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Health Psychology Shelley Taylor 2nd Canadian Edition social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition. Health Psychology: 9781259870477: Medicine & Health ... Health Psychology by Shelley Taylor (PDF) Health Page 5/24

Health Psychology Shelley Taylor 2nd Canadian Edition

Shelley E. Taylor is professor of psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition.

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The rise of health psychology can be tied to several factors, including the increase in chronic or lifestyle-related illnesses, the expanding role of health care in the economy, the realization that psychological and social factors contribute to health and illness, the demonstrated importance of psychological interventions to improving people’s health, and the rigorous methodological ...

Health Psychology - SILO.PUB

Health psychology is a diverse field that has grown quickly in the last 30 years, now including major focuses on improving our health care system, caring for our aging population (boomers), and the behavioural components and risk factors for disease prevention and health promotion. Shelley Taylor and Fuschia Sirois have written a book that presents the best of past, present, and future research in a format that is accessible and relevant to Canadian students, with a strong focus on the ...

Health Psychology: Taylor, Shelley, Sirois, Fuschia ...

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This student-friendly introduction to the field focuses on understanding social and practical problems and developing intervention strategies to address them. Offering a balance of theory, research, and application, the updated Third Edition includes the latest research, as well as new, detailed examples of qualitative research throughout.

Intraindividual variability (IIV) of human development and behavior across the entire life-span is explored in this new book. Leading researchers summarize recent findings on the extent, role, and function of IIV in human development with a focus on how, when, and why individuals change over time. The latest theoretical, methodological, and technological advances are reviewed. The book explores the historical and theoretical background and challenges of IIV research along with its role and function in childhood, adolescence, and adulthood. Edited to maximize consistency and accessibility, each chapter includes an introduction and a review of the research and most explore future directions, new theoretical developments, and conclusions and implications. Readers are shown that by focusing on the individual as a unit of analysis across different time scales, conditions, and situations, researchers can effectively demonstrate behavioral and developmental regularities at different points of the life-span. As such this book is a must have for anybody interested in IIV research. The book explores: -New designs and methods for the analysis of intensive repeated measures data. -The importance of real-time data for more time sensitive and ecologically valid measurements. -The role and function of intraindividual variability in behavior and development across the life-span -- from infancy to later life. -Numerous examples of how intraindividual variability research is conducted. -Topics and findings that are commonly treated in disparate bodies of literature from various disciplines. Part 1 provides a historical, conceptual, and methodological overview of the study of intraindividual variability (IIV). IIV during childhood and adolescence and its application in the investigation of development of language acquisition, infant-parent interactions, development of motor skills, cognitive development, mood regulation, and identity development are examined in Part 2. Part 3 focuses on IIV during adult development, including its use in neuropsychological functioning and attention and in personality development and mood regulation. IIV in the context of adults’ health behavior is also reviewed. Part 4 examines the key issues and challenges of IIV research in human development such as whether IIV in adult development is an indicator of vulnerability or resilience, the association between short-term IIV and long-term developmental change, and multiple time-scale design and analysis. The volume concludes with a look at the future of intraindividual variation analysis. Intended for advanced students and researchers in developmental psychology across the life-span, social, personality, and health psychology, as well as sociology, family studies, gerontology, education, and medicine, interested in intraindividual variability of behavior and its role in human development, this book also serves as a text for graduate courses on longitudinal analysis, multilevel modeling, and/or (advanced) data analysis offered in these departments. Knowledge in human development or life course sociology and graduate-level statistics is recommended.

A text to convey the increasingly sophistication and complexity of the connection between the mind and the body.

The new edition of Health Psychology is the perfect introduction to this rapidly developing field. Throughout the book, the psychological processes that shape health-related behaviours, and affect core functions such as the immune and cardiovascular systems, are clearly explained. These relationships provide the foundation for psychological interventions which can change cognition, perception and behaviour, thereby improving health. The book is split into five sections, and builds to provide a comprehensive overview of the field: the biological basis of health and illness stress and health coping resources: social support and individual differences motivation and behaviour relating to patients Extensively revised to include new material on behavioural change, the role of stress, resilience and social support, recovery from work, and the care of people with chronic disease, the book also includes a range of features which highlight key issues, and engage readers in applying what we have learned from research. This is essential reading for any undergraduates studying this exciting field for the first time, and the perfect primer for those embarking on postgraduate study.

A truly interdisciplinary approach to the study of health, Health Psychology: An Interdisciplinary Approach uses the social ecological perspective to explore the impact of five systems on individual health outcomes: individual, culture/family, social/physical environment, health systems and health policy. In order to provide readers with an understanding of how health affects the individual on a mental and emotional level, the author has taken an interdisciplinary approach, considering the roles of anthropology, biology, economics, environmental studies, medicine, public health, and sociology.

The second Canadian edition of Health Psychology: Biopsychosocial Interactions integrates multidisciplinary research and theory to help students understand the complex connections between psychology and health. This comprehensive yet accessible textbook covers the biopsychosocial factors that impact human health and wellness, placing particular emphasis on the distinctive characteristics of the Canadian health care system, the issues and challenges unique to Canadian culture, and the most recent Canadian research in the field of health psychology. Clear, student-friendly chapters examine topics such as coping with stress and illness, lifestyles for enhancing health and preventing illness, managing pain and discomfort, getting medical treatment, and living with chronic illness. This fully revised second edition features the latest available data and research from across Canada and around the world. New and expanded chapters explore psychosocial factors in aging and dying, legalized marijuana use in Canada, the link between inflammation and depression, Canadian psychosocial models of pain, recent Medical Assistance in Dying (MAiD) legislation, weight control, eating disorders, and exercise, and much more. Throughout the text, updated illustrative examples, cross-cultural references, and real-world cases reinforce key points and strengthen student comprehension, retention, and interest.

TRY (FREE for 14 days). OR RENT this title: www.wileystudentchoice.com Introduction to Clinical Psychology: An Evidence-Based Approach 4ce by University of Ottawa authors Catherine M. Lee and John Hunsley introduces students to the theories and practices of clinical psychology and conveys the important work done by clinical psychologists. This text is designed to be helpful not only to those who will go on to careers in clinical psychology, but also to those who will choose other career paths.

How can psychologists incorporate recent insights about power, values and inequality in their work? What is the role of social justice in the practice of psychology? In this highly readable book Prilleltensky and Nelson tackle these questions and propose workable solutions. This is the first book to translate into action the principles of critical psychology. Using a value-based framework the authors propose guidelines for training and critical practice in clinical, counselling, educational, health, community, and work settings. The authors base their approach on a combination of values for the promotion of personal, interpersonal, and collective well-being. They propose a set of values consisting of self determination, caring and compassion, health, respect for diversity, participation, community support and social justice. Because of its wide coverage, the book should be of interest to students and practitioners in psychology, mental health, and to users of psychological services in most fields of practice. Doing Psychology Critically: - Translates critical psychology theory into practice - Applies to most fields of applied psychology - Is written in an accessible style § includes tables and diagrams that illustrate recommendations for practice - Follows a coherent framework - Is a useful resource for training programmes in health, clinical, counselling, educational, community, and organisational psychology ISAAC PRILLELTENSKY is Professor of Psychology and Director of the Wellness Promotion Unit at Victoria University in Melbourne. He is the author of The Morals and Politics of Psychology and co-editor of Critical Psychology: An Introduction (with Dennis Fox) and Promoting Family Wellness and Preventing Child Maltreatment (with Geoffrey Nelson and Leslea Peirson). GEOFFREY NELSON is Professor of Psychology at Wilfrid Laurier University in Canada. He has served as Editor of the Canadian Journal of Community Mental Health and is the author of Shifting the Paradigm in Community Mental Health (with John Lord and Joanna Ochocka) and co-editor of Promoting Family Wellness: Fundamentals for Thinking and Action (with Isaac Prilleltensky and Leslea Peirson).

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