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Titolo	Understanding hard to maintain behaviour change : a dual process approach // Ron Borland
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ISBN	1-118-57291-2 1-118-57289-0 1-118-57292-0
Edizione	[1st edition]
Descrizione fisica	1 online resource (253 pages)
Collana	Addiction Press
Disciplina	153.8/5
Soggetti	Behavior modification Change (Psychology) Habit breaking Habit
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	An overview of the theory -- Characteristics of hard to maintain behaviours -- The roles of the operational and executive systems -- Environmental influences : the context of change -- Conceptual influences on change -- The structure of the change process -- Interventions for behaviour change -- Using ceos to advance knowledge.
Sommario/riassunto	The book presents an integrative theory of hard-to-maintain behaviours, that includes hard-to-reduce or eliminate behaviours like smoking and other drug use, over consumption of food or unsafe sex, and hard-to-sustain behaviours like exercise and sun-safe behaviours. Most of the examples come from the author's work on tobacco smoking, but it is relevant to anyone who is concerned to understand why some forms of desirable behaviour are so hard to achieve, and to those trying to help people change. It also has important implications for public health campaigns and for the development of policy

