

# Midterm Exam Review

## KIN 169

### Dr. Matthew Masucci

#### Reread *or* Read ☺

- *Reader* – (Chapter 1) Health and wellness: A multicultural perspective - Nakamura
- *Reader* - Why do we need a health psychology of gender/sexual orientation – T. Mann
- *Reader* – The Televised Manhood Formula – Messner, Dunbar, & Hunt
- *Reader* – Heterogeneity of health disparities – V. Mays
- *Reader* - The health of men: Structured inequalities and opportunities – D. Williams
- *Reader* - Critical Race Media Literacy - Yasso

#### Videos – Be familiar with the general concepts covered in these videos

- Stress: Portrait of a Killer
- Killing Us Softly III
- Wrestling with Manhood

#### Major Concepts:

- Why study issues of diversity in health psychology
  - How has the research been limited?
- Basic psychophysiology of stress & stress models (physiological changes)
- Progressive relaxation/strategies to manage stress
- Gender role socialization
- Gender role stress
- Critical media analysis
- Concepts of social construction of “gender” “sexual orientation”
- Sexual orientation and minority women (Mays article)
- Interventions for stressors related to gender role socialization
- Televised Manhood Formula - major findings and 10 themes
- Critical race media literacy & “Media Language” – 6 characteristics (from Yasso article)
- Deconstructing print advertisements – handout/in-class assignment
- Stereotypes – What’s at issue (from Italian/American talk)