

1. Record Nr.	UNINA9910143581003321
Titolo	Self-regulation in health behavior [[electronic resource] /] / edited by Denise T.D. de Ridder and John B.F. de Wit
Pubbl/distr/stampa	Chichester, England ; ; Hoboken, NJ, : John Wiley & Sons, c2006
ISBN	1-280-35573-5 9786610355730 0-470-71315-1 0-470-02409-7
Descrizione fisica	1 online resource (266 p.)
Classificazione	44.10
Altri autori (Persone)	RidderDenise T. D. de WitJohn Bertha Franciscus de <1965->
Disciplina	613/.0433
Soggetti	Health behavior Self-control Self-management (Psychology) Control (Psychology) Behaviorism (Psychology) Health - Decision making Electronic books.
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 and index.
Nota di contenuto	Self-regulation perspectives on health behavior : concepts, theories, and central issues / Denise T.D. de Ridder and John B.F. de Wit -- Contextualizing health behaviors : the role of personal goals / Winifred A. Gebhardt -- Unintentional behavior : a subrational approach to health risk / Frederick X. Gibbons, Meg Gerrard, Rachel A. Reimer, and Elizabeth A. Pomery -- Social influences on adolescent substance use : insights into how parents and peers affect adolescent's smoking and drinking behavior / Rutger C.M.E. Engels and Sander M. Bot -- Temperament, self-regulation, and the prototype willingness model of adolescent health risk behavior / Meg Gerrard, Frederick X. Gibbons, Michelle L. Stock, Amy E. Houlihan, and Jennifer L. Dykstra -- Implementation intentions : strategic automatization of goal striving /

Paschal Sheeran, Thomas L. Webb, and Peter M. Gollwitzer -- Managing immediate needs in the pursuit of health goals : the role of coping in self- regulation / Denise T.D. de Ridder and Roeline G. Kuijer -- Maintaining self-control : the role of expectancies / Carolien Martijn, Hugo J.E.M. Alberts, and Nanne K. de Vries -- Maintenance of health behavior change : additional challenges for self-regulation theory, research, and practice / John B.F. de Wit -- Hanging on and letting go in the pursuit of health goals : psychological mechanisms to cope with a regulatory dilemma / Klaus Rothermund.

Sommario/riassunto

This text offers a comprehensive overview of new approaches to health-related behaviour from a self-regulation perspective. The authors outline the assumptions on which self-regulation theories are based, discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour.
