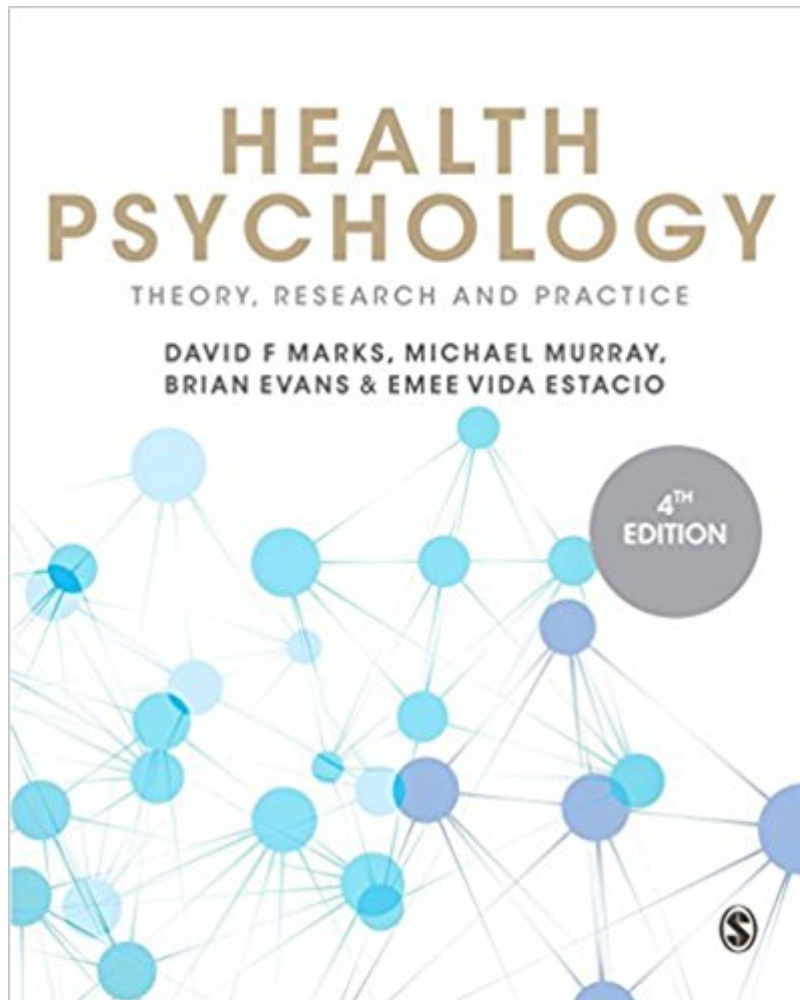




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Health Psychology: Theory, Research And Practice



Synopsis

Health Psychology students will need to understand how to evaluate and critically-appraise the latest theory and research before it can be applied. This fully-revised and updated fourth edition takes a critical approach and places Health Psychology in a real-world context, enabling students to understand how public policy, theory and research can influence communities and individuals alike. The new edition includes: A new chapter on diet and obesity Updated material on stress and coping, doctor-patient communication, death, dying, bereavement and quality of life Introductions to the social, political and economic conditions that influence our health Breadth of coverage from social inequality through to chronic illness and screening An enhanced SAGE edge companion website (edge.sagepub.com/marks4e) with a suite of features to enhance students' learning experience.

Customer Reviews

Just as the Journal of Health Psychology is not like any other journal in the field, this new edition of David Mark's "Health Psychology" textbook is different from all the other textbooks in the field. It will broaden your perspectives as it educates your mind. --Kenneth A. Wallston
This book has become a classic in the field - sophisticated, accessible and interesting. It is of great use to students, teachers and practitioners of Health Psychology world wide. --Leslie Swartz, Distinguished Professor of Psychology
This is a remarkable book. It is exceptionally complete, thoughtful, and deep. It avoids the superficial accounting of many texts and does not shy away from controversy. It is fully rooted in today's science of health psychology.

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This is a remarkable book. It is exceptionally complete, thoughtful, and deep. It avoids the superficial accounting of many texts and does not shy away from controversy. It is fully rooted in today's science of health psychology. (Stevan E. Hobfoll, Ph.D. Professor of Behavioral Sciences, Medicine, and Preventive Medicine)
A very nice introductory text that takes a biopsychosocial approach to health and illness, and recognizes the importance of culture, health literacy, and issues such as racism and health inequities/disparities that continue to impact disadvantaged communities. (Cheryl L. Holt)
Like other textbooks, this book provides a comprehensive introduction to the field of health psychology. Unlike other books however, this one takes a holistic-systems approach to health, and uses the novel

concept of the Health Onion to do so: The myriad determinants of health are presented as different layers – biological, familial, behavioral, neighborhood, social and cultural – that must be scientifically-examined and peeled away to understand health. Consequently, the book contains many valuable chapters that other textbooks lack, including chapters on macro-level influences (Chapter 2), social justice and social inequality (Chapter 3), and cultural factors (Chapter 4). Moreover, the examples provided to illustrate each layer of the influences on health are global ones, and include health and its psychology in Europe, the USA, Asia, Africa, and elsewhere. This unique approach helps students understand that the health of individuals is a part and product of the family, social-network, neighborhood, and society in which they are embedded. Hence, this revised edition provides an excellent overview of health and of the science of health psychology in their local and larger contexts. (Hope Landrine) Just as the Journal of Health Psychology is not like any other journal in the field, this new edition of David Mark's "Health Psychology" textbook is different from all the other textbooks in the field. It will broaden your perspectives as it educates your mind. (Kenneth A. Wallston)

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