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Altri autori (Persone)	AldwinCarolyn M ParkCrystal L SpiroAvron
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Nota di contenuto	Health psychology and aging: an introduction / Carolyn M. Aldwin, Crystal L. Park, and Avron Spiro III -- Challenging assumptions about adult development: implications for the health of older adults / Sarit A. Golub and Ellen J. Langer -- A developmental approach to psychosocial risk factors and successful aging / Cynthia A. Berg ... [et al.] -- Methods in health psychology: relevance to aging / Heather Young and Peter Vitaliano -- The relevance of a lifespan developmental approach to health / Avron Spiro III -- Psychoneuroimmunological processes in ageing and health / Tara L. Gruenewald and Margaret E. Kemeny -- The psychoneuroendocrinology of aging: anabolic and catabolic hormones / Elissa S. Epel, Heather M. Burke, and Owen M. Wolkowitz -- Cardiovascular reactivity in older adults / Denise C. Cooper, Leslie I. Katzel, and Shari R. Waldstein -- A lifespan approach to personality and longevity: the case of conscientiousness / Howard S. Friedman and Leslie R. Martin -- Sense of control and health: a dynamic duo in the aging process / Marilyn Skaff -- Coping, health, and aging / Carolyn M.

Aldwin, Loriena A. Yancura, and Daria K. Boeninger -- Health and psychological consequences of caregiving / Richard H. Fortinsky ... [et al.] -- Psychosocial stress, emotion regulation, and resilience among older adults / Mary C. Davis ... [et al.] -- Optimizing social relationships as a resource for health and well-being in later life / Karen S. Rook ... [et al.] -- Issues of diversity in health psychology and aging / Barbara W.K. Yee and David A. Chiriboga -- Religious and spiritual issues in health and aging / Crystal L. Park -- Self-regulation of health threats, affect, and the self: lessons from older adults / Howard Leventhal, Rachel Forster, and Elaine Leventhal -- The role of clinical health geropsychology in the health care of older adults / Sara Honn Qualls and Charles C. Benight -- Effects of changes in diagnostic thresholds on health care for older adults / Robert M. Kaplan -- Health psychology and aging: moving to the next generation of research / Carolyn M. Aldwin, Crystal L. Park, and Avron Spiro III.

Sommario/riassunto

Meeting a growing need, this authoritative reference and text comprehensively examines the interplay of biological, psychological, and social factors in health and illness in older adults. The volume explores how and why some people adapt more successfully than others to age-related stressors such as chronic illness, disability, and loss, and identifies ways to promote coping and resilience. With contributions from leading researchers in health psychology and gerontology, the Handbook integrates state-of-the-science theories and methods from both fields. Key topics include how
