

1. Record Nr.	UNINA9910220040003321
Autore	Muldoon Orla
Titolo	Better Together: A Joined-Up Psychological Approach to Health, Well-Being, and Rehabilitation
Pubbl/distr/stampa	Frontiers Media SA, 2016
Descrizione fisica	1 online resource (166 p.)
Collana	Frontiers Research Topics.
Soggetti	Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Health and well-being is best understood in terms of a combination of biological, psychological, and social factors. But how 'social' is the biopsychosocial model when applied to mental health and rehabilitation? Psychology has traditionally viewed health as being determined by individual behavior. An integrative psychological approach is required to draw understanding from sociology, social psychology, and politics to consider how wider systemic, structural, and contextual factors impact on health behavior and outcomes. This e-book is dedicated to examining collective and community approaches to well-being and rehabilitation. In particular, the articles contained within this e-book are seeking to understand how social integration, social groups, social identity, and social capital influence health, well-being, and rehabilitation outcomes.</p>