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Titolo	Adolescent health : the role of individual differences // Patrick Heaven
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (214 p.)
Collana	Adolescence and society
Disciplina	613.0433 613/.0433
Soggetti	Health behavior in adolescence Teenagers - Health and hygiene Individual differences in adolescence
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	Book Cover; Title; Contents; List of figures and tables; Foreword; Preface; General introduction; Health education; Stress and coping; Body image and eating behaviours; Sex and AIDS; Substance use: alcohol, cigarettes, and other drugs; Mental health: schizophrenia, depression, and suicide; Lifestyle, exercise, and diet; Concluding comments; References; Name index; Subject index
Sommario/riassunto	Adolescence is one of the most turbulent yet exciting phases in life. Increased autonomy brings with it new health risks ranging from drugs and sexually transmitted disease, to eating disorders and suicidal depression. Even though todays teenagers are more concerned with and educated about their health than any previous generation, they still engage in risky behaviour. Adolescent Health explores how individual differences contribute to health and illness across a wide range of cultures and socio-economic backgrounds. Patrick Heaven blends the latest research findings from a r

