Understanding and Changing HEALTH BEHAVIOUR

from Health Beliefs to Self-Regulation

Edited by Paul Norman, Charles Abraham and Mark Conner

Emilie Sanchez

Understanding and Changing Health Behaviour Charles Abraham, Paul Norman, Mark Conner, 2000 Focuses on a range of key social cognitive factors in interventions to change health behaviour using examples from an impressive breadth of applied settings The book features contributions from some of the best known researchers in the field Handbook of Psychology, Health and Medicine Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders Nutrition Education: Linking Research, Theory, and Practice Isobel R. Contento, 2010-03-29 Nutrition Education Second Edition provides a simple straightforward model for designing effective nutrition education that addresses the personal and environmental influences that affect food choice and assists individuals in adopting healthy behaviors Using a six step process this text integrates theory research and practice and provides advice on designing implementing and evaluating theory based nutrition education Self-Regulation in Health Behavior Denise de Ridder, John Bertha Franciscus de Wit, 2006-05-18 This work offers an overview of new approaches to health related behaviour from a self regulation perspective The contributors outline the assumptions on which these theories are based discuss recent research and draw out the implications for practice Nutrition Education Isobel R. Contento, 2015-08-24 The Third Edition of Nutrition Education Linking Research Theory and Practice provides a simple straightforward model for designing effective nutrition education programs that address the personal and environmental influences that affect individuals food choices and assist them in adopting healthy behaviors throughout their lifetime Using a six step process this Third Edition integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education Principles and Concepts of Behavioral Medicine Edwin B. Fisher, Linda D. Cameron, Alan J. Christensen, Ulrike Ehlert, Yan Guo, Brian Oldenburg, Frank J. Snoek, 2018-10-08 Principles and Concepts of Behavioral Medicine A Global Handbook Edwin B Fisher Linda D Cameron Alan J Christensen Ulrike Ehlert Brian Oldenburg Frank J Snoek and Yan Guo This definitive handbook brings together an international array of experts to present the broad cells to society perspectives of

behavioral medicine that complement conventional models of health health care and prevention In addition to applications to assessment diagnosis intervention and management contributors offer innovative prevention and health promotion strategies informed by current knowledge of the mechanisms and pathways of behavior change Its range of conceptual and practical topics illustrates the central role of behavior in health at the individual family community and population levels and its increasing importance to person centered care The broad perspectives on risk e q stress lifestyle management issues e q adherence social support and overarching concerns e g inequities health policy makes this reference uniquely global as it addresses the following core areas The range of relationships and pathways between behavior and health Knowing in behavioral medicine epistemic foundations Key influences on behavior and the relationships among behavior health and illness Approaches to changing behavior related to health Key areas of application in prevention and disease management Interventions to improve quality of life The contexts of behavioral medicine science and practice Principles and Concepts of Behavioral Medicine opens out the contemporary world of behavior and health to enhance the work of behavioral medicine specialists health psychologists public health professionals and policymakers as well as physicians nurses social workers and those in many other fields of health practice around the world Journal of Psychology in Africa (south of the Sahara, the Caribbean, and Afro-Latin America). ,2001 Risk, Communication and Health Psychology Dianne Berry, 2004 This text will become a reference for years to come Health Expectations This is the first book to clearly assess the increasingly important area of communication of risk in the health sector We are moving away from the days when paternalistic doctors managed healthcare without involving patients in decision making With the current emphasis on patient empowerment and shared decision making patients want and need reliable comprehensive and understandable information about their conditions and treatment In order to make informed decisions the people concerned must understand the risks and benefits associated with possible treatments But the challenge for health professionals is how best to communicate this complex medical information to diverse audiences The book examines risk which defines and explains how the term is used by different disciplines how its meanings have changed over time and how the general public understand it health communication and the effects on health behaviours effective risk communication to individuals and the wider public effectiveness of patient information leaflets and strategies for improving oral and written health communications the cognitive and emotional issues at stake for patients in understanding risk and health information the use of new technologies in risk and health communication and ethical issues and the future of risk communication Using examples from disciplines including psychology sociology health medicine pharmacy statistics and business and management this book is key reading for students who need to understand the effect of risk in health psychology as well as for health professionals interested in doctor patient communication informed consent and patient welfare The Social Psychology of Food Mark Conner, Christopher J. Armitage, 2002 How can we understand food choice What factors influence dietary change and weight

control How does stress influence eating In what ways are foods used to present ourselves to others Food is central to the lives of all and has for centuries been celebrated in art poetry and song More recently media interest has focused public attention on the food we eat and its influence on physical health and mental well being However it is only in the past couple of decades that social scientists and social psychologists in particular have paid significant attention to the important topic of food The Social Psychology of Food reviews this research from the perspective of social psychology Key issues are addressed such as the role of various factors in food choice the process of dietary change the role of food in weight control and disorders of eating stress and eating food and self presentation Social psychological concepts are used as ways of explaining and understanding each of these domains of food research The selective and in depth coverage of the book is designed to demonstrate what social psychology has contibuted to the field and to provide an essential text for students and researchers in psychology and trainee professionals in health The Evidence Base for Diabetes Care Rhys Williams, 2002-10-11 This volume outlines what is meant by terms such as evidence based practice systematic review efficacy effectiveness It summarises in a systematic fashion the current evidence on diabetes prevention and care to enable the reader to improve their professional practice Furthermore it promotes a critical attitude to the assessment of evidence and engenders enthusiasm for lifelong learning It also advises clinicians on what to do when there is little available evidence Chapters consider the evidence base for the definition and classification of diabetes as well as prevention identification treatment education in IDDM and NIDDM The final chapters look at the practical implications of translating this evidence into practice in different environments with different health care systems and different economic levels. This is the first book to present an evidence based approach to diabetes Examines the evidence base for the definition and classification of diabetes as well as prevention iden tification treatment and education in IDDM and NIDDM Looks at the practical implications of translating this evidence into practice in different environments The editors are leaders in the move towards evidence based diabetes care

EBOOK Abnormal Psychology Elizabeth Rieger,2017-09-15 The fourth edition of the award winning text Abnormal Psychology provides students with a comprehensive and engaging introduction to the subject Building on the legacy of previous editions it provides cutting edge coverage of core concepts and promotes evidence based learning and research in the field This new edition is closely aligned with the DSM 5 and ICD 10 and includes a separate chapter on gender dysphoria The numerous examples and case studies from Australia and the Asia Pacific region will encourage students to consider the real world application of their studies Written by a team of locally based leading experts in their fields Abnormal Psychology 4e can be relied on for its up to date content and innovative SmartBook technology that adds real value to the learning experience This is the essential resource for students and instructors alike International Encyclopedia of the Social & Behavioral Sciences Neil J. Smelser, Paul B. Baltes, 2001 The largest work ever published in the social and behavioural sciences It contains 4000 signed articles 15 million words of text 90 000 bibliographic references and 150 biographical

entries BMI,2007 Polish Psychological Bulletin ,2005 Health Psychology Jane Ogden, 2007-06 The market leading textbook in the field Health Psychology by Jane Ogden is essential reading for all students and researchers of health psychology It is also invaluable to students of medicine nursing and allied health Retaining the breadth of coverage clarity and relevance that has made it a favourite with students and lecturers this fourth edition has been thoroughly revised and Positive Psychology: Discovering human strengths Shane J. Lopez, 2008 Most of psychology updated BOOK JACKET focuses on negatives and illnesses Positive psychology is an attempt to redress the balance and focus on the positive aspects of life human strengths and virtues that are found in the happiest people Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 Self-Regulation in Health Behavior Denise de Ridder, John de Wit, 2006-06-14 This text offers a comprehensive overview of new approaches to health related behaviour from a self regulation perspective The authors outline the assumptions on which self regulation theories are based discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour The book is arranged in two sections Goal Setting and Goal Activation in Health Behaviour and Goal Striving and Goal Persistence The epilogue compares self regulation theories with the prevailing social cognitive models Contemporary Periodontics Robert J. Genco, Henry Maurice Goldman, David Walter Cohen, 1990 Bulletin of the World Health Organization World Health Organization, 2004

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