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Titolo	The handbook of health behavior change [[electronic resource] /] / Sally A. Shumaker, Judith K. Ockene, Kristin A. Riekert, editors
Pubbl/distr/stampa	New York, : Springer Pub. Co., c2009
ISBN	1-281-96422-0 9786611964221 0-8261-1751-1
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Altri autori (Persone)	ShumakerSally A OckeneJudith K RiekertKristin A
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Soggetti	Health behavior Health attitudes Self-care, Health Behavior modification
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Tables and Figures; Contributors; Preface; Acknowledgments; Section I: Health Behavior Change and Maintenance: Theory and Techniques; Section II: Interventions for Lifestyle Change; Section III: Measurement; Section IV: Obstacles and Predictors of Lifestyle Change and Adherence; Section V: Lifestyle Change and Adherence Issues Within Specific Populations; Section VI: Lifestyle Change and Adherence Issues Among Patients With Chronic Diseases; Section VII: Lifestyle Change and Adherence: The Broader Context; Index
Sommario/riassunto	Praise for the second edition: ""This handbook sets a standard for conceptually based, empirically validated health behavior change interventions for the prevention and treatment of major diseases. It is an invaluable resource for the field of behavioral medicine as we work toward greater integration of proven health behavior change interventions into evidence-based medical practice."" . -- Susan J. Curry , PhD, Director, Center for Health Studies, Group Health Cooperative of Puget Sound; Fellow, Society of Behavioral Medicine. Numerous acute

and chronic diseases can be prevented simply by main

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