

## **Bio-psychosocial model of health**

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The focus of this work is mainly on integrating bio-psychosocial model in public health discipline. Its founder, George L. Engel (1977) discovered that bio-psychosocial model represents the contribution of biological, psychological and social factors in determining health. Authors like Nadir, Hamza and Mehmood (2018) concur that bio-psychosocial model has been a mainstay in the ideal practice of modern medicine. It is attributed to improve patient care, compliance and satisfaction and to reduce physician-patient conflict. Even though it appears that patients and healthcare system are likely to benefit from the utilization of bio-psychosocial model, further research is still needed to determine whether or not bio-psychosocial model is a workable model in healthcare system to benefit all patients. In particular, more knowledge about how psychosocial factors can influence health and disease remain unclear to most public health professionals. Both, strengths and critical views of bio-psychosocial model are critically analyzed.

### **Biography**

Simon George Taukeni has passion in Public Health specifically in areas such as, HIV/AIDS, Epidemiology, Monitoring and Evaluation and Health Psychology. He is working at the University of Namibia. He believes that psychosocial model of health is very important to unearth general population situation in accessing healthcare and influencing their lifestyles. Thus, prevention and intervention strategies for public health should be devised in consideration of how biological, behavioral, psychological, social, economic and spiritual factors contribute to health status of the general population.

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