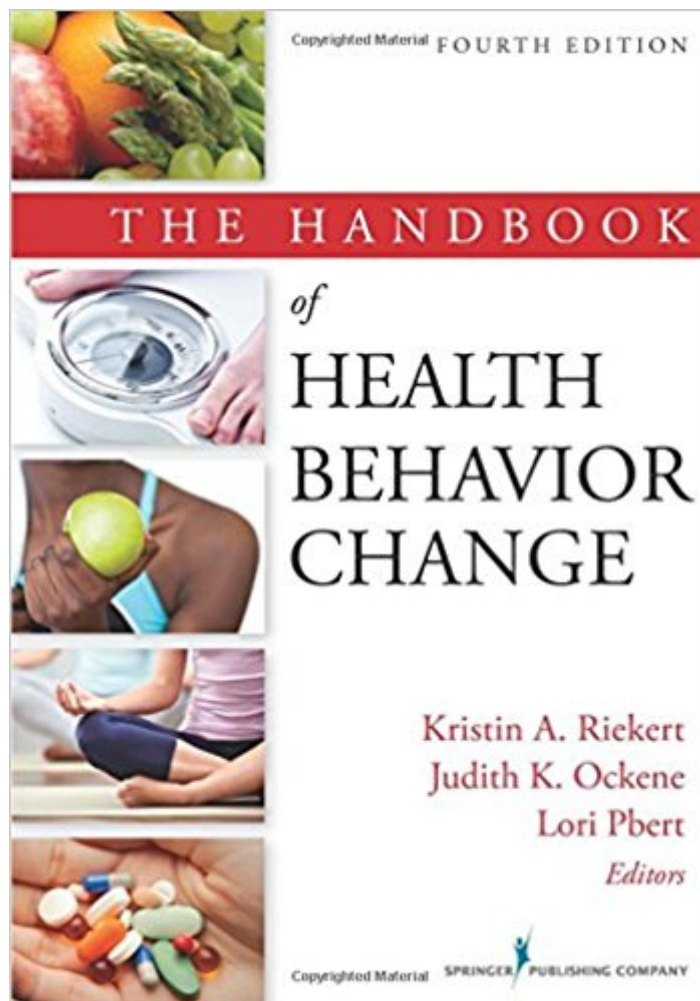


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# The Handbook Of Health Behavior Change, 4th Edition



## Synopsis

Choice Outstanding Academic Title! 4 Stars - Doody's! Praise for the Third Edition: "This work will be one that students and clinicians keep on their shelves as the gold-standard reference for health behavior change. Summing up: Essential" --Choice Substantially revised to reflect current trends in the field of health behavior change, this new edition of the highly acclaimed "gold standard" text continues to provide a comprehensive overview of behavior change as it relates to public health. It has been extensively reorganized to eliminate redundancies in the earlier edition, and takes a broader, more pragmatic approach in its coverage of health behavior change. New content includes chapters on lifestyle change and prevention and chronic disease management, with an intensive focus on specific behaviors (i.e. diet and nutrition, tobacco use) and chronic illness (i.e. diabetes, heart disease). A new section on Community, System, and Provider Interventions to Support Health Behavior Change focuses on the efficacy of interventions implemented within various systems such as schools, workplaces, and health care systems. The fourth edition also provides learning objectives and discussion questions to facilitate use by course instructors in health psychology, behavioral medicine, and public health. This multidisciplinary text has been authored and edited by highly esteemed practitioners, educators, and researchers who are experts in their specific areas of study. The majority of the text continues to be organized around the specific behaviors and chronic illnesses with the most significant public health impacts in terms of morbidity and mortality. Each chapter explains the significance of a particular problem and reviews the empirical evidence for the various intervention approaches. New to the Fourth Edition: Extensively reorganized to eliminate redundancies Updated to encompass the most current research in health behavior change Includes new chapters on Alcohol, Stress and Mood Management, Diabetes, Obesity, The Workplace, Built Environment, and Behavior Data Focuses intensively on specific behaviors and chronic illnesses that significantly affect public health Includes a new section on Community, System, and Provider Interventions to Support Health Behavior Change Applicable to a wide variety of courses including public health, behavior change, preventive medicine, and health psychology Authored by leading researchers, educators, and practitioners with a multidisciplinary focus Includes learning objectives and discussion questions

## Book Information

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## Customer Reviews

Kristin A. Riekert, PhD, is Associate Professor of Medicine in the Division of Pulmonary and Critical Care Medicine, Department of Medicine, The Johns Hopkins University, USA and Co-Director of the Johns Hopkins Adherence Research Center (JHARC). Dr. Riekert is Principal Investigator or Co-Investigator on several NIH and foundation-sponsored intervention trials focused on improving adherence and health outcomes in cystic fibrosis, asthma, chronic kidney disease, sickle cell disease and secondhand smoke reduction. She is co-editor of the third edition of *The Handbook of Health Behavior Change*. Judith K. Ockene, PhD, MEd, M, is Professor of Medicine and Chief of the Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School, USA. She holds the Barbara Helen Smith Chair in Preventive and Behavioral Medicine and is Associate Vice Provost for Gender and Equity. Dr. Ockene is the recipient of numerous NIH grants funding research in the prevention of illness and disability and the promotion of health and quality of life for individuals and communities. Much of her work has focused on the risk behaviours of tobacco, alcohol, and diet. She teaches medical, graduate, public health students and clinicians how to help patients make lifestyle changes. She has over 180 publications and was a scientific editor of two Surgeon General's Reports on Smoking and Health. Dr. Ockene has received several school, state, and national mentoring awards, including the Society of Behavioral Medicine Distinguished Mentor Award in 2009, the Katharine F. Erskine Mentoring Award for Women in Medicine & Science in 2008, and the UMMS Women's Faculty Committee Mentor Award in 2006. Dr. Ockene is a past member of the U.S. Preventive Services Task Force and past President of the Society of Behavioral Medicine. She is coeditor of the third edition of *The Handbook of Health Behavior Change*. Lori Pbert, PhD, is Professor of Medicine and Associate Chief of the Division of Preventive and Behavioral Medicine in the Department of Medicine at the University of Massachusetts Medical

School (UMMS, USA). She is Director of the Center for Tobacco Treatment Research and Training (CTTTRT) and of the UMMS Tobacco Treatment Specialist Training and Certification Program. Dr. Pbert is a clinical and translational researcher with over 20 years experience conducting community-based and clinical trials. She is the recipient of numerous grants from NIH funding research in the design and evaluation of behavioural interventions for health promotion and risk behaviour change in real world settings. Dr. Pbert teaches medical and graduate students, physicians and other health care providers in the theory and practice of health behaviour change. She is a fellow in the Society of Behavioral Medicine and a founding member of the American Academy of Pediatrics Center for Child Health Research Tobacco Consortium.

as described

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