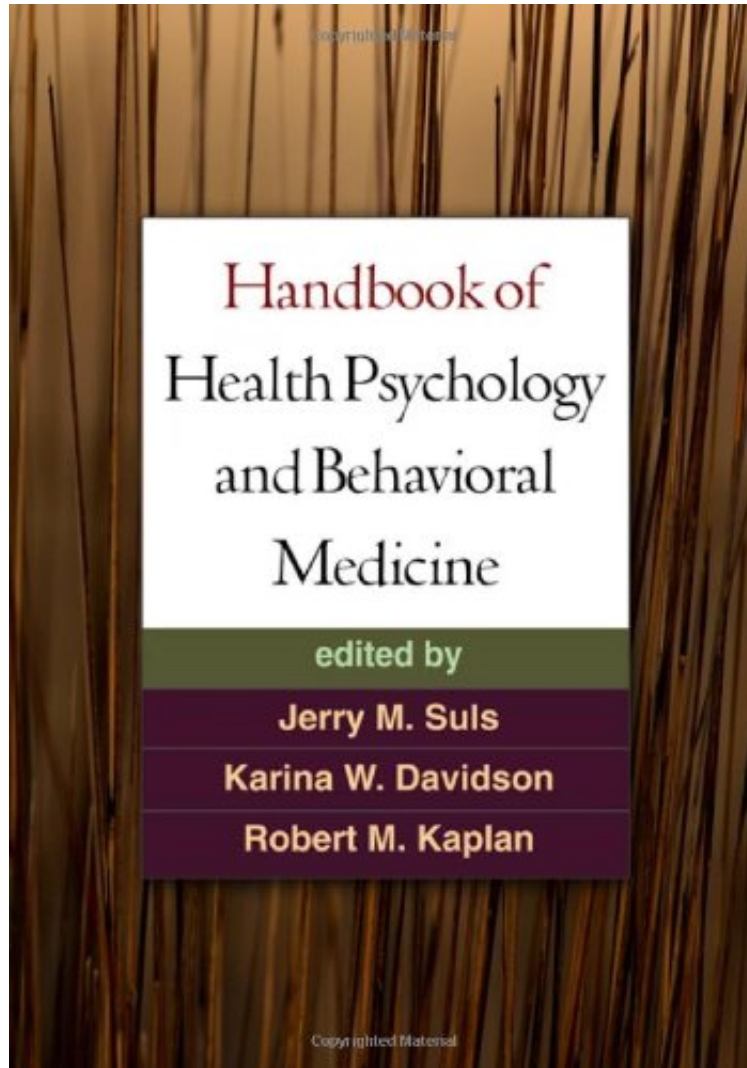


(Read and download) Handbook of Health Psychology and Behavioral Medicine

# Handbook of Health Psychology and Behavioral Medicine

*From Brand: The Guilford Press*

*\*Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



READ ONLINE

#840332 in Books The Guilford Press 2010-08-19Original language:EnglishPDF # 1 10.06 x 1.36 x 7.281, 2.79 #File Name: 1606238957608 pages | File size: 20.Mb

**From Brand: The Guilford Press : Handbook of Health Psychology and Behavioral Medicine** before purchasing it in order to gage whether or not it would be worth my time, and all praised Handbook of Health Psychology and Behavioral Medicine:

0 of 0 people found the following review helpful. Four StarsBy Juan Jose Sanchez-Sosa, PhDA great book to support advanced teaching in clinical and health psychology, including behavioral medicine. Enjoy!0 of 0 people found the following review helpful. Five StarsBy gerdi emmaExcellent book! Will use it in my graduate courses!!!!2 of 5 people found the following review helpful. An important book for Health PsychologistsBy Todd FinnertyWhen you read this book you will be able to1. Demonstrate knowledge of 3 health psychology interventions for smoking cessation2.

Described the main components of the biopsychosocial model<sup>3</sup>. Identify 3 behavioral medicine factors in chronic disease<sup>4</sup>. Identify 2 behavioral medicine factors in disease prevention<sup>5</sup>. Define the goal of health psychology as a discipline<sup>6</sup>. Define the relationship between psychoneuroimmunology and health psychology<sup>7</sup>. Identify the prevalence rate of major depressive disorder in 3 medical illnesses<sup>8</sup>. Identify 3 psychosocial risk factors in the development of coronary heart disease<sup>9</sup>. Identify 3 behavioral interventions in the management of diabetes<sup>10</sup>. Identify 3 evidenced based treatments for insomnia...and now you can even get continuing education credits for reading it by going to PsychContinuingEd . com!

What psychological and environmental forces have an impact on health? How does behavior contribute to wellness or illness? This comprehensive volume answers these questions and others with a state-of-the-art overview of theory, research, and practice at the interface of psychology and health. Leading experts from multiple disciplines explore how health and health behaviors are shaped by a wide range of psychological processes and social-environmental factors. The book describes exemplary applications in the prevention and clinical management of today's most pressing health risks and diseases, including coronary heart disease, depression, diabetes, cancer, chronic pain, obesity, sleep disturbances, and smoking. Featuring succinct, accessible chapters on critical concepts and contemporary issues, the Handbook integrates psychological perspectives with cutting-edge work in preventive medicine, epidemiology, public health, genetics, nursing, and the social sciences.

"Behavioral factors are key to both disease prevention and recovery. This comprehensive volume examines multiple models of behavior change and applies them to a wide array of health concerns. Detailed and accessible, the book contains invaluable resources for practitioners and researchers across the health disciplines who need to address not only the human body, but also the human spirit within it. It will doubtless become a core resource for those engaged in health-related interventions. I also would recommend this book for students in all the health sciences, from advanced undergraduates to those at the highest levels of professional training."--Richard M. Ryan, PhD, Department of Clinical and Social Psychology, University of Rochester "This handbook is really outstanding. Compared to many other books in the field, it avoids poorly defined constructs, uses clear definitions, and is grounded in empirical psychological research, which makes it an unrivaled contribution. In a heterogeneous and complicated field, the editors have produced a state-of-the-art work. It is a 'must' for all students, trainees, and professionals who want to deepen their knowledge about psychological aspects of medical illnesses and their treatment."--Winfried Rief, PhD, Department of Clinical Psychology and Psychotherapy, University of Marburg, Germany" These distinguished editors and contributors provide an engaging, comprehensive presentation of the current state of the science; a tutorial in how to think about the overarching issues in this dynamic field; and a guide to applying the research to meet challenges in health care. Advanced students and a wide range of health researchers and professionals will appreciate this cutting-edge review. This forward-looking view of how health psychology fits into the broader agenda of health research, services, and policy will serve the field well for many years."--Timothy W. Smith, PhD, Department of Psychology, University of Utah "Suls, Davidson, and Kaplan are leaders in the fields of health psychology and behavioral medicine. Their new handbook features 36 chapters by outstanding contributors who cover every facet of these interrelated disciplines. Each chapter is up to date and highly readable. This is a 'must-have' reference for graduate students and researchers in health psychology, behavioral medicine, and related disciplines, such as medical sociology and nursing science. It would make a terrific text for a one- or two-semester course."--Kenneth A. Wallston, PhD, School of Nursing, Vanderbilt University "I teach health psychology at the doctoral level and have been frustrated with the lack of available texts that reach the level of scholarly presentation I demand for my students. Until now, I 'made do' by assigning many, many articles to read--but this still failed to meet the need for an in-depth overview. This book has made my life much easier and my students' education more thorough. Well done!"--Sunni Petersen, PhD, Associate Professor of Clinical Psychology, California School of Professional Psychology