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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Individual theories / Mary R. Janevic and Cathleen M. Connell -- Understanding population health from multi-level and community-based models / Marian L. Fitzgibbon, J. Buscemi, M. Cory, A. Jagpal, B. Brush, A. Kong, and L. Tussing-Humphreys -- Psychosocial predictors of behavior change / Summer L. Williams and Kelly B. Haskard-Zolnieriek -- Developmental influences on behavior change : children, adolescents, emerging adults, and the elderly / Crystal S. Lim, Elizabeth Schneider, and David M. Janicke -- Culture, behavior, and health / Milagros C. Rosal, Monica L. Wang, and Valerie J. Silfee -- Dietary behavior change / Cynthia A. Thomson and Craig Johnston -- Physical activity behavior / Jylana L. Sheats, Sandra J. Winter, Lauren A. Grieco, and Abby C. King -- Skin cancer and melanoma prevention : UV radiation exposure, tanning, and sun protection / Jennifer M. Taber and Sarah A. Hayes -- Addressing tobacco use and dependence / Lori Pbert, Denise Jolicoeur, Brianna L. Haskins, and Judith K. Ockene --

Alcohol prevention and treatment : interventions for hazardous, harmful, and dependent drinkers / Emma Geijer-Simpson, Ruth McGovern, and Eileen Kaner -- Reducing stress to improve health / David J. Finitzis, Ellen A. Dornelas, Jonathan Gallagher, and Hannah Janis -- Building a science for multiple-risk behavior change / Judith J. Prochaska, Janice M. Prochaska, and James O. Prochaska -- Chronic disease management interventions : cardiovascular disease / Laura L. Hayman -- Diabetes management behaviors : the key to optimal health and quality of life outcomes / Korey K. Hood, Jennifer Raymond, Rebecca N. Adams, Molly L. Tanenbaum, and Michael A. Harris -- Behavioral management of chronic respiratory diseases : examples from asthma and chronic obstructive pulmonary disease -- Chronic infectious disease management interventions / Scott D. Rhodes, Aimee M. Wilkin, Claire Abraham, Timothy S. Oh, and Laura H. Bachmann -- Adherence to treatment and lifestyle changes among people with cancer / Amy H. Peterman, David Victorson, and David Cella -- Obesity / Rachel W. Goode, Yang Yu, and Lora E. Burke -- Interventions with the family system / Emily R. Hamburger, Lindsay Satterwhite Mayberry, Kimberly L. Savin, and Sarah S. Jaser -- School interventions to support health behavior change / Rebekka M. Lee and Steven L. Gortmaker -- Prevention of chronic disease at the worksite / Stephenie C. Lemon, Elizabeth Ablah, and Barbara Estabrook -- Health care provider and system interventions promoting health behavior change / Anne C. Dobmeyer, Jeffrey L. Goodie, and Christopher L. Hunter -- The role of the built environment in supporting health behavior change / Angie L. Cradock -- Principles of health behavior measurement / Marisa E. Hilliard and Rachel Wasserman -- Role of technology in behavior change to expand reach and impact on public health / Bradford William Hesse, Ellen Beckjord, and David K. Ahern.

Sommario/riassunto

The revised and updated fifth edition of this highly acclaimed textbook continues to provide a foundational review of health behavior change theories, research methodologies, and intervention strategies across a range of populations, age groups, and health conditions. It examines numerous, complex, and often co-occurring factors that can both positively and negatively influence people's ability to change behaviors to enhance their health including intrapersonal, interpersonal, sociocultural, environmental, systems, and policy factors, in the context of leading theoretical frameworks. Beyond understanding predictors and barriers to achieving meaningful health behavior change, the Handbook provides an updated review of the evidence base for novel and well-supported behavioral interventions and offers recommendations for future research. New content includes chapters on Sun Protection, Interventions With the Family System, and the Role of Technology in Behavior Change. Throughout the textbook, updated reviews emphasize mobile health technologies and electronic health data capture and transmission and a focus on implementation science. And the fifth edition, like the previous edition, provides learning objectives to facilitate use by course instructors in health psychology, behavioral medicine, and public health. The Handbook of Health Behavior Change, Fifth Edition, is a valuable resource for students at the graduate and advanced undergraduate level in the fields of public or population health, medicine, behavioral science, health communications, medical sociology and anthropology, preventive medicine, and health psychology. It also is a great reference for clinical investigators, behavioral and social scientists, and healthcare practitioners who grapple with the challenges of supporting individuals, families, and systems when trying to make impactful health behavior change.
