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Health Psychology Through the Life Span - Robert J. Resnick - 1996

“Health Psychology Through the Life Span” explores a vast array of critical services that health psychologists can provide in both the practice and research arenas. Chapters summarize research results that show the positive health benefits of behavioral treatments, describe collaborative practices—both formal and informal—that physician and psychologists can establish, and outline specific behavioral approaches to various health problems. (PsycINFO Database Record (c) 2004 APA, all rights reserved).

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The Longevity Project - Howard S. Friedman Ph.D. - 2011-03-03

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study—which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"—unveils the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really impacts our lifespan-including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job—many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive—it's the prudent and persistent who flourish through the years. With questionnaires that help you determine whether you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

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Health Psychology - Gillian N. Penny - 1994

The psychology of health is a rapidly expanding field within psychology. It draws upon a number of areas of psychology for its theoretical base but, whilst the contribution of social and cognitive psychology is widely acknowledged, that of lifespan psychology is perhaps less well recognised. However, a lifespan perspective has much to offer the health psychologist in the search for a more comprehensive understanding of health and illness. This book brings together European, American and Australian researchers whose interests in health psychology can be located within a lifespan context. The book explores the relevance of developmental and ageing processes to such issues as health and illness perception, illness prevention and health promotion, the experience of chronic illness, health and illness behaviour and the costs and consequences of illness. It does so by addressing specific health concerns within each of five stages in the life-cycle-childhood, adolescence, early adulthood, middle adulthood and old age. Thus, for example, the implications of emergent sexuality for health are addressed within the section on adolescence, psychological aspects of reproductive failure and the new technologies are considered within the section on early adulthood whilst issues of social support, social control and health are explored in the section on old age. Taken as a whole, the book offers the reader an interesting and informative illustration of the ways in which a lifespan perspective can enhance our understanding of health and illness.

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Handbook of Health Psychology and Aging - Carolyn M. Aldwin - 2007-01-26

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.

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Health Psychology - David F Marks - 2011-01-19
The Third Edition of this landmark best-selling textbook has been thoroughly updated and revised to make it even more essential for course teaching. Retaining the celebrated approach of the previous editions, this new textbook incorporates research from a fuller range of perspectives to provide students with a critical understanding of the full variety of viewpoints. Key features of the third edition: - Extensive pedagogical features, including chapter outlines and summaries of key ideas, and guidelines for further research. Boxed case studies, tables and figures and cutting edge research are integrated throughout to aid students understanding if this fascinating field. - Brand new chapter on Literacy and Communication. - New accompanying companion website with a full suite of lecturer materials and online readings for students.

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Handbook of Health Psychology and Behavioral Medicine - Susan Labott - 2018-09
This book describes how health psychologists can work as consultants to medical teams by helping patients adjust to illness, and assessing and treating common issues, including depression, anxiety, pain, delirium and end of life care.

Health Psychology Consultation in the Inpatient Medical Setting - Susan Labott - 2018-09
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Handbook of Health Psychology and Behavioral Medicine - Jerry M. Suls - 2011-07-06
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.

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Health Psychology - Richard O. Straub - 2002
New text explores the psychology behind health and illness. Emphasis on hot topics, critical-thinking and real-world applications; attractive two-color design; and complete ancillary package.

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Health Psychology in Clinical Practice - Mark J. Forshaw - 2021-11-18
Health Psychology in Clinical Practice provides a collection of first-hand accounts from several of the most established and experienced clinically working Health Psychologists in the UK, explaining what they do, how they do it and why their work is important. In recent years, health psychologists have come into their own in being able to provide high-quality, evidence-based, clinical support for patients by utilising relevant therapies. Trainees and would-be clinical practitioners in the health psychology community are keen to learn more about this aspect of their craft, and this book provides a valuable source of information they can turn to – unlike the vast majority of literature on clinical practice in psychology, written by clinical psychologists, which is mostly of tangential relevance to a health psychologist. As a compilation, the first-hand accounts within Health Psychology in Clinical Practice provide a guide that will help define what clinical health psychology is and should be for a decade or more. This book is an essential resource as a crucial snapshot of practice in the discipline in the UK and will additionally support trainees and those seeking a career in health psychology centered on practice rather than research or teaching.

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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 theo rizing 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 can 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 eth nicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume, Chesney & Nealey, this volume).
The Health Psychology Reader - David F Marks - 2002-04-15

'This book was an absolute joy to read and offers a comprehensive review of health psychology. This book should become a classic - necessary reading for students in all branches of health. Nursing students will find it invaluable, but other students - and their teachers - will also find it very useful. SAGE have added a valuable and important text to their already impressive list, and Marks can be complimented on his scholarly organisation of complex topics into an accessible and readable whole. No library should be without it and serious students should invest in a copy of their own' - Health Matters The Health Psychology Reader is designed to complement and support the recent textbook Health Psychology: Theory, Research and Practice by David F Marks, Michael Murray, Brian Evans and Carla Willig (SAGE, 2000). It can also be used as a stand-alone resource given its didactic nature. The Reader explores key topics within the health psychology field with incisive introductions to each section by the editor and includes a selection of the most important historical and empirical published work. The Reader is organized into the following parts: Part 1: Health Psychology's development, definition and context Part 2: Theories in health psychology Part 3: Health behaviour and experience Part 4: Beliefs, explanations and communication Part 5: Critical approaches to health psychology In each of these areas the editor has written introductory sections which highlight the key issues, questions and problems. These are summarized in Boxes, which condense into a few words the essential features of each topic. The Health Psychology Reader will be invaluable reading to all students in Health Psychology, either at undergraduate or postgraduate level.

The Wiley Encyclopedia of Health Psychology - - 2020-11-09

Organized thematically as an A to Z reference encyclopedia across 4 volumes, this comprehensive resource on health psychology provides a concise overview of the ever-expanding interdisciplinary field. The first volume of The Wiley Encyclopedia of Health Psychology covers the biological bases of health behavior, providing information on topics in the broad areas of neuroscience and biopsychology relevant to health behavior. Volume II addresses topics related to theories and data derived from social psychology including health or prevention related behaviors, stress and coping, and the design and evaluation of behavioral interventions. The third volume examines the applied aspects of the field of health psychology including practical topics that clinical health psychologists face in the workplace, issues related to the comorbidity of psychiatric disorders and chronic health problems. Volume IV examines special issues in health psychology covering various historical, philosophical, and conceptual issues. It also considers issues related to diversity and underrepresented/underserved groups. As a whole, this 4-volume set: Delves into topics related to Health Psychology across the subfields of Biopsychology, Social Psychology, Clinical Psychology Impels to the broader field of Behavioral Medicine, including medical and allied health fields Examines the interconnections between biology, psychology, and socio-environmental factors The Wiley Encyclopedia of Health Psychology is an ideal resource for college and university libraries as well as for professional psychologists and other health care professionals interested in the relationship of psychological and physical well being.

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Health Psychology - Erica Cook - 2020-12-30

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Health Psychology in Nursing Practice - Elizabeth Barley - 2016-04-12

Health Psychology in Nursing Practice gives nurses and healthcare practitioners the essentials of health psychology to assist patients and their relatives in adjusting to diagnoses, coping with treatments and other disease-related life changes, managing symptoms and making healthy choices. Directly aimed at nurses, this

aimed at nurses and other healthcare professions and taking both an evidence-based and applied approach * Key learning objectives and chapters summaries for revision * Case examples give even more insight into how theory works in the real world * Reflective activities help think about real life practice and quizzes test your knowledge

Elizabeth Barley is a Chartered Psychologist, Practitioner Health Psychologist and Registered General Nurse. She is Professor in Health and Wellbeing at the University of West London and Visiting Senior Lecturer at the Florence Nightingale Faculty of Nursing and Midwifery, King’s College London.

Health Psychology - Edward P. Sarafino - 2014-01-13

Sarafino draws from the research and theory of many disciplines in order to show psychologists how psychology and health affect each other. Health Psychology: Biopsychosocial Interactions, 8th Edition is updated to include new research and data. New discussions are included on health care systems. Significant new information is also presented on prevention and intervention, especially for teens’ risky behaviors. In addition, international examples are included to broaden the psychologist’s view of health issues around the world and highlight what works in the field.

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Handbook of Girls’ and Women’s Psychological Health - Judith Worell - 2006

“This Handbook underscores the importance of gender in the lives of girls and women developmentally across significant phases of the life span. Considering the importance of cultural context, this book illustrates how gender socialization in female development and behavior affects self-evaluation, identity processes, and the social roles that girls and women adopt. Its chapters illustrate how externally induced risks such as poverty, discrimination, and violence present challenges to healthy development. Significantly, the chapters also draw attention to long overlooked and compelling strengths and capacities that provide a firm basis for growth and health.”--BOOK JACKET.

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Positive Psychology in Practice - Stephen Joseph - 2015-03-09

The best minds in positive psychology survey the state of the field Positive Psychology in Practice, Second Edition moves beyond the theoretical to show how positive psychology is being used in real-world settings, and the new directions emerging in the field. An international team of contributors representing the best and brightest in the discipline review the latest research, discuss how the findings are being used in practice, explore new ideas for application, and discuss focus points for future research. This updated edition contains new chapters that explore the intersection between positive psychology and humanistic psychology, salutogenesis, hedonism, and eudaimonism, and more, with deep discussion of how the field is integrating with the new areas of self-help, life coaching, social work, rehabilitation psychology, and recovery-oriented service systems. This book explores the challenges and opportunities in the field, providing readers with the latest research and consensus on practical application. Get up to date on the latest research and practice findings Integrate positive psychology into assessments, life coaching, and other therapies Learn how positive psychology is being used in schools Explore possible directions for new research to push the field forward Positive psychology is being used in areas as
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Health Psychology - Catherine A. Sanderson - 2018-03
Health Psychology: Understanding the Mind-Body Connection introduces students to the story of health psychology through clear connections between the science and the real world. Using a highly accessible writing style, author Catherine A. Sanderson employs a strong emphasis on the scientific principles and processes underlying the field of health psychology to present balanced coverage of foundational research, cutting-edge research, essential theories, and real-world application. The Third Edition builds on its strong student-oriented approach to the field by updating and revising to make it even more essential for course teaching. Retaining the celebrated approach of previous editions in examining critical perspectives in health psychology, this new edition now incorporates research from a fuller range of perspectives including more ‘mainstream’ health psychology and a wider international focus. Therefore this textbook now provides students with a broader, more rounded understanding of the field than ever before. Key features of the Third Edition: - Four new brand new chapters in the book on Theories, Models and Interventions Applied to Sexual Health; Information and Communication; Health understanding of the field than ever before. Key features of the Third Edition: - Four new brand new chapters in the book on Theories, Models and Interventions Applied to Sexual Health; Information and Communication; Health

The Psychology of Quality of Life - M. Joseph Sirgy - 2021-06-09
The Psychology of Quality of Life, Second Edition, thoroughly revised and enhanced edition of this bestselling book, aims to analyze the most up-to-date research on quality of life. The book is divided into six parts. The introductory part lays the philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, health, and to society at large. Part 2 (effects of objective reality) describes how sociocultural factors, income factors, other demographic factors, and biological and health conditions affect wellbeing and positive mental health. Part 3 focuses on subjective reality and discusses how individuals process information from their objective environment, and how they manipulate this information that affects wellbeing and positive mental health. Part 4 focuses on the psychology of quality of life specific to life domains, while Part 5 reviews the research on special populations: children, women, the elderly, but also the disabled, drug addicts, prostitutes, emergency personnel, immigrants, teachers, and caregivers. The final part of the book focuses on theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research. The book addresses the importance of the psychology of quality of life in the context of public policy and calls for a broadening of the approach in happiness research to incorporate various aspects of quality of life at the group, community, and societal levels. It is of topical interest to academics, students and researchers of wellbeing research, happiness studies, psychotherapy, and social policy.

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The Psychology of Meaning in Life - Tatjana Schnell - 2020-07-09
This book offers an inspiring exploration of current findings from the psychology of meaning in life, analysing cutting-edge research to propose practical, evidence-based applications. Schnell draws on psychological, philosophical and cognitive perspectives to explore basic concepts of meaning and introduce a multidimensional model of meaning in life. Written in an accessible style, this book covers a range of topics including the distinction between meaning and happiness, the impact of meaning on health and longevity, meaning in the workplace, and meaning-centred interventions. Each chapter ends with exercises to encourage self-reflection and measurement tools are presented throughout, including the author’s original Sources of Meaning and Meaning in Life Questionnaire (SoMe), to inspire the reader to consider the role of meaning in their own life. The Psychology of Meaning in Life is essential reading for students and practitioners of psychology, sociology, counselling, coaching and related disciplines, and for general readers interested in exploring the role of meaning in life.

Child Health Psychology - Julie Turner-Cobb - 2013-12-06
Child Health Psychology: A Biopsychosocial Perspective is the first sole-authored textbook dedicated to the topic of health psychology as it applies to children and adolescents, drawing on research from several related disciplines including psychoneuroimmunology and developmental psychology. With an overarching biopsychosocial lifespan perspective, Turner-Cobb examines the effects of early life experience on health outcomes, as well as covering the experience of acute and chronic illness during childhood. Lots of helpful aids are provided per chapter including key learning objectives, textbooks putting spotlights on key pieces of research, lists of key concepts to revise, useful websites and further reading suggestions. With a perspective designed to both inform and to challenge, this stimulating textbook will introduce you to the central relevance and many applications of child health psychology. It will be of interest to final year undergraduate and postgraduate students in health and clinical psychology, as well as to students in health sciences, nursing, and childhood studies. Lecturers/instructors - request a free digital inspection copy here.

The SAGE Handbook of Health Psychology - Stephen Sutton - 2004-12-08
This volume provides readers with a one-stop, authoritative guide to the major themes and debates in health psychology, both past and present.

Psychology In India Volume 3: Clinical And Health Psychology - Girishwar Misra - 2010-09
Psychology in India Volume 3: Clinical and Health Psychology is part of the periodic surveys in the major disciplines of the social sciences to assess disciplinary developments and to identify gaps in research conducted by The Indian Council of Social Science Research. This volume comprises six original essays. It deals with the broad domain of disciplinary developments in the areas of clinical psychology and health psychology and explains developments, applications, analysis, psychology, geropsychology in India and the significant trends.

Child Health Psychology - Barbara G. Melamed - 2013-04-15
This unique text offers an interdisciplinary collection of the most current articles concerning the scientific study of Child Health Psychology. The subjects of many articles are applicable to pediatrics, family medicine, child nursing, developmental, clinical child, and pediatric psychology. Emphasizing the scientific basis of the field, this empirical research is invaluable to the specialist, teacher, or student seeking the most contemporary research methods used to study psychological aspects of children’s health care.

Health Psychology - Surila Agarwala - 2016-04-04
In Indian context.

Health Psychology - Surila Agarwala - 2016-04-04
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Foundations of Health Psychology - Howard S. Friedman - 2007
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.

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Work Across the Lifespan - Boris Baltes - 2019-01-30

Work Across the Lifespan coalesces lifespan theoretical and lifespan-based empirical perspectives on aging and work. The books examines human development theories that explain patterns of growth, trajectories of change and maintenance of continuities across the entirety of life. Using the implicit focus of these theories on aging as a guide to intra-individual change and goal-based self-regulation processes, the book examines the relationship between work and aging. Drawing upon developmental psychology, life course sociology, microeconomics, and critical gerontology, this authoritative reference brings together the collective thinking of researchers who study aging and working, and aging and careers. Summarizes key tenets of lifespan theories Draws upon theories from work and organizational psychology, organizational behavior, and human resources management Applies theories to work, organizational life and careers Examines age and work-related processes Provides an exclusive lifespan focus on work and aging Focuses on aging as a continuous intra-individual change process

More Than Medicine - Robert Malcolm Kaplan - 2019

American science produces the best--and most expensive--medical treatments in the world. Yet U.S. citizens lag behind their global peers in life expectancy and quality of life. Robert Kaplan brings together data and evidence to make the case that health care priorities in the United States are sorely misplaced. America's medical system is invested in attacking disease, but not in addressing the social, behavioral, and environmental problems that engender disease in the first place. Medicine is important, but many Americans act as though it were all important. The U.S. stakes much of its health funding on the promise of high-tech diagnostics and miracle treatments, while ignoring strong evidence that many of the most significant pathways to health are nonmedical. Americans spend millions on drugs to treat high cholesterol, for example, which increase life expectancy by six to eight months on average. But they underfund education, which might extend life expectancy by as much as twelve years. Wars on infectious disease have paid off, but clinical trials for chronic conditions--costing billions--rarely confirm that new treatments extend life. By comparison, the National Institutes of Health spends just 3 percent of its budget on research in social and behavioral determinants of health, even though these factors account for 50 percent of premature deaths. America's failure to take prevention seriously costs lives. More than Medicine argues that we need a shake-up in how we invest resources, and it offers a bold new vision for longer, healthier living.

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reproductive health experience, including reproduction, pregnancy, maternity, and birth, as well as conditions Social Psychology offers an overview of the field and the disparate and evolving approaches. Through an internal, text of contributors, the handbook brings prominent research literature together and organises it around ten key areas: Part 01: Culture, race, indigeneity Part 02: Gender & Sexuality Part 03: Politics Part 04: Health and mental health Part 05: Work Part 06: Ageing Part 07: Communication Part 08: Education Part 09: Environment Part 10: Criminal Justice, Law, & Crime This handbook is a uniting and invigorating resource for the field of Applied Social Psychology.

Handbook of Clinical Health Psychology: Disorders of behavior and health - Thomas J. Boll - 2002

This textbook offers a fresh approach to health psychology through the theory and practice of behaviour change. Using an array of case studies from around the world, it discusses how we can develop and evaluate behaviour change interventions. The book encourages active engagement with contemporary discussions about health behaviours, covering areas of emerging importance such as weight stigma, vaping, nudges, vaccine hesitancy and paleo-inspired lifestyles. With a focus upon critical thinking, this book will equip students for success in their research projects and beyond. Ideal for students of Health Behaviour Change and Health Psychology, this textbook is also relevant to those taking courses in related fields such as Nursing and Public Health.

Health Psychology and Behaviour Change - Katy Tapper - 2021-02-27

This textbook offers a fresh approach to health psychology through the theory and practice of behaviour change. Using an array of case studies from around the world, it discusses how we can develop and evaluate behaviour change interventions. The book encourages active engagement with contemporary discussions about health behaviours, covering areas of emerging importance such as weight stigma, vaping, nudges, vaccine hesitancy and paleo-inspired lifestyles. With a focus upon critical thinking, this book will equip students for success in their research projects and beyond. Ideal for students of Health Behaviour Change and Health Psychology, this textbook is also relevant to those taking courses in related fields such as Nursing and Public Health.

Handbook of Health Psychology - Annabel Broome - 1995

Features chapters that address the context of health care provision, stress, and cardiac disorders. This book presents theory first and application second, stressing the need for an understanding of principles before putting psychology into practice.

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Reproductive Health Psychology - Olga B. A. van den Akker - 2012-03-23

This volume provides a comprehensive, up-to-date theoretical and empirical background to the psychology of reproductive health. Provides a life span perspective of the psychology of reproductive health and its disorders, from menarche to menopause and reproductive health in older age Focuses on issues of the individual's reproductive health experience, including reproduction, pregnancy, maternity, and birth, as well as conditions such as PMDD, dysmenorrhea, and events including pregnancy failure, and abortion Acknowledges the wider social context with discussions of poverty, inequality, educational and economic status, age, and urban versus rural access Addresses style related factors, human rights to choice, information and access, fertility control and reproductive health regulation and health care services Illustrates topics with empirical data supported with tables and figures

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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.