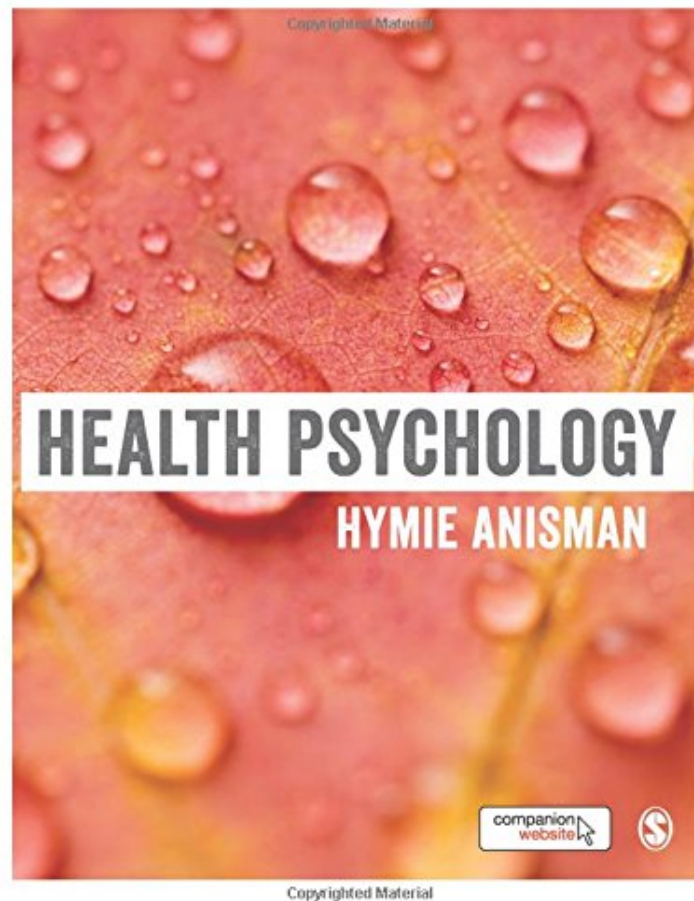


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Health Psychology (SAGE Foundations of Psychology series)

Hymie Anisman

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#2005659 in Books Hymie Anisman 2016-04-18 2016-03-31 Original language: English PDF # 1 9.13 x 1.21 x 7.32l, .0 #File Name: 1473918987536 pages Health Psychology SAGE Foundations of Psychology series | File size: 61.Mb

Hymie Anisman : Health Psychology (SAGE Foundations of Psychology series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Health Psychology (SAGE Foundations of Psychology series):

Instructors - Electronic inspection copies are available or contact your local sales representative for an inspection copy of the print version. Hormones in your gut can affect the way you behave, prenatal infections have been associated with the development of schizophrenia and women doing shift work are more likely to develop diabetes. This book looks at fieldwork and health promotion through a psycho-social and biological perspective, to limit the occurrence of illness. We might not always be successful in preventing or overcoming every pathological condition through psychological and life-style changes, but at the least, stress can be diminished and quality of life can be enhanced. The

author presents both key and up-to-date studies to help the reader explore the varied ways in which the biological, physiological and social factors at an individual and systematic level all affect psychology and how effective interventions can influence the health of a population. Mapped to course requirements and exploring bio-social, developmental and life-style factors in relation to physical and psychological disturbances, Health Psychology is an indispensable companion for undergraduate and postgraduate students in psychology, health sciences, nursing and education students. Supported by a wealth of learning features and additional content, this book will give your students: Access to the SAGE companion website which includes interactive quizzes, author selected videos, further reading, glossaries, testbanks and powerpoint slides 17 chapters packed with case studies, the latest research and areas of study The knowledge and skills to link theory to practice

A useful introductory text for the undergraduate student interested in brain and behaviour. Hymie Anisman has drawn on his years of experience and stellar record to write a personal, approachable and very readable book that clarifies the intimate relationship between brain and body in the control of health. --Professor Quentin J. Pittman A useful introductory text for the undergraduate student interested in brain and behaviour. Hymie Anisman has drawn on his years of experience and stellar record to write a personal, approachable and very readable book that clarifies the intimate relationship between brain and body in the control of health. (Professor Quentin J. Pittman)About the AuthorHymie Anisman received his PhD in 1972 (University of Waterloo), and has been a Professor at Carleton University, Ottawa, since that time, while also holding an adjunct appointment with the Institute of Mental Health Research (Royal Ottawa Hospital). Professor Anisman was a Senior Ontario Mental Health Research Fellow (1999-2006), is a Fellow of the Royal Society of Canada, and has held a Canada Research Chair in Neuroscience since 2001. The principle theme of his research has concerned the influence of stressors on neurochemical and neuroendocrine systems, and how these influence psychological (anxiety, depression) and physical (immune-related and neurodegenerative) disorders. His work has spanned animal models to assess stress-related pathology as well as studies in humans to assess stress, coping and appraisal processes. In this regard, he has assessed the impact of chronic strain emanating from discrimination and stigmatization on well-being, depression and PTSD among refugees from war-torn regions and among Aboriginal groups that suffered childhood traumatization, distress associated with abusive relationships and life transitions, as well as the transmission of trauma effects across generations. In addition to sitting on the editorial boards of several journals and on numerous grant panels, Professor Anisman has published more than 350 peer reviewed journal papers and book chapters, and several review papers within neuroscience and psychology journals, and has edited two books, one dealing with stress processes and the second concerning psychoneuroimmunology. A mainstay of his Research program has been the training of students. More than Professor Anisman has completed 20 PhD and 50 MA/MSc students have graduated from his laboratory. His research has been funded by the Canadian Institutes of Health Research (CIHR), The Natural Sciences and Engineering Research Council of Canada (NSERC), the Ontario Mental Health Foundation (OMHF), the Canadian Foundation for Innovation (CFI) and the Canada Research chairs program (CRC).