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| Nota di contenuto | Lying and self-deception in health and disease / Charles V. Ford -- The social sharing of emotion : illusory and real benefits of talking about emotional experiences / Bernard Rime, Gwenola Herbette and Susanna Corsini -- Theoretical mechanisms involved in disclosure : from inhibition to self-regulation / Melanie A. Greenberg and Stephen J. Lepore -- Emotion suppression and cardiovascular disease : is hiding feelings bad for your heart? / Iris B. Mauss and James J. Gross -- The Reality Escape Model : the intricate relation between alexithymia, dissociation, and anesthesia in victims of child sexual abuse / Peter Paul Moormann, Bob Bermond and Francine Albach -- Worry, perseverative thinking and health / Jos F. Brosschot and Julian F. Thayer -- Different concepts or different words? concepts related to non- |

expression of negative emotions / Bert Garssen and Margot Remie --
Alexithymia : 25 years of theory and research / Graeme J. Taylor --
Emotional intelligence and physical health / Alison Woolery and Peter Salovey -- The repressive coping style and avoidance of negative affect / Lynn B. Myers and Nazanin Derakshan.
Psychological mindedness : a new index to assess a major emotion-focused coping style / Johan Denollet and Ivan Nyklicek -- The Stanford Emotional Self-efficacy Scale - cancer : reliability, validity, and generalizability / Janine Giese-Davis ... [et al.] -- Attachment representation and affect regulation : current findings of attachment research and their relevance for psychosomatic medicine / Carl Eduard Scheidt and Elisabeth Waller -- Children's conception of the emotion process : consequences for emotion regulation / Hedy Stegge ... [et al.] -- Emotional information processing in boys with disruptive behavior disorders / Bram Orobio de Castro, Willem Koops and Mark Meerum Terwogt -- Crying, catharsis, and health / Suzanne Stougie, Ad Vingerhoets and Randolph R. Cornelius -- Femininity, masculinity and the riddle of crying / Agneta H. Fischer ... [et al.] -- The heart of the actor : let it all out or keep a healthy distance? / Elly A. Konijn -- Non-expression of emotion and self among members of socially stigmatized groups : implications for physical and mental health / Janel D. Sexton and James W. Pennebaker.

Sommario/riassunto

Emotional Expression and Health looks at the role emotional expression and inhibition may play in staying healthy or falling ill. Written by leading experts in the field, chapters focus on: * how we can measure emotional expression or inhibition and how we can distinguish between their various facets * the role of attachment, and development of emotional information processing* alexithymia, emotional suppression, deception, emotional disclosure, defensiveness, repression, psychological mindedness, and emotional intelligence and self-efficacy. This unique approach
