

Introduction to Health Psychology

Fifth Edition

Val Morrison
Paul Bennett



Health Psychology

Table of Contents

Front Cover

Half Title

Title Page

Copyright Page

Contents

Preface

PART I BEING AND STAYING HEALTHY

Chapter 1 What is health?

Learning outcomes

Chapter outline

Behaviour, death and disease

What is health? Changing perspectives

Individual, cultural and lifespan perspectives on health

What is health psychology?

Summary

Further reading

Chapter 2 Health differences and inequalities

Learning outcomes

Chapter outline

Health differentials

Stress, SES and health

Work status and stress

Minority status and health

Gender and health

Summary

Further reading

Chapter 3 Health-risk behaviour

Learning outcomes

Chapter outline

Table of Contents

What is health behaviour?

Smoking

Unprotected sexual behaviour

Unhealthy diet

Obesity

Summary

Further reading

Chapter 4 Health-protective behaviour

Learning outcomes

Chapter outline

Adherence behaviour

Healthy diet

Exercise

Health-screening behaviour

Immunisation/vaccination behaviour

Summary

Further reading

Chapter 5 Explaining health behaviour

Learning outcomes

Chapter outline

Distal influences on health behaviour

Models of health behaviour

Sociocognitive models of behaviour change

Stage models of behaviour change

Summary

Further reading

Chapter 6 Changing behaviour: mechanisms and approaches

Learning outcomes

Chapter outline

Developing public health interventions

Approaches to behavioural change

Summary

Further reading

Chapter 7 Preventing health problems

Learning outcomes

Table of Contents

Chapter outline
Working with individuals
Mass persuasion through the media
Environmental interventions
Public health programmes
Using technology
Summary
Further reading

PART II BECOMING ILL

Chapter 8 The body in health and illness

Learning outcomes
Chapter outline
The behavioural anatomy of the brain
The autonomic nervous system
The immune system
The digestive system
The cardiovascular system
The respiratory system
Summary
Further reading

Chapter 9 Symptom perception, interpretation and response

Learning outcomes
Chapter outline
How do we become aware of the sensations of illness?
Symptom perception and interpretation
Planning and taking action: responding to symptoms
Summary
Further reading

Chapter 10 The consultation and beyond

Learning outcomes
Chapter outline
The medical consultation
Factors influencing the consultation
Improving communication
Moving beyond the consultation

Table of Contents

Summary

Further reading

Chapter 11 Stress, health and illness: theory

Learning outcomes

Chapter outline

Concepts of stress

Types of stress

Stress as a physiological response

The stress and illness link

Summary

Further reading

Chapter 12 Stress and illness moderators

Learning outcomes

Chapter outline

Coping defined

Stress, personality and illness

Stress and cognitions

Stress and emotions

Social support and stress

Summary

Further reading

Chapter 13 Managing stress

Learning outcomes

Chapter outline

The fundamentals of emotional regulation

Stress management training

Third-wave therapies

Preventing stress

Minimising patient stress in hospital settings

Summary

Further reading

PART III BEING ILL

Chapter 14 The impact and outcomes of illness: patient perspective

Learning outcomes

Table of Contents

Chapter outline

The prevalence of chronic disease and multiple morbidity

The challenges of illness

The impact of illness

Coping with illness

Illness outcomes

Quality of life

Measuring quality of life

Summary

Further reading

Chapter 15 The impact and outcomes of illness: families and informal caregivers

Learning outcomes

Chapter outline

Illness: a family affair

Expectancies of care

Family systems and family members

Consequences of caring for the caregiver

Influences on caring outcomes

Summary

Further reading

Chapter 16 Pain

Learning outcomes

Chapter outline

The experience of pain

Socio-communication and pain

Biological models of pain

A psychobiological theory of pain

The neuromatrix

Helping people to cope with pain

Summary

Further reading

Chapter 17 improving health and quality of life

Learning outcomes

Chapter outline

Coping with chronic illness

Table of Contents

Reducing distress
Managing illness
Preventing disease progression
Summary
Further reading

PART IV FROM THEORY TO PRACTICE

Chapter 18 From theory to practice

Learning outcomes
Chapter outline
The need for theory-driven practice
Getting evidence into practice
. . . and finally, be positive
Summary
Further reading

Glossary

References

Index

Publisher's acknowledgements

Back Cover