

# Handbook of Health Psychology and Behavioral Medicine

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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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## **Editorial Review**

### Review

"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!"--Suni Petersen, PhD, Associate Professor of Clinical Psychology, California School of Professional Psychology

"Presents a clear picture of a transformed, panoramic version of clinical health psychology. Clinical health psychology, as described in this book, is a vision of an important discipline, affecting discovery from the lab bench, to the bedside, to the community. The editors recognize a new paradigm in health psychology—the

emergence of a new type of health psychology that integrates individual health and population health....Offers information for those wanting an expert introduction to critical topics in health psychology. The text provides an expanded vision of the discipline for those seeking timely information on developments within the field. The text provides a comprehensive and expert introduction to the field and documents the power of psychology to serve as an integrating discipline able to provide an understanding of human functioning as well as a theoretical compass to decipher the interrelationships of health services to the individual and the community."

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#### About the Author

Jerry M. Suls, PhD, is Professor of Psychology and Collegiate Fellow at the University of Iowa and also an affiliate of its College of Public Health. Dr. Suls has published over 150 articles and chapters and edited over 10 volumes. He has also served as Chair of the National Institutes of Health Behavioral Medicine Interventions and Outcomes Study Section and as President of Division 38 (Health Psychology) of the American Psychological Association. His research focuses on psychological risk factors for cardiovascular disease, symptom perception, and social norms about health behaviors.

Karina W. Davidson, PhD, is Vice-Dean and Executive Director of the Center for Behavioral and Cardiovascular Health and Professor of Behavioral Medicine in Medicine and Psychiatry at Columbia University Irving Medical Center. She is also Chief Academic Officer for New York Presbyterian Hospital. She has authored over 250 peer-reviewed articles as well as numerous editorials and book chapters, and has served on multiple scientific journal editorial boards. Dr. Davidson's research focuses on interventions for, and the biopsychosocial mechanisms implicated in, anger and depression as predictors of worse outcomes for patients with cardiovascular disease. She has served as president of multiple professional organizations and was recently appointed to the United States Preventive Services Task Force.

Robert M. Kaplan, PhD, is Distinguished Professor of Health Services at the University of California, Los Angeles, and Distinguished Professor of Medicine at the University's David Geffen School of Medicine. He is an elected member of the Institute of Medicine of the National Academy of Sciences and past president of several organizations, including Division 38 (Health Psychology) of the American Psychological Association, the Society of Behavioral Medicine, and the Academy of Behavioral Medicine Research. Dr. Kaplan is Editor-in-Chief of *Health Psychology* and former Editor-in-Chief of the *Annals of Behavioral Medicine*. He is the author, coauthor, or editor of more than 18 books and approximately 450 articles or chapters.

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Here thing why this particular Handbook of Health Psychology and Behavioral Medicine are different and dependable to be yours. First of all studying a book is good nevertheless it depends in the content of the usb ports which is the content is as delicious as food or not. Handbook of Health Psychology and Behavioral Medicine giving you information deeper as different ways, you can find any guide out there but there is no e-book that similar with Handbook of Health Psychology and Behavioral Medicine. It gives you thrill looking at journey, its open up your own personal eyes about the thing that will happened in the world which is probably can be happened around you. It is possible to bring everywhere like in playground, café, or even in

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