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Altri autori (Persone)	RidderDenise T. D. de WitJohn Bertha Franciscus de <1965->
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Nota di contenuto	Self-regulation perspectives on health behavior : concepts, theories, and central issues / Denise T.D. de Ridder and John B.F. de Wit -- Contextualizing health behaviors : the role of personal goals / Winifred A. Gebhardt -- Unintentional behavior : a subrational approach to health risk / Frederick X. Gibbons, Meg Gerrard, Rachel A. Reimer, and Elizabeth A. Pomery -- Social influences on adolescent substance use : insights into how parents and peers affect adolescent's smoking and drinking behavior / Rutger C.M.E. Engels and Sander M. Bot -- Temperament, self-regulation, and the prototype willingness model of adolescent health risk behavior / Meg Gerrard, Frederick X. Gibbons,

Michelle L. Stock, Amy E. Houlihan, and Jennifer L. Dykstra -- Implementation intentions : strategic automatization of goal striving / Paschal Sheeran, Thomas L. Webb, and Peter M. Gollwitzer -- Managing immediate needs in the pursuit of health goals : the role of coping in self-regulation / Denise T.D. de Ridder and Roeline G. Kuijer -- Maintaining self-control : the role of expectancies / Carolien Martijn, Hugo J.E.M. Alberts, and Nanne K. de Vries -- Maintenance of health behavior change : additional challenges for self-regulation theory, research, and practice / John B.F. de Wit -- Hanging on and letting go in the pursuit of health goals : psychological mechanisms to cope with a regulatory dilemma / Klaus Rothermund.

Sommario/riassunto

This text offers a comprehensive overview of new approaches to health-related behaviour from a self-regulation perspective. The authors outline the assumptions on which self-regulation theories are based, discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour.
