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organized and integrate the latest international research findings into an easy to read and well illustrated textbook. Keith J Petrie, Professor of Health Psychology, Department of Psychological Medicine, University of Auckland Thoroughly revised to reflect recent research, theory and practice in health psychology, this market bestseller includes new coverage of topical issues such as behaviour change strategies, health inequalities, exercise dependence, caffeine use and men's health. Now organized into five sections, the book follows a health-illness continuum model, covering theory and research relating to the context of health, health beliefs and behaviours, becoming ill and being ill with the final section describing how students can learn to think more critically about all aspects of health psychology. The new edition also includes five new chapters: Health inequalities - depicts health variation by gender, social class and geography and describes possible explanations for this Health promotion - describes a wide range of theories and strategies used to change behaviour including CBT, motivational interviewing, relapse prevention, fear appeals and the use of technology Health access - examines patient contact with health professionals, with a focus on help seeking behaviour (and delay), screening, communication and adherence Men's health - explores gender differences in life expectancy and causes of mortality, men's health related behaviours, their health beliefs, social norms of masculinity and emotional expression Being critical - offers a detailed analysis of how to be more critical, with a focus on thinking about theory, constructs, methodology and measurement Many brand new examples are introduced, covering: post traumatic stress symptoms, exercise and Chronic Fatigue Syndrome, post traumatic growth and benefit finding, measurement issues for adherence, eating, exercise, social support and coping, visualization and illness cognitions and the response shift. Health Psychology 5th edition is essential reading for all students and researchers of health psychology. It will also be invaluable to students of medicine, nursing and allied health. An Online Learning Centre website www.openup.co.uk/ogden accompanies this edition with useful materials for students of health psychology and their lecturers, including PowerPoint presentations, artwork and a new Testbank.

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