



## Handbook of Health Psychology: Second Edition

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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.

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