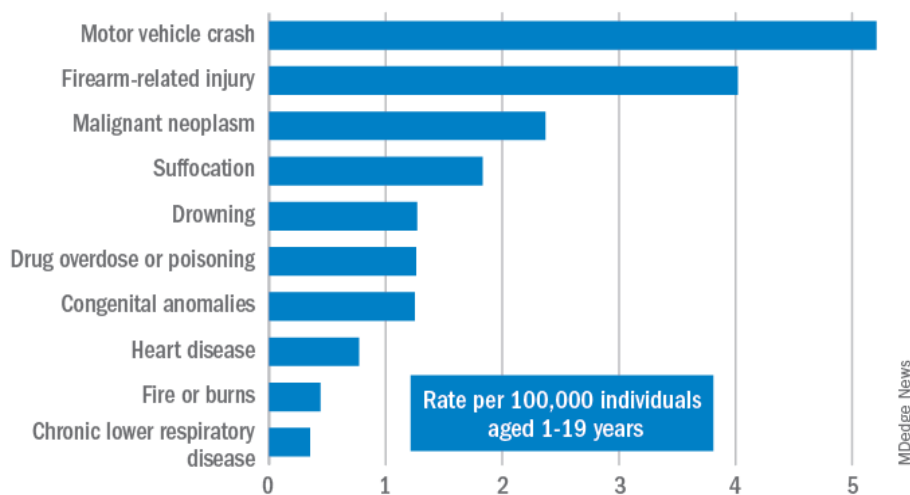
Unintentional Injuries

“ Injuries that are unplanned or considered accidental “

Unintentional injuries are the fourth leading cause of death in United States. Gender also relates to unintentional injury deaths – men are more than twice as likely as women to die from this cause. Primary cause of death from unintentional injuries is motor vehicle crashes. In addition to large number of fatalities from unintentional injuries, even larger number of people suffer nonfatal injuries every year.

Although all age groups are vulnerable to unintentional injuries, pattern of death and injury varies with different developmental stages.

Ten leading causes of child and adolescent death, 2016



Note: Based on data from the Centers for Disease Control and Prevention's Wide-ranging Online Data for Epidemiologic Research system.

Source: N Engl J Med. 2018;379(25):2468-75

Childhood

Unintentional injuries are the leading cause of death for children in United States, accounting for about 40% of all deaths among children under age 15.

Unintentional Injuries :

- Motor vehicle crashes
- Drownings
- Burns
- Falls
- Suffocation
- Poisoning

1) The most frequent fatal injuries are from motor vehicle crashes, the major cause of unintentional injuries at every age.

2) Drownings are second leading cause of children's death from unintentional injuries not all drownings occur in swimming pool. Bathtubs and large buckets filled with water are deadly containers for the children under the age of 5.

3) Children are also killed and injured by burns mostly from house fires. Burns are much more common in boys than girls.

4) Other causes of childhood unintentional injuries include falls, suffocation, poisonings and bicycle mishaps.

Youth

The passage from childhood to adolescence greatly increase the risk of death from unintentional injuries.

- **automobile crashes**; Especially those resulting from fatal and non fatal injuries, **15-24** fatal due to motor crashes.

Primary reason is young people are beginning to drive and ride. Teenagers are likely to drive after drinking alcohol and are least likely to use seatbelts or helmets.

1. Not using seatbelts
2. Driving after drinking
3. Not using bicycle and motorcycle helmets
4. Riding with a driver who has been drinking

- **Alcohol** is involved in about 40% of drowning deaths, is dangerous companion to water ; it impairs judgment and reduces dexterity.

1. Due to alcohol , half of the motor vehicle deaths involve teenagers
2. Students/teenagers not use seatbelts
3. Night out drives with friends

Reasons:

1. Greater risk taking
2. Impaired psychomotor functioning
3. Fatigue

- **Gunshot wounds** are another source of death and injury for young people.
- **Sport related injury**
 1. more common in boys than girls.
 2. have very low mortality rate.
 3. 3 million people seek treatment
 4. Non- fatal .

Gender and ethnic differences

Young people regardless of gender and ethnicity are willing to engage in variety of risky behaviors .

Adulthood

1) For adults, motor vehicle crashes account for high proportion of deaths from unintentional injuries. Older adults have higher death rates from motor vehicle crashes, falls, fires etc.

Strategies for reducing unintentional injuries :

Death rates from unintentional injuries have been going down due to interventions aimed at (1) changing individual's behavior (2) changing the environment (3) changing the law.

- **Changing individuals behavior :**
Most of the emphasis on reducing unintentional injuries through changes in individual's behavior has centered on home safety, workplace safety, motor vehicle safety, bicycle safety.

(1) Strategies to prevent home injuries

Most effective interventions to reduce children's injuries are directed at parents.

(2) Strategies to prevent workplace injuries

Changing environment is effective way to prevent workplace injuries than changing individual's behavior. Modifying individual behavior can play important role in

providing a safer workplace. Worker education is one strategy to prevent workplace injuries.

(3) Strategies to prevent motor vehicle injuries

Much of the decline in motor vehicle deaths is due to safer cars, better roads, and stricter laws against drunken driving.

(4) Strategies to prevent bicycle related injuries

Bicycle use can be improved by using helmets. When cost of helmet goes down and their social acceptance goes up, adults and children are more likely to buy and use them.

- **Changing the environment**

Strategies to alter environment are generally more successful than those that attempt change through individual interventions.

- **Changing the Law**

Laws can have impact on reducing unintentional injuries. Laws requiring child protection in motor vehicles, use of automobile seatbelts and bicycle helmets and raising the legal drinking age have saved many lives and prevented thousands of serious injuries.

Intentional Injuries

Term intentional is used to refer to injuries resulting from purposeful human action, whether directed at oneself or others. Intentional injuries include self inflicted and interpersonal acts of violence intended to cause harm.

Intentional injuries are among the leading cause of death for people in age below 35.

Childhood

Childhood is a period during which mortality rates are low. Their risks are higher for unintentional injuries, but children are also in danger from intentional violence, most often at the hands of their parents. Beatings were common and a major source of injury for infants and children.

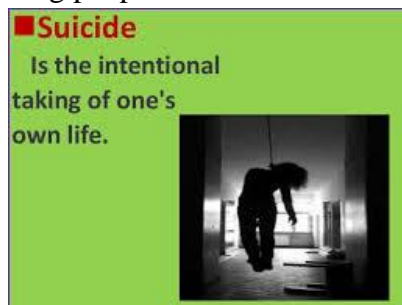
Infancy is the time during which children are particularly vulnerable and during which children are most likely to suffer from violence.

- **Abuse** is leading cause of death for infants after prenatal period. Abuse can prevent children from accomplishing some of the developmental tasks of young childhood .
- School age children and adolescents who are abused may exhibit symptoms of psychopathology or behavior disorders .
- Children exposed violence can develop post traumatic stress disorder and anxiety problems.

Youth

Violence is a more pervasive problem for adolescents and young adults than for children . adolescents are frequent perpetrators of both minor and serious violence. Economic factors, ethnic background and gender all influence risks for being involved in violence either as a perpetrator or as a victim. Poor mental health ,drug use and problems at school are associated with violent behavior. Young African American men are much more likely to die from homicide .

- **Gender** is also a factor in assaults. Young men are more likely be shot , whereas young women are more likely tp be stabbed, with injuries tending to occur in their homes. Young women are at higher risk for sexual assaults. Like gender ethnicity is also an other important factor in assaults non-Hispanic European American women are at higher risk than Hispanic American or African American women .
- **Weapon related violence** Easy access to firearms is a factor in homicide and suicide among young people. Weapon related violence received a great deal of publicity due to series of shootings .Increased access to weapons not only led to an increase in homicide and assault related injuries but also contributed to suicide attempts among young people .

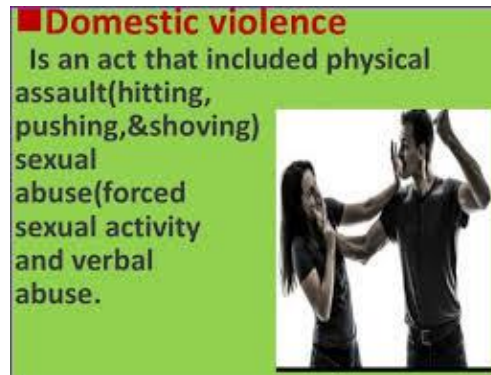


Adulthood

Violence in streets and workplace has an impact on adults, but homes are more dangerous.

- Domestic violence is major cause of injury and death, and partner violence and elder abuse are two varieties of domestic abuse that effect adults

- Therefore, adulthood is a period during which intentional violence continues to be a source of death and injury.
- Income level , ethnicity and gender relate to risk of victimization.
- Violence at home remains a major problem.
- Majority of women report violence at the hands of male family members.
- For severe domestic violence, men were more common perpetrators than women.



Michael Johnson (1995) argued that domestic violence can be divided into two types :

- **Couple violence:** pattern of conflicts that escalates into a fight.
 - **Patriarchal terrorism :** man dominates his family by using physical force/ other control strategies.
- Women are more likely than men to be homicide victims as a result of domestic violence and more likely to be injured or killed by an intimate partner than by a stranger.
 - Availability of weapons also a factor in domestic violence and suicide.
 - Domestic violence can spill out into the workplace. A number of homicides have occurred when angry spouses entered a workplace and attacked or killed their partners.

Unintentional childhood injuries	
INJURIES AND THEIR CLASSIFICATION	
UNINTENTIONAL	INTENTIONAL
❖ Road traffic injuries	❖ Interpersonal – Family/partner Intimate partner Child abuse Elder abuse
❖ Poisoning	
❖ Falls	❖ Interpersonal – community Acquaintance Stranger
❖ Fires and burn injuries	
❖ Drowning	❖ Self-directed - Suicidal behaviour Self-harm
❖ Other	❖ Collective violence – social, economic, political (war, gangs)

Strategies to reduce Intentional injuries

Strategies for reducing intentional injuries include interventions aimed at changing individual behavior, the environment and the law.

1. Domestic Violence

- Three types of domestic violence
 - Child abuse
 - Partner violence
 - Elder abuse
 have been targets of intervention.
- A societal change in the acceptability of violence is necessary to decrease violence on many levels.
- Domestic violence interventions, are aimed at decreasing child, partner and elder abuse through all three strategies.

Child abuse programs

- Reducing parental violence can have long term benefits for reducing societal violence because abused children grow up into people who do violence to others.
- Changes in the law have made reporting of child abuse mandatory for health care and educational professionals.

Partner abuse interventions

- The ideal strategy to prevent partner abuse would be to change social values so that violence is not an acceptable way to resolve conflicts and to allow women the power and resources to leave violent relationships.

- Strategies for reducing partner abuse focus on caring for victim and preventing additional incidents. These strategies fall into 2 groups:
 - Social services
 - Legal interventions.

Reducing elder abuse

- Such programs are less common and less frequently evaluated.

Creating Safer Workplaces

- Efforts to reduce workplace violence concentrates on robbery and other violent crimes penetrated by those who come into a workplace.
- Forbidding working alone at night and keeping doors locked can decrease workplace homicides from robbers.
- By identifying employees who may be violent in difficult can be helpful. Reemployment screenings can identify those with a history of harassing or violent behavior.

Reducing community and school violence

- Violence in the community and the school affect young people in two ways;
 - as victims and
 - as perpetrators.
- American psychological Association teamed with Music Television in a program, brochure and website called, “Warning Signs”. These messages are aimed at ought and help young people to analyze and deal with conflicts.

Cutting suicide rates

- U.S surgeon, 1999 called for a development of a national strategy to prevent suicide, which resulted in a comprehensive plan that includes many levels of prevention .This strategy has taken the approach of suicide as a public health problem that needs to be controlled.
- The plan emphasizes identifying risk factors, then developing, implementing and evaluating interventions.
- Suicide and suicide prevention are the focus of a national initiative .this plan includes goals of changing attitudes about suicide and prevention so as to allow people with mental disorders to receive appropriate care that reduces suicide rate.