

Handbook Of Health Psychology Second Edition

The flaws in today's healthcare systems and practices are well-documented: millions remain far from optimal health due to a variety of psychological and social factors; large numbers of patients do not fully cooperate with medical advice; errors in medical decision-making -- some stemming from flaws in interpersonal relations -- regularly lead to needless suffering and death. Further, the effects of emotions, personality, and motivation on healing are not well incorporated into traditional medical care. The Oxford Handbook of Health Psychology compiles the most relevant scholarship from psychology, medicine, and public health to offer a thorough and authoritative model of the biopsychosocial approach to health. A collection of international contributors addresses all relevant concepts in this model, including its applications to health promotion, health behavior change, and treatment.

Psychology is of interest to academics from many fields, as well as to the thousands of academic and clinical psychologists and general public who can't help but be interested in learning more about why humans think and behave as they do. This award-winning twelve-volume reference covers every aspect of the ever-fascinating discipline of psychology and represents the most current knowledge in the field. This ten-year revision now covers discoveries based in neuroscience, clinical psychology's new interest in evidence-based practice and mindfulness, and new findings in social, developmental, and forensic psychology. "Aldwin and Gilmer have supplied an interesting textual model for examining health, illness, and aging. Their homogenized approach to aging research is refreshing and insightful."--Anthropology and Aging Quarterly "Clearly written at a level for college students, this is an excellent resource on aging...Highly recommended."--Choice: Current Reviews for Academic Libraries Spanning the biological and psychosocial aspects of aging, this upper-level undergraduate and graduate text integrates current findings in biology, psychology, and the social sciences to provide comprehensive, multidisciplinary coverage of the aging process. This new edition incorporates the tremendous amount of research that has come to light since the first edition was published. From a physical perspective, the text examines age-related changes and disease-related processes, the demography of the aging population, aging theories, and how to promote optimal aging. Coverage of the psychosocial aspects of aging encompasses mental health, stress and coping, spirituality, and caregiving in later years. The authors address demographic, theoretical, and methodological issues on aging, including a worldwide overview of aging demographics. The book reviews biological and psychosocial theories and offers much-needed information on longitudinal design and statistics as they relate to aging research. It discusses the aging of the major organ systems, the brain and sensory systems, and the endocrine and immune systems; basic anatomy and physiology; normal, impaired, and optimal aging; and functional health. Psychosocial factors that affect health are addressed, including the interplay between physical health and mental health, stress, coping, and social support. The text also covers current issues in social gerontology, including such promising new trends as gerontechnology and Green Houses, and provides information on health promotion programs. New to the Second Edition: Information involving retirement, volunteer opportunities, housing, and adaptation to health changes Coverage of economics and aging, including information on social security and other retirement income and the future of Medicare and Medicaid Significant new information about the regulatory systems Revised and updated chapters on death and dying and optimal aging Discussions on two models of optimal aging and valuable tips for its promotion URLs to relevant websites for additional information

Adolescence is a pivotal period of development with respect to health and illness. It is during adolescence that many positive health behaviors are consolidated and important health risk behaviors are first evident; thus, adolescence is a logical time period for primary prevention. In

addition, the predominant causes of morbidity and mortality in adolescence are quite different from those of adults, indicating that early identification and treatment of adolescent health problems must be directed to a unique set of targets in this age group. Moreover, because of the particular developmental issues that characterize adolescence, intervention efforts designed for adults are often inappropriate or ineffective in an adolescent population. Even when chronic illnesses are congenital or begin in childhood, the manner in which the transition from childhood to adolescence to young adulthood is negotiated has important implications for disease outcomes throughout the remainder of the person's life span. Organized in five major sections (General Issues, Developmental Issues, Treatment and Training, Mental Health, and Physical Health) and 44 chapters, Handbook of Adolescent Health Psychology addresses the common and not so common health issues that tend to affect adolescents. Coverage includes:

- ? Context and perspectives in adolescent health psychology
- ? Health literacy, health maintenance, and disease prevention in adolescence
- ? Physical disorders such as asthma, obesity, physical injury, and chronic pain
- ? Psychological disorders such as substance abuse, attention deficit hyperactivity disorder, depression, and eating disorders
- ? Congenital chronic diseases such as type 1 diabetes and spina bifida

Handbook of Adolescent Health Psychology is the definitive reference for pediatricians, family physicians, health psychologists, clinical social workers, rehabilitation specialists, and all practitioners and researchers working with adolescents.

This insightful Research Agenda considers the current state of research into workplace stress and wellbeing and maps an innovative programme for future investigation that can advance understanding of the interrelationships between work and wellbeing.

Widely regarded as the authoritative work in the field, this book comprehensively explores the psychological needs of today's service members and how to meet them effectively. Expert contributors review best practices for conducting fitness-for-duty evaluations and other types of assessments, treating frequently encountered clinical problems, responding to disasters, and promoting the health and well-being of all personnel. The book also examines the role of mental health professionals in enhancing operational readiness, with chapters on crisis and hostage negotiation, understanding terrorists, and more. New to This Edition

- *The latest scientific knowledge, clinical interventions, and training recommendations.
- *Chapter on acute combat stress.
- *Chapter on post-deployment problems, including PTSD and depression.
- *Chapter on military psychology ethics.
- *Coverage of blast concussion screening and evaluation.

Includes established theories and cutting-edge developments. Presents the work of an international group of experts. Presents the nature, origin, implications, and future course of major unresolved issues in the area.

Inklusive DIN EN ISO 10075-1 bis -3 Mit den letzten Jahrzehnten ist der Faktor psychische Gesundheit immer mehr in den Vordergrund gerückt. Kein Wunder: Allein in den vergangenen zehn Jahren hat sich die Zahl der Burnout-Diagnosen verdreifacht. Wie dem Stress am Arbeitsplatz vorzubeugen und zu begegnen ist, was Arbeitnehmer stärkt und welche Faktoren für psychische Belastung verantwortlich sind, ist Gegenstand der Normenreihe DIN EN ISO 10075. Diese dreiteilige Normenreihe behandelt Aspekte wie die optimale Gestaltung von Arbeitsbedingungen, Messverfahren für den Grad der Belastung und Grundsätze der gesunden Aufgabengestaltung. Der vorliegende Beuth Praxis Band „Psychische Belastung und Beanspruchung am Arbeitsplatz“ versteht sich als Arbeitshilfe zur Normenreihe. Er beinhaltet Beiträge verschiedener Experten, die als Normenkommentar zu lesen sind und wertvolle Informationen zur psychischen Belastung vermittelt. Bei den Beiträgen handelt es sich um Expertenvorträge, die neben grundlegenden Erläuterungen auch neue wissenschaftliche Erkenntnisse und sich daraus ergebende Zukunftsperspektiven enthalten. Die vorliegende 2. Auflage wurde inhaltlich aktualisiert. Unter anderem erfuhr das formale

Belastungs-Beanspruchungs-Konzept eine Erweiterung hinsichtlich der Beanspruchungsfolgen, das Buch wurde um fünf neue Vorträge ergänzt, und der erste Teil der Norm in überarbeiteter Fassung abgedruckt. Das Buch richtet sich an: Unternehmer, Fachkräfte für Arbeitssicherheit, Arbeitsmediziner, Arbeitspsychologen, Personalmanager, Coaches, Psychiater und Psychologen

This rich resource provides a thorough overview of current knowledge and new directions in the study of the biological, psychological, social, and cultural factors that affect health, health behavior, and illness. Chapters review the latest theories and research with an emphasis on how research is translated into behavioral medicine interventions. Featuring contributions from top researchers and rising stars in the field, authors provide a theoretical foundation; evaluate the empirical evidence; and make suggestions for future research, clinical practice, and policy. The handbook reflects the latest approaches to health psychology today, including: Emphasis throughout on the socio-cultural aspects of health, including socioeconomic status, gender, race/ethnicity, sexual orientation, and age/developmental stage A new section on emerging areas in health psychology, including behavioral genomics, military veterans' health, and digital health Coverage of prevention, interventions, and treatment in the applications section An expansion of the biopsychosocial model across several levels of analysis, including cultural, macro-social, and cellular factors Sustained emphasis on translating research into practice and policy The handbook considers the intersections of concepts (behavior change), populations (women's and sexual minority health), cultural groups (African American, Asian American, and Latino), risk and protective factors (obesity, coping), and diseases (cancer, diabetes, HIV), making it essential reading for scholars of health psychology, public health, epidemiology, and nursing. Novices to the field appreciate the accessibly written chapters, while seasoned professionals appreciate the book's deep, cutting-edge coverage.

Despite medical technological advances, the major killers with which we must currently contend have remained essentially the same for the past few decades. Stroke, cancer, and heart disease together account for the vast majority of deaths in the United States. In addition, due to improved medical care, many Americans who would previously have died now survive these disorders, necessitating that they receive appropriate rehabilitation efforts. One result of our own medical advances is that we must now accept the high costs associated with providing quality care to individuals who develop one of these problems, and we must avail ourselves to assist of afflicted individuals. families Despite the relative stability of causes of death and disability, the health-care field is currently experiencing tremendous pressures, both from professionals with in the field, who desire more and better technology than is currently available, and from the public and other payers of health care (e.g., insurance companies), who seek an end to increasing health-care costs. These pressures, along with an increased emphasis on providing evidence of cost-effectiveness and quality assurance, are substantially changing the way that health-care professionals perform their jobs.

Health Psychology: Well-Being in a Diverse World introduces students to the main topics and issues in health psychology through a unique perspective focused on diversity. Using a conversational tone, author Regan A. R. Gurung explores the key determinants of behavior—such as family, environment, ethnicity, and religion—and connects concepts to personal experiences for students to gain a deeper understanding and appreciation of the material. Extensively updated based on over 1,000 new articles cited, and with a new chapter on research methods, the Fourth Edition reflects the latest cutting-edge research in the field to explain more thoroughly how context and culture are important predictors of healthy behavior. . Now completely revised (over 90% new), this handbook offers the authoritative presentation of theories, methods, and applications in the dynamic field of cultural psychology. Leading authorities review state-of-the-art empirical research on how culture affects nearly every aspect of human functioning. The volume examines how topics fundamental to psychology--such as

cognition, emotion, motivation, development, and mental health--are influenced by cultural meanings and practices. It also addresses the psychological and evolutionary underpinnings of cultural stability and change. The second edition reflects important advances in cultural neuroscience and an increasing emphasis on application, among many other changes. New to This Edition: *Most chapters are new, reflecting nearly a decade of theoretical and methodological developments. *Cutting-edge perspectives on culture and biology, including innovative neuroscientific and biopsychological research. *Section on economic behavior, with new topics including money, negotiation, consumer behavior, and innovation. *Section on the expansion of cultural approaches into religion, social class, subcultures, and race. *Reflects the growth of real-world applications in such areas as cultural learning and adjustment, health and well-being, and terrorism.

This highly popular health psychology text, which is both a working reference manual for professional health psychologists and a highly regarded teaching tool, is now available in a fully revised and updated new edition.

Offering a fresh, authoritative take on a topic of increasing relevance, this book is comprehensive in scope, yet concise and accessible. Key contributors from health psychology, gerontology, and related fields pool their knowledge.

Handbook of Health Psychology Psychology Press

First Published in 1990. Routledge is an imprint of Taylor & Francis, an informa company.

The field of health psychology has grown dramatically in the last decade, with exciting new developments in the study of how psychological and psychosocial processes contribute to risk for and disease sequelae for a variety of medical problems. In addition, the quality and effectiveness of many of our treatments, and health promotion and disease prevention efforts, have been significantly enhanced by the contributions of health psychologists (Taylor, 1995). Unfortunately, however, much of the theorizing in health psychology and the empirical research that derives from it continue to reflect the mainstream bias of psychology and medicine, both of which have a primary focus on white, heterosexual, middle-class American men. This bias pervades our thinking despite the demographic heterogeneity of American society (U. S. Bureau of the Census, 1992) and the substantial body of epidemiologic evidence that indicates significant group differences in health status, burden of morbidity and mortality, life expectancy, quality of life, and the risk and protective factors that contribute to these differences in health outcomes (National Center for Health Statistics, 1994; Myers, Kagawa-Singer, Kumanyika, Lex, & M- kides, 1995). There is also substantial evidence that many of the health promotion and disease prevention efforts that have proven effective with more affluent, educated whites, on whom they were developed, may not yield comparable results when used with populations that differ by ethnicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume; Chesney & Nealey, this volume). Now completely revised (over 90% new), this handbook offers the authoritative presentation of theories, methods, and applications in the dynamic field of cultural psychology. Leading scholars review state-of-the-art empirical research on how culture affects nearly every aspect of human functioning. The volume examines how topics fundamental to psychology--such as cognition, emotion, motivation, development, and mental health--are influenced by cultural meanings and practices. It also addresses the psychological and evolutionary underpinnings of cultural stability and change. The second edition reflects important advances in cultural neuroscience and an increasing emphasis on application, among many other changes. As a special bonus, purchasers of the second edition can download a supplemental e-book featuring several notable, highly cited chapters from the first edition. New to This Edition: *Most chapters are new, reflecting nearly a decade of theoretical and methodological developments. *Cutting-edge perspectives on culture and biology, including innovative neuroscientific and biopsychological research. *Section on economic behavior, with new topics including money,

negotiation, consumer behavior, and innovation. *Section on the expansion of cultural approaches into religion, social class, subcultures, and race. *Reflects the growth of real-world applications in such areas as cultural learning and adjustment, health and well-being, and terrorism.

Health psychology is the scientific study of psychological processes related to health and health care. Although the field is only 25 years old, it has burgeoned into a major scientific and clinical discipline. Health psychology has excellent scientific journals, thousands of scientists and practitioners, and many students. Yet, there has not been a sufficient statement or explication of the foundational concepts upon which this flourishing field is built. Foundations of Health Psychology brings together top experts to provide a much-needed conceptual base for this rapidly expanding field. Rather than take a medical model approach, the volume examines health psychology from a theoretical, conceptual, and psychological perspective. After presenting an overview of the field's history and methods, the contributors address core concepts of the biopsychosocial approach to health and then discuss applications to health promotion and illness prevention and treatment. Providing a deep understanding of the intellectual foundations of health psychology, this volume will be invaluable for both new and experienced researchers, as well as students and other scholars seeking a firm basis for successful research and practice.

Encyclopedia of Mental Health, Second Edition, tackles the subject of mental health, arguably one of the biggest issues facing modern society. The book presents a comprehensive overview of the many genetic, neurological, social, and psychological factors that affect mental health, also describing the impact of mental health on the individual and society, and illustrating the factors that aid positive mental health. The book contains 245 peer-reviewed articles written by more than 250 expert authors and provides essential material on assessment, theories of personality, specific disorders, therapies, forensic issues, ethics, and cross-cultural and sociological aspects. Both professionals and libraries will find this timely work indispensable. Provides fully up-to-date descriptions of the neurological, social, genetic, and psychological factors that affect the individual and society Contains more than 240 articles written by domain experts in the field Written in an accessible style using terms that an educated layperson can understand Of interest to public as well as research libraries with coverage of many important topics, including marital health, divorce, couples therapy, fathers, child custody, day care and day care providers, extended families, and family therapy

Health Psychology provides an accessible and empirically-based approach to understanding health psychology. It goes beyond other mainstream textbooks by introducing students to global and cross-cultural health issues, covering cutting-edge scientific and medical topics in ways that students can understand. The author integrates core theory, research, and practice in an engaging and practical way. The author integrates the biopsychosocial perspective, building on traditional content and topics in order to aid student understanding, interest, and learning. This textbook incorporates engaging applications, case studies and frequent examples, clear and thorough explanations, and a student-friendly tone. It insists on the implications of positive and negative health behaviors for a student's life. The author also provides an emphasis on developmental influences on health. Launchpad with ebook is an online course space with practice quizzes, videos, video activities, and other tutorials plus a gradebook for instructors.

There has been a recent resurgence of interest in personality psychology and its applications. This book is organised in three parts: personality and health outcomes; mechanisms relating personality and health; personality specific prevention and intervention. It covers child and adolescence health behaviour as well as that of adults and integrates new developments within personality psychology (such as neurophysiology and temperamental traits) with health psychology and examines major health outcomes such as disease, the mechanisms between

these outcomes and personality, and prevention and intervention programmes.

Wuppertaler Gesundheitsindex für Unternehmen (WGU) In diesem Beitrag wird ein ressourcenbezogener Index zur Erfassung und Bewertung des Gesundheitspotenzials von Unternehmen vorgestellt. Der Nutzen des Instruments liegt in der ganzheitlichen Diagnose des Gesundheitspotenzials eines Unternehmens und eignet sich somit dazu, eine wichtige Voraussetzung für Unternehmen abzubilden, die Beschäftigungsfähigkeit ihrer Mitarbeiter und Mitarbeiterinnen zu erhalten oder zu verbessern. Anhand der Daten aus zwei Studien wird gezeigt, wie sich das hier vorgeschlagene Kennwert-Modell konkret umsetzen und hinsichtlich seiner prognostischen Validität überprüfen lässt. Der Wuppertaler Gesundheitsindex für Unternehmen ist geeignet, das Gesundheitspotenzial von Unternehmen und Abteilungen abzuschätzen und darauf aufbauend gesicherte Aussagen über die Häufigkeiten körperlicher Beschwerden sowie das Ausmaß von Absentismus und Präsentismus zu treffen und demnach über Größen, die sich letztlich im Unternehmenserfolg, der Leistung, der Beschäftigungsfähigkeit u. v. a. widerspiegelt. Als Index eignet er sich, sowohl den Ist-Stand des betrieblichen Gesundheitspotenzials als auch den Verlauf des Standes übersichtlich wiederzugeben und ordnet sich damit in gängige Controlling-Praxis ein. Da er gerade im Hinblick auf die Häufigkeit körperlicher Beschwerden bis zu vier Stufen des Gesundheitspotenzials unterscheiden kann, ermöglicht er, Gruppen von Beschäftigten ausfindig zu machen, für die Maßnahmen des Betrieblichen Gesundheitsmanagements besonders angezeigt sind.

The Handbook of Clinical Health Psychology provides a comprehensive overview of the practice of clinical health psychology. It is primarily a well-referenced but practical resource, which provides an authoritative, up-to-date guide to empirically validated psychological interventions in health care. Each contributor provides a conceptual synthesis of the area, and how key models are related to formulation, service delivery and research. The book also considers contextual issues and the importance of topics such as ageism and power, which may have an impact on how health psychology is delivered by practitioners, and experienced by recipients of services. It also seeks to provide a summary of evidence concerning crucial aspects in the delivery of care, such as adherence, rehabilitation and stress. The biopsychosocial model is the major theoretical model underpinning all contributions, but use is also made of other models. * Informative and practical: a guide to action * An authoritative, critical and evidence based synthesis of knowledge that will guide best practice * Easy-to-use format intended for practitioners who want to ensure their practice is state-of-the-art

The Oxford Handbook of Undergraduate Psychology Education provides psychology educators, administrators, and researchers with up-to-date advice on best teaching practices, course content, teaching methods and classroom management strategies, student advising, and professional and administrative issues.

Considered the most comprehensive handbook in the field, this rich resource reviews the biological, psychological, and social factors that affect health, health behavior, and illness. Many chapters review the latest theories and research while others illustrate how research is translated into clinical and community interventions to improve physical health and emotional well-being. Chapters examine health behavior processes within the social contexts in which we live, including family, social, and cultural communities. The handbook cuts across concepts (behavior change), populations (women's health), risk and protective factors (obesity) and diseases, making it appropriate for a variety of readers from various fields. Featuring contributions from the top researchers and rising stars in the field, each author provides a theoretical foundation, evaluates the empirical evidence, and makes suggestions for future research, clinical practice, and/or policy. Novices to the field appreciate the accessibly written chapters, while seasoned

professionals appreciate the book's deep, cutting edge coverage. Significantly updated throughout, the new edition reflects the latest approaches to health psychology today: greater emphasis on translating research into practice and policy more on the socio-cultural aspects of health including socioeconomic status, gender, race/ethnicity, sexual orientation, and aging two new sections on risk and protective factors for disease and another on social and structural influences that affect health more on prevention, interventions, and treatment in the applications section an expansion of the bio-psycho-social model across several levels of analysis, including cultural, macro-social, and cellular factors. The book opens with the field's central theories, emphasizing the interaction of biological and social systems. Part II reviews the mechanisms that help explain the link between health and behavior across diseases and populations. The all new Part III focuses on variables that lead to the onset of major diseases or that are instrumental in promoting health. Part IV, also new to the second edition, highlights social and structural influences on health. The book concludes with applications of research to specific illnesses and medical conditions. The Handbook serves as a text in graduate or upper level undergraduate courses in health psychology taught in psychology, public health, medical sociology, medicine, nursing, and other social and allied health sciences. Its cutting edge, comprehensive coverage also appeals to researchers and practitioners in these fields.

"This work will be the one that students and clinicians keep on their shelves as the gold-standard reference for health behavior change. Summing Up: Essential" --Choice "The third edition of this handbook provides students and practitioners with the most complete and up-to-date resource on contemporary topics in the field of health behavior change." Score: 95, 4 stars --Doody's Praise for the second edition: "This handbook sets a standard for conceptually based, empirically validated health behavior change interventions for the prevention and treatment of major diseases. It is an invaluable resource for the field of behavioral medicine as we work toward greater integration of proven health behavior change interventions into evidence-based medical practice." --Susan J. Curry, PhD, Director, Center for Health Studies, Group Health Cooperative of Puget Sound; Fellow, Society of Behavioral Medicine Numerous acute and chronic diseases can be prevented simply by maintaining healthy behavioral patterns. This handbook provides practical and authoritative health management information for both health psychologists and primary care physicians whose clients and patients suffer from health-related issues and risks. The text also serves as a useful resource for policy makers and graduate students studying public health or health psychology. This new edition of The Handbook of Health Behavior Change provides an updated and expanded view of the factors that influence the adoption of healthy behaviors. The contributors also examine the individual, social, and cultural factors that can inhibit or promote health behavior change. Key Features: Reviews of past and current models of health behavior change, disease prevention, disease management, and relapse prevention Comprehensive coverage of health-related issues, including dietary needs, tobacco and drug use, safer sexual practices, and stress management Analysis of behavior change within specific populations (young, elderly, cognitively impaired, etc.) Factors that predict or serve as obstacles to lifestyle change and adherence Workplace health is now recognised as having major legal, financial and efficiency implications for organizations. Psychologists are increasingly called on as consultants

or in house facilitators to help design work processes, assess and counsel individuals and advise on change management. The second edition of this handbook offers a comprehensive, authoritative and up-to-date survey of the field with a focus on the applied aspects of work and health psychology. An unrivalled source of knowledge and references in the field, for students and academics, this edition also reflects the need to relate research to effective and realistic interventions in the workplace. * Editors are outstanding leaders in their fields * Focuses on linking research to practice * Over 50% new chapters. New topics include Coping, The Psychological Contract and Health, Assessment and Measurement of Stress and Well-Being, the Effects of Change, and chapters of Conflict and Communication

Widely regarded as the definitive reference, this volume comprehensively examines the psychological processes associated with religion and spirituality. Leading scholars from multiple psychological subdisciplines present developmental, cognitive, social psychological, cultural, and clinical perspectives on this core aspect of human experience. The forms and functions of religious practices and rituals, conversion experiences, and spiritual struggles are explored. Other key topics include religion as a meaning system, religious influences on prosocial and antisocial behavior, and connections to health, coping, and psychotherapy. New to This Edition *Two chapters on cross-cultural issues. *Chapters on spiritual goals, emotional values, and mindfulness. *Reflects significant theoretical and empirical developments in the field. *Many new authors and extensively revised chapters. *Robust index amplifies the volume's usefulness as a reference tool.

Beschäftigte in Service, Gewerbe und Produktion sind hohen körperlichen und psychosozialen Belastungen ausgesetzt. Dennoch haben sie als häufig un- bzw. angelernte Mitarbeiter nur selten Zugang zu Angeboten der betrieblichen Gesundheitsförderung. Betriebe erkennen mittlerweile, dass ein Gesundheitsmanagement für diese große Personengruppe das Potenzial zu beachtlichen Kostenersparnissen hat, bislang fehlen allerdings spezifische Trainingskonzepte. Dieses Manual bietet erstmals ein Programm zum Stress- und Ressourcenmanagement für geringqualifizierte Mitarbeiter (ist aber auch für andere Zielgruppen geeignet). Es ist als Teamtraining konzipiert und umfasst neben 4 Modulen für die Betroffenen (Bewegung, soziale Unterstützung sowie Problemlösen im Team und Worklife-Balance) auch ein Führungskräfte-Training. Das Konzept wurde in enger Kooperation mit Anbietern betrieblicher Gesundheitsförderung (z.B. Krankenkassen) und dem Institut für Sport und Bewegungsmedizin der Universität Hamburg entwickelt und didaktisch auf die Zielgruppe zugeschnitten. Es enthält neben Grundlagen zum Stressmanagement umfangreiche Ablaufbeschreibungen, Checklisten, Moderationsanleitungen und alle Folien und Materialien komplett zum Download. - Für Verantwortliche im Gesundheitsmanagement, Geschäftsführer, Trainer, Krankenkassen und Sozialdienste.

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.

We seek to throw down the gauntlet with this handbook, challenging the hegemony of the "behavioral medicine" approach to the psychological study and treatment of the physically ill. This volume is not another in that growing surfeit of texts that pledge allegiance to the doctrinaire purity of behavioristic thinking, or conceptualize their subject in accord with the sterility of medical models. Diseases are not our focus, nor is the narrow band of behavioral assessment and therapy methodologies. Rather, we have sought to redefine this amorphous, yet burgeoning field so as to place it squarely within the province of a broadly-based psychology—specifically, the emerging, substantive discipline of health psychology and the well-established professionalism and diverse technologies of clinical psychology. The handbook's title—Clinical Health Psychology—reflects this reorientation explicitly, and Chapter 1 addresses its themes and provides its justifications more fully. In the process of developing a relevant and comprehensive health assessment tool, the editors were struck by the failure of clinical psychologists to avail themselves of the rich vein of materials that comprise the psychosocial world of the physically ill. Perhaps more dismaying was the observation that this field was being mined—less than optimally—by physicians and nonclinical psychologists.

The Handbook of Cultural Health Psychology discusses the influence of cultural beliefs, norms and values on illness, health and health care. The major health problems that are confronting the global village are discussed from a cultural perspective. These include heart disease, cancer, HIV/AIDS, pain, and suicide. The cultural beliefs and practices of several cultural groups and the unique health issues confronting them are also presented. The cultural groups discussed include Latinos, Aboriginal peoples, people of African heritage, and South Asians. The handbook contributes to increased personal awareness of the role of culture in health and illness behavior, and to the delivery of culturally relevant health care services. Many societies are culturally diverse or becoming so - the cultural approach is a unique and necessary addition to the health psychology area. Satisfies the ever-increasing appetite of health psychologists for cultural issues in health and women's health issues. Major and global health concerns are covered including heart disease, cancer, HIV/AIDS, pain, suicide, and health promotion. The health beliefs and practices of Latinos, people of African heritage, Aboriginal peoples, and South Asians are presented without stereotyping these cultural groups. The handbook provides excellent information for health care researchers, practitioners, students, and policy-makers in culturally pluralistic communities. References are thorough and completely up-to-date.

Considered the most comprehensive handbook in the field, this rich resource reviews the biological, psychological, and social factors that affect health, health behavior, and illness. Many chapters review the latest theories and research while others illustrate how research is translated into clinical and community interventions to improve physical health and emotional well-being. Chapters examine health behavior processes within the social contexts in which we live, including family, social, and cultural communities. The handbook cuts across concepts (behavior change), populations (women's health), risk and protective factors (obesity) and diseases, making it appropriate for a variety of readers from various fields. Featuring

contributions from the top researchers and rising stars in the field, each author provides a theoretical foundation, evaluates the empirical evidence, and makes suggestions for future research, clinical practice, and/or policy. Novices to the field appreciate the accessibly written chapters, while seasoned professionals appreciate the book's deep, cutting edge coverage. Significantly updated throughout, the new edition reflects the latest approaches to health psychology today: greater emphasis on translating research into practice and policy more on the socio-cultural aspects of health including socioeconomic status, gender, race/ethnicity, sexual orientation, and aging two new sections on risk and protective factors for disease and another on social and structural influences that affect health more on prevention, interventions, and treatment in the applications section an expansion of the bio-psycho-social model across several levels of analysis, including cultural, macro-social, and cellular factors. The book opens with the field's central theories, emphasizing the interaction of biological and social systems. Part II reviews the mechanisms that help explain the link between health and behavior across diseases and populations. The all new Part III focuses on variables that lead to the onset of major diseases or that are instrumental in promoting health. Part IV, also new to the second edition, highlights social and structural influences on health. The book concludes with applications of research to specific illnesses and medical conditions. The Handbook serves as a text in graduate or upper level undergraduate courses in health psychology taught in psychology, public health, medical sociology, medicine, nursing, and other social and allied health sciences. Its cutting edge, comprehensive coverage also appeals to researchers and practitioners in these fields.

The SAGE Handbook of Health Psychology represents a landmark work in the field, gathering together in a single volume contributions from an internationally renowned group of scholars. It provides a definitive, one-stop, authoritative guide to the major themes and debates in health psychology, both past and present, and should in time become a classic reference work for a wide, international readership. Its coverage is comprehensive, both traditional and innovative, and reflects the latest in global health psychology research from a wide perspective. This includes the latest work in epidemiology of health and illness, health-related cognitions, chronic illness, interventions in changing health behaviour, research methods in health psychology and biological mechanisms of health and disease. As a result its potential as an authoritative entry point to those new to the discipline as well as those already working inside it is very high.

Given its breadth of content and accessibility, the Handbook will be indispensable for advanced students as well as researchers. Expertly organized by editors of international stature, and authored by a similar team of luminaries in the field, this single volume Handbook is an essential purchase for individuals and librarians worldwide. Advisory Editors: Professor Karen Matthews PhD University of Pittsburgh School of Medicine Prof. Dr. Ralf Schwarzer Freie Universität Berlin Professor Shelley Taylor PhD UCLA Professor Jane Wardle University College London Professor Robert West St. George's Hospital Medical School

This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners--"How do I do it?" Leading authorities present state-of-the-art information on each clinical problem and explain the conceptual and empirical bases of their respective therapeutic approaches. Procedures for assessment, case formulation, treatment planning, and intervention are described in detail. Extended case examples with session transcripts illustrate each component of treatment. New to This Edition

- *Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5.
- *Chapter on acceptance-based treatment of generalized anxiety disorder.
- *Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach.
- *Chapter on sleep disorders.

Occupational health psychology is a relatively young specialty within the science and practice of psychology. This handbook is designed to consolidate and organize the emerging knowledge in the field from the interdisciplinary perspectives of an international group of scholars and researchers. Part I includes 5 chapters designed to provide historical, contemporary, and future-oriented perspectives on this emerging specialty after first discussing prevention and public health in occupational settings. Part II includes 6 chapters that address key causes of health and safety at work as well as key risks to health and safety, focusing on factors both within the specific workplace as well as broader occupational factors and factors from the personal life domain. Regardless of how effectively organizations design prevention and public health programs to protect the health and safety of people at work, some experience symptoms and health disorders. The first 2 chapters in Part III focus on two key symptoms or health disorders, and the remaining 4 chapters address specific primary, secondary, or tertiary interventions for health and safety. The volume concludes with a 3-chapter part addressing issues of epidemiology, program evaluation, and socioeconomic cost-benefit analysis. (PsycINFO Database Record (c) 2004 APA, all rights reserved)

ANNABEL K. BROOME The importance of psychological processes in the experience of health and sickness is being increasingly recognized. There is mounting evidence for the role of personal behaviour in current trends of morbidity and mortality, which is reflected in rapid and significant developments in psychological research. Patterns of illness and death have changed in recent years, with concurrent changes in demands on health services, the skills of carers and the adjustments of the sick person. It is within this changing scene that clinical and health psychologists are becoming increasingly involved in applied research into the prevention or alleviation of current health problems. These changes are also influencing the training of health professionals, with behavioural sciences now forming a substantial component of basic curricula in medical schools and other areas of professional training. This book has arisen from this changing clinical scene and the need to convey useful psychological principles to care givers. Part One concentrates on the general psychological processes that have relevance in many health settings, in the prevention, alleviation and management of illness, as well as current practices in health care delivery. As these developments have been patchy, Part Two focuses on selected specialties that have received attention. This book is not a comprehensive review of work done in all medical specialties, although the structure has been chosen to reflect the prevalent sub divisions of medical teamwork.

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