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Titolo	Social psychology and health [[electronic resource] /] / Wolfgang Stoebe
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ISBN	1-283-15272-X 9786613152725 0-335-24052-6
Edizione	[3rd ed.]
Descrizione fisica	1 online resource (376 p.)
Collana	Mapping social psychology
Disciplina	155.9 302
Soggetti	Clinical health psychology Social medicine Social psychology
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	Front cover; Half title; Series; Title; Copyright; Dedication; Praise for this book; Contents; Preface; 1 Changing conceptions of health and illness; 2 Determinants of health behaviour: deliberate and automatic instigation of action; 3 Beyond persuasion: the modification of health behaviour; 4 Behaviour and health: excessive appetites; 5 Behaviour and health: self-protection; 6 Stress and health; 7 Moderators of the stress-health relationship; 8 The role of social psychology in health promotion; Glossary; References; Author Index; Subject Index; Adverts; Back cover
Sommario/riassunto	This book applies the most recent social psychological research to health psychology. It argues for an integrative approach that combines psychological, economic and environmental interventions in order to change health impairing behaviour patterns.