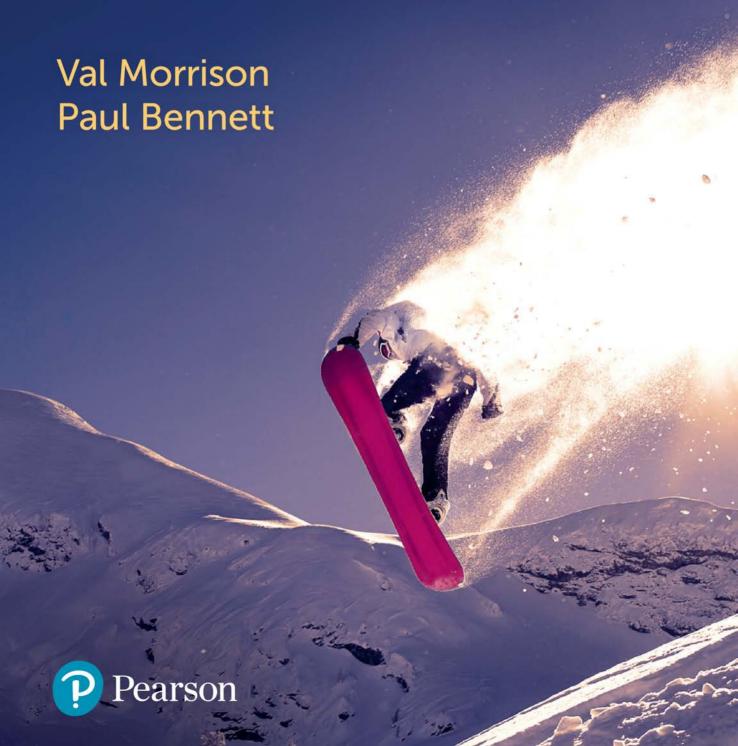
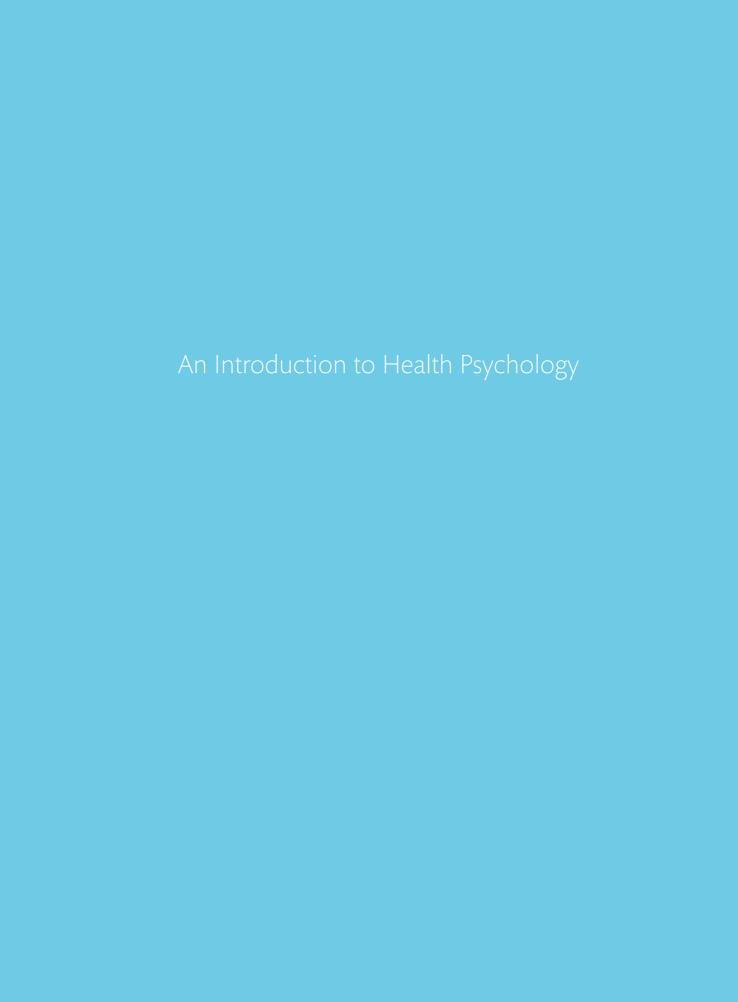
# Introduction to Health Psychology

Fifth Edition





# **Health Psychology**

# **Table of Contents**

F	r۸	nt	$C_{i}$	ver

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



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



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



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



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



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**