

The Self-Regulation of Health and Illness Behaviour

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Self Regulation Of Health And Illness Behaviour

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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 *Self-Regulation in Health Behavior* Denise de Ridder, John de Wit, 2006-06-14 This text offers a comprehensive overview of new approaches to health related behaviour from a self regulation perspective The authors outline the assumptions on which self regulation theories are based discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour The book is arranged in two sections Goal Setting and Goal Activation in Health Behaviour and Goal Striving and Goal Persistence The epilogue compares self regulation theories with the prevailing social cognitive models *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 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 **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 **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 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 **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 *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 *Rheumatology E-Book* Krysia Dziedzic, Alison Hammond, 2010-02-22 Rheumatology is an indispensable resource for physiotherapists occupational therapists and other health professionals offering practical approaches to the treatment and management of rheumatic musculoskeletal conditions The text focuses on applying evidence based understanding of these conditions to clinical context The specific disease chapters cover incidence and prevalence of the condition clinical presentation and diagnosis red flags clinical assessment important first treatments early intermediate and long term management prognosis and long term outcomes Supporting case histories of increasing complexity and study activities illustrate the clinical relevance of the treatment and management approaches Multidisciplinary team approach Practical solutions to management of conditions supported by the latest research Case histories of increasing complexity consolidate understanding and develop clinical reasoning Highlighted boxes throughout contain study tasks and key messages *Principles and Concepts of Behavioral Medicine* Edwin B. Fisher, Linda D. Cameron, Alan J. Christensen, Ulrike Ehlert, Yan Guo, Brian Oldenburg, Frank J. Snoek, 2018-10-08 Principles and Concepts of Behavioral Medicine A Global Handbook Edwin B Fisher Linda D Cameron Alan J Christensen Ulrike Ehlert Brian

Oldenburg Frank J Snoek and Yan Guo This definitive handbook brings together an international array of experts to present the broad cells to society perspectives of behavioral medicine that complement conventional models of health health care and prevention In addition to applications to assessment diagnosis intervention and management contributors offer innovative prevention and health promotion strategies informed by current knowledge of the mechanisms and pathways of behavior change Its range of conceptual and practical topics illustrates the central role of behavior in health at the individual family community and population levels and its increasing importance to person centered care The broad perspectives on risk e g stress lifestyle management issues e g adherence social support and overarching concerns e g inequities health policy makes this reference uniquely global as it addresses the following core areas The range of relationships and pathways between behavior and health Knowing in behavioral medicine epistemic foundations Key influences on behavior and the relationships among behavior health and illness Approaches to changing behavior related to health Key areas of application in prevention and disease management Interventions to improve quality of life The contexts of behavioral medicine science and practice Principles and Concepts of Behavioral Medicine opens out the contemporary world of behavior and health to enhance the work of behavioral medicine specialists health psychologists public health professionals and policymakers as well as physicians nurses social workers and those in many other fields of health practice around the world **mHealth**

Innovation David Metcalf,Rick Krohn,2021-03-24 The editors of the HIMSS Books best seller mHealth From Smartphones to Smart Systems 603 have returned to deliver an expansive survey of the initiatives innovators and technologies driving the patient centered mobile healthcare revolution mHealth Innovation Best Practices from the Mobile Frontier explores the promise of mHealth as a balance between emerging technologies and process innovations leading to improved outcomes with the ultimate aim of creating a patient centered and consumer driven healthcare ecosystem Examining the rapidly changing mobile healthcare environment from myriad perspectives the book includes a comprehensive survey of the current state ecosystem app development interoperability security standards organizational and governmental policy innovation next generation solutions and mBusiness and 20 results driven world spanning case studies covering behavior change patient engagement patient provider decision making mobile gaming mobile prescription therapy home monitoring mobile to mobile online delivery access to care app certification and quality evaluations mixed media campaigns and much more

Coronavirus Disease (COVID-19): Psychological, Behavioral, Interpersonal Effects, and Clinical Implications for Health Systems Gianluca Castelnuovo,Andrea De Giorgio,Gian Mauro Manzoni,Changiz Mohiyeddini,Darren C. Treadway,Daniel Bressington,Sally Wai Chi Chan,Llewellyn Ellardus Van Zyl,Antonella Granieri,John Naslund,2022-08-30

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