Advanced Psychology: Health Psychology

By Mark Forshaw, Donald Pennington

HODDER EDUCATION, United Kingdom, 2004. Paperback. Book Condition: New. 242 x 188 mm. Language: English. Brand New Book ***** Print on Demand *****. Health Psychology provides students and teachers of AQA(B) A2 level psychology with a comprehensive, accessible and learning-oriented textbook. It follows the style of the popular AQA(B) core textbooks for AS and A2 level, Introducing Psychology and Advanced Psychology. Within the four chapters of Health Psychology, full coverage is given to the Unit 4 topic areas: Health and Illness Psychological Aspects of Illness Lifestyles and Health Stress and Stress Management. At the end of each chapter specimen questions are provided, written in the AQA Specification B examination style. One question in each chapter also has a sample answer and comments on how to improve. Health Psychology is the ideal textbook for this option of the AQA(B) A2 syllabus. It also provides the interested reader with an excellent introduction to this important area of psychology.

Reviews

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Health promotion strategies to advance healthy lifestyle. Specifically, diet, physical activity, sleep, and sexual health. Health Psychology welcomes submissions of the following article types: Book Review, Brief Research Report, Case Report, Clinical Trial, Community Case Study, Conceptual Analysis, Correction, Data Report, Editorial, General Commentary, Hypothesis and Theory, Methods, Mini Review, Opinion, Original Research, Perspective, Policy and Practice Reviews, Registered Report, Review, Specialty Grand Challenge, Study Protocol and Systematic Review. All manuscripts must be submitted directly to the section Health Psychology, where they are peer-reviewed by the Associate and Review Editors of the specialty 19Health Psychology. Chapter outline. Learning objectives introduction health beliefs and behaviours. Behaviour and mortality The role of health beliefs Integrated models ILLNESS BELIEFS The dimensions of illness beliefs A model of illness behaviour Health professionals’ beliefs THE STRESS–ILLNESS LINK Stress models Does stress cause illness? By the end of this chapter you should appreciate that: n health psychologists study the role of psychology in health and wellbeing; n they examine health beliefs as possible predictors of health-related behaviours; n health psychology also examines beliefs about illness and how people conceptualize their illness; n a health professional’s beliefs about the symptoms, the illness or the patient can. Health psychology is a specialty area within psychology. Health psychology has been specifically defined as the aggregate of the specific educational, scientific, and professional contributions of the discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, and the identification of etiologic and diagnostic correlates of health, illness and related dysfunction and to the analysis and improvement of the health care system and health policy. School of Distance Education. Advances in Technology and Research. The field of health psychology is changing almost daily because new issues arise that require the input of psychologists (Saab et al., 2004). Health Psychology® is the official scientific journal of the Society for Health Psychology (Division 38 of the American Psychological Association). Its mission is to advance the science and practice of evidence-based health psychology and behavioral medicine. It publishes peer-reviewed articles on psychological, biobehavioral, social, and environmental factors in physical health and medical illness, and other issues in health psychology. The journal publishes a wide range of original research reports, including observational, experimental, mechanistic, epidemiological, and psychometric studies The field of health psychology emerged in the 1970s to address the rapidly changing field of healthcare. Life expectancy was much lower then, due to lack of basic sanitation and the prevalence of infectious diseases. Today, life expectancy in the U.S. is around 80 years, and the leading causes of mortality are chronic diseases often linked to lifestyle. Health psychology helps address these changes in health. By looking at the patterns of behavior that underlie disease and death, health psychologists hope to help people live better, and healthier, lives. How Is Health Psychology Unique? Beca