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Descrizione fisica	1 online resource (233 pages)
Collana	Nebraska Symposium on Motivation, , 2947-9479 ; ; 65
Disciplina	153.85
Soggetti	Psychology Personality Difference (Psychology) Medicine, Preventive Health promotion Behavioral Sciences and Psychology Personality and Differential Psychology Health Promotion and Disease Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Motivating Change in Addiction via Modulation of the Dark Side -- Chapter 2: Changing Drug Use and Other Health-Related Behavior in Vulnerable Populations -- Chapter 3: Action, Inaction, and Actionability: Definitions and Implications for Communications and Interventions to Change Behaviors -- Chapter 4: Change and Maintaining Change in School Cafeterias: Economic and Behavioral-Economic Approaches to Increasing Fruit and Vegetable Consumption -- Chapter 5: Understanding Social Structural Barriers and Facilitators to Behavioral Change: The Case of Cisgender Women Diagnosed with HIV -- Chapter 6: Strategic Communication Research to Illuminate and Promote Public Engagement with Climate Change.
Sommario/riassunto	This unique multidisciplinary volume examines the dynamics of behavioral change and its maintenance, from the individual to the wider domains of public policy. Coverage traces how change may be achieved, sustained, or derailed, as well as underlying neurobiological,

behavioral, and social processes that fuel unhealthy and risky behaviors. Contributors offer a wide range of prevention and intervention strategies for supporting positive health habits from improved food choices to abstinence to compliance with treatment. These mechanisms are then transferred to the societal level in studies of evolving public perception of salient issues such as climate change, gender disparities, and drug policy. Included among the topics: Motivating change in addiction via modulation of the dark side. Changing drug use and other health-related behavior in vulnerable populations. Change and maintaining change in school cafeterias. Understanding social structural barriers and facilitators to behavioral change. Strategic communication research to illuminate and promote public engagement with climate change. A provocative rendering of motivation in its macro and micro dimensions, Change and Maintaining Change will interest researchers, practitioners, and clinicians interested in diverse areas such as smoking and other addictions, improvement and relapse in therapy, development and treatment of anxiety disorders, and social cognition and decision-making.

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