

The Self-Regulation of Health and Illness Behaviour

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Self Regulation Of Health And Illness Behaviour

Ron Borland



Self Regulation Of Health And Illness Behaviour:

The Self-Regulation of Health and Illness Behaviour Linda Cameron, Howard Leventhal, 2012-08-21 Self regulation theory focuses on the ways in which individuals direct and monitor their activities and emotions in order to attain their goals. It plays an increasingly important role in health psychology research. The Self regulation of Health and Illness Behaviour presents an up to date account of the latest developments in the field. Individual contributions cover a wide range of issues including representational beliefs about chronic illness, cultural influences on illness representations, the role of anxiety and defensive denial in health related experiences and behaviours, the contribution of personality and the social dynamics underlying gender differences in adaptation to illness. Particular attention is given to the implications for designing effective health interventions and messages. Integrating theoretical and empirical developments, this text provides both researchers and professionals with a comprehensive review of self regulation and health.

Cambridge Handbook of Psychology, Health and Medicine Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine. This new edition is fully reworked and revised, offering an entirely up to date, comprehensive, accessible one stop resource for clinical psychologists, mental health professionals and specialists in health related matters. There are two new editors, Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center. The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook. The book is now in two parts: part I covers psychological aspects of health and illness, assessments, interventions and healthcare practice; part II covers medical matters listed in alphabetical order. Among the many new topics added are diet and health, ethnicity and health, clinical interviewing, mood assessment, communicating risk, medical interviewing, diagnostic procedures, organ donation, IVF, MMR, HRT, sleep disorders, skin disorders, depression and anxiety disorders.

Handbook of Behavioral Medicine Andrew Steptoe, 2010-09-27 Behavioral medicine emerged in the 1970s as the interdisciplinary field concerned with the integration of behavioral, psychosocial and biomedical science knowledge relevant to the understanding of health and illness and the application of this knowledge to prevention, diagnosis, treatment and rehabilitation. Recent years have witnessed an enormous diversification of behavioral medicine with new sciences such as genetics, life course epidemiology and new technologies such as neuroimaging coming into play. This book brings together such new developments by providing an up to date compendium of methods and applications drawn from the broad range of behavioral medicine research and practice. The book is divided into 10 sections that address key fields in behavioral medicine. Each section begins with one or two methodological or conceptual chapters followed by contributions that address substantive topics within that field. Major health problems such as cardiovascular disease, cancer, HIV, AIDs and obesity are explored from multiple perspectives. The aim is to present behavioral medicine as an integrative discipline involving diverse methodologies.

and paradigms that converge on health and well being The Concept of Self in Medicine and Health Care Anne P. Prescott, 2006 The issue of self concept is central to the studies and practices of education and psychology The research presented in this book are the explorations of how self concept translates into and has an effect on these far reaching and unavoidable aspects of life *Understanding Hard to Maintain Behaviour Change* Ron Borland, 2014-02-03 The book presents an integrative theory of hard to maintain behaviours that includes hard to reduce or eliminate behaviours like smoking and other drug use overconsumption of food or unsafe sex and hard to sustain behaviours like exercise and sun safe behaviours Most of the examples come from the author's work on tobacco smoking but it is relevant to anyone who is concerned to understand why some forms of desirable behaviour are so hard to achieve and to those trying to help people change It also has important implications for public health campaigns and for the development of policies to nudge behaviour in desirable ways The book provides readers with frameworks to Determine whether a hard to maintain behaviour is a result of the skills needed to perform it its reinforcement history the way the person thinks about it the context or some combination of these Better integrate cognitive and behavioural change strategies including emergent strategies related to mindfulness and acceptance plus novel ways of retraining operational processes Understand the different nature of challenges for behaviours where multiple attempts are typically required before the desired behaviour pattern is sustained Better understand the role of feelings and emotions as influences on behaviour Understand the limits of environmental factors to determine change Understand the limits of self control and will power The Wiley Handbook of Healthcare Treatment Engagement Andrew Hadler, Stephen Sutton, Lars Osterberg, 2020-04-06 Winner of the 2021 PROSE Award for CLINICAL PSYCHOLOGY and PSYCHIATRY Against a global backdrop of problematic adherence to medical treatment this volume addresses and provides practical solutions to the simple question Why don't patients take treatments that could save their lives The Wiley handbook of Healthcare Treatment Engagement offers a guide to the theory research and clinical practice of promoting patient engagement in healthcare treatment at individual organizational and systems levels The concept of treatment engagement as explained within the text promotes a broader view than the related concept of treatment adherence Treatment engagement encompasses more readily the lifestyle factors which may impact healthcare outcomes as much as medication taking as well as practical economic and cultural factors which may determine access to treatment Over a span of 32 chapters an international panel of expert authors address this far reaching and fascinating field describing a broad range of evidence based approaches which stand to improve clinical services and treatment outcomes as well as the experience of users of healthcare service and practitioners alike This comprehensive volume adopts an interdisciplinary approach to offer an understanding of the factors governing our healthcare systems and the motivations and behaviors of patients clinicians and organizations Presented in a user friendly format for quick reference the text first supports the reader's understanding by exploring background topics such as the considerable impact of sub optimal treatment adherence on

healthcare outcomes before describing practical clinical approaches to promote engagement in treatment including chapters referring to specific patient populations The text recognizes the support which may be required throughout the depth of each healthcare organization to promote patient engagement and in the final section of the book describes approaches to inform the development of healthcare services with which patients will be more likely to seek to engage This important book Provides a comprehensive summary of practical approaches developed across a wide range of clinical settings integrating research findings and clinical literature from a variety of disciplines Introduces and compliments existing approaches to improve communication in healthcare settings and promote patient choice in planning treatment Presents a range of proven clinical solutions that will appeal to those seeking to improve outcomes on a budget Written for health professionals from all disciplines of clinical practice as well as service planners and policy makers The Wiley Handbook of Healthcare Treatment Engagement is a comprehensive guide for individual practitioners and organizations alike 2021 PROSE Biological and Life Sciences Category for Clinical Psychology Psychiatry

Applied Topics in Health Psychology Marie Louise Caltabiano, Lina Ricciardelli, 2012-08-14 This selection of in depth critical and comprehensive chapters on topical issues in applied health psychology features the work of key researchers and practitioners in the Australasian health system and deals with both theoretical and methodological aspects of the subject The first health psychology text aimed specifically at regional postgraduate trainees Covers an array of topics and issues and focuses on applied aspects of clinical health and health promotion Includes both specialized topics and new frontiers of research Contextualizes health psychology teaching and learning for Australasian students

Chronic Illness Pamala D. Larsen, Ilene Morof Lubkin, 2009 The new edition of best selling Chronic Illness Impact and Intervention continues to focus on the various aspects of chronic illness that influence both patients and their families Topics include the sociological psychological ethical organizational and financial factors as well as individual and system outcomes The Seventh Edition has been completely revised and updated and includes new chapters on Models of Care Culture Psychosocial Adjustment Self Care Health Promotion and Symptom Management Key Features Include Chapter Introductions Chapter Study Questions Case Studies Evidence Based Practice Boxes List of websites appropriate to each chapter Individual and System Outcomes

Social Sciences in Health Care and Medicine Janet B. Garner, Thelma C. Christiansen, 2008 Health care and medicine are dependent upon a close interaction with social sciences and professions in order to effectively treat patients Although medicines have becoming more and more targeted in recent times it is the recovery of the patient which is the true test of the system whether it be in a hospital setting or within a daily societal setting Such interactions may be psychological or interactions with social organisations essential to phase the patient back into society This book presents new issues experiences and research in the field from around the globe

COVID-19 and Behavioral Sciences Liz Steed, Kebede Beyene, Rebecca Anne Pedruzzi, Tracy Jackson, Amy Hai Yan Chan, 2022-02-21

Psychology for Medicine and Healthcare Susan Ayers, Richard de Visser, 2021-04-14 As our

understanding of what constitutes good health grows so does our need to understand the psychological aspects of medicine and health as well as the psychological interventions available in healthcare This new edition of this bestselling textbook provides a comprehensive overview of the research theory application and current practices in the field covering topics from epigenetics to social determinants of health and transdiagnostic approaches to mental health and everything in between An essential read for all medicine and healthcare students this text is now accompanied by a suite of online resources for all your learning needs *Evidence-Based Medical Monitoring* Paul P. Glasziou, Les Irwig, Jeffrey K. Aronson, 2008-04-30

Monitoring is a major component of management of chronic diseases such as diabetes cardiovascular disease arthritis and depression Yet poor monitoring means healthcare costs are rising This book discusses how monitoring principles adopted in other spheres such as clinical pharmacology and evidence based medicine can be applied to chronic disease in the global setting With contributions from leading experts in evidence based medicine it is a ground breaking text for all involved in delivery of better and more effective management of chronic illnesses **Cambridge Handbook of Psychology, Health and Medicine** Carrie D. Llewellyn, Susan Ayers, Chris McManus, Stanton Newman, Keith J. Petrie, Tracey A. Revenson, John Weinman, 2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice Lubkin's Chronic Illness

Larsen, 2017-12 Lubkin's Chronic Illness Tenth Edition is an essential text for nursing students who seek to understand the various aspects of chronic Illness affecting both patients and families Important Notice The digital edition of this book is missing some of the images or content found in the physical edition *Behavioral Medicine and Integrated Care* Melanie P. Duckworth, William T. O'Donohue, 2018-10-12 This evidence to practice volume deftly analyzes the processes and skills of integrating mental healthcare with primary care using multiple perspectives to address challenges that often derail these joint efforts Experts across integrative medicine offer accessible blueprints for smoothly implementing data based behavioral interventions from disease management strategies to treatment of psychological problems into patient centered cost effective integrated care Coverage highlights training and technology issues key healthcare constructs that often get lost in translation and other knowledge necessary to create systems that are rooted in and contribute to a robust evidence base

Contributors also provide step by step guidelines for integrating behavioral health care delivery in treating cancer dementia and chronic pain Among the topics covered The epidemiology of medical diseases and associated behavioral risk factors Provider training recognizing the relevance of behavioral medicine and the importance of behavioral health consultations and referrals Screening for behavioral health problems in adult primary care Health care transformation the electronic health record Meeting the care needs of patients with multiple medical conditions Smoking cessation in the context of integrated care This depth of clinical guidance makes Behavioral Medicine and Integrated Care an essential reference for practitioners on all sides of the equation including health psychologists and other professionals in health promotion disease prevention psychotherapy and counseling and primary care medicine **Lubkin's Chronic Illness: Impact and Intervention** Pamala D. Larsen, 2021-10-29 Lubkin's Chronic Illness Impact and Intervention Eleventh Edition provides a solid foundation for nursing students by teaching them the skills and knowledge they need to care for patients experiencing illness

Frameworks for Advanced Nursing Practice and Research Rose Utley, Kristina Henry, Lucretia Smith, 2017-10-28 Uniquely organized to help readers find and select the best frameworks for their needs This resource illuminates the daunting task of understanding and applying philosophies models theories and taxonomies in nursing practice and research at the masters or doctoral level Distinguished by a unique organizational structure the text is divided into two broad areas of practice focus individuals and families Part II and communities populations and systems Part III The frameworks in each area are organized conceptually into 17 chapters many of which are interdisciplinary thus not commonly found in nursing theory texts This unique organizational structure enables readers to acquire both a broad overview of frameworks useful in nursing practice and research and to focus on frameworks relevant to specific practice areas and concepts of interest Frameworks for Advanced Nursing Practice and Research also provides foundational knowledge to enhance the nurse's understanding and appreciation of frameworks used in practice and research Part 1 Application is woven throughout the text and culminates with chapters devoted to the application of frameworks for nurse educators clinicians leaders and researchers Learner focused features of the text include application boxes highlighting published studies that have employed selected frameworks thereby bringing theoretical content into practice Each chapter also includes objectives key terms and a bulleted summary to enhance the learning experience Key Features Describes a broad spectrum of philosophies models theories and taxonomies underpinning graduate level nursing roles Uniquely organized by conceptual areas thereby integrating nursing and non nursing frameworks Facilitates easy comparison of frameworks within each conceptual area Delivers strategies for using theory and discusses integration of theory research and practice Includes application boxes highlighting published studies objectives key terms and bulleted chapter summary **Psychology for Medicine and Healthcare** Richard de Visser, Susan Ayers, 2025-03-15 As our understanding of what constitutes good health grows so does our need to understand the psychological aspects of medicine and health as well as the psychological interventions available in healthcare This

bestselling textbook provides a comprehensive overview of research theory application and current practices in the field The new edition delves deeper into critical topics such as diversity and health inequalities cultural influences on healthcare the rise of digital healthcare solutions and the well being of healthcare practitioners With updated case studies research examples and online resources this essential text equips medical and healthcare students with the knowledge and tools to navigate the evolving landscape of health psychology Richard de Visser is a Professor of Health Psychology at Brighton Sussex Medical School Susan Ayers is a Professor of Maternal and Child Health at City St George s University of London in the School of Health and Medical Sciences

Handbook of Health Psychology Andrew Baum, Tracey A. Revenson, Jerome Singer, 2012-04-27 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

Handbook of Work Disability Patrick Loisel, Johannes R. Anema, 2013-03-22 This book addresses the developing field of Work Disability Prevention Work disability does not only

involve occupational disorders originating from the work or at the workplace but addresses work absenteeism originating from any disorder or accident This topic has become of primary importance due to the huge compensation costs and health issues involved For employers it is a unique burden and in many countries compensation is not even linked to the cause of the disorder In the past twenty years studies have accumulated which emphasize the social causes of work disability Governments and NGOs such as the World Bank the International Labor Organization and the Organization for Economic Cooperation and Development have produced alarming reports on the extent of this problem for developed and developing countries However no comprehensive book is presently available to help them address this emerging field where new knowledge should induce new ways of management

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