



KEY CONCEPTS IN HEALTH PSYCHOLOGY

Ian P. Albery and Marcus Munafò



CONTENTS

List of Figures	xii
List of Tables	xiv
List of Boxes	xv
Preface	xvi
Acknowledgements	xx
Publisher's Acknowledgements	xxi
1 DEFINING HEALTH PSYCHOLOGY	1
Defining Health Psychology and: Bio-medical model Psychosomatic medicine Biopsychosocial model	2
Defining Health Psychology and: Health psychology	4
Defining Health Psychology and: Social inequalities in health	9
Defining Health Psychology and: Epidemiology of health and illness	15
2 RESEARCH METHODS AND MEASUREMENT	19
Research Methods and Measurement and: Study design	20
Research Methods and Measurement and: Cross-sectional	23
Research Methods and Measurement and: Longitudinal	26
Research Methods and Measurement and: Experimental	28

Research Methods and Measurement and: Qualitative	33
Research Methods and Measurement and: Psychometrics	37
3 SOCIAL COGNITIVE MODELS	42
Social Cognitive Models and: Social cognitive theory	43
Social Cognitive Models and: Theory of planned behaviour	46
Social Cognitive Models and: Health belief model	50
Social Cognitive Models and: Protection motivation theory	54
Social Cognitive Models and: Implementation intentions	58
Social Cognitive Models and: Health action process approach	64
Social Cognitive Models and: Precaution adoption process model	67
Social Cognitive Models and: Transtheoretical model of behaviour change	71
4 BIOLOGICAL AND PHYSIOLOGICAL MODELS	77
Biological and Physiological Models and: Biological basis of behaviour	78
Biological and Physiological Models and: Twin, family and adoption studies	81
Biological and Physiological Models and: Molecular genetics	85

Biological and Physiological Models and: Psychoneuroimmunology	90
Biological and Physiological Models and: Psychophysiology	93
5 INDIVIDUAL DIFFERENCES AND HABIT	99
Individual Differences and Habit and: Dispositional optimism	100
Individual Differences and Habit and: Unrealistic optimism	102
Individual Differences and Habit and: Locus of control	107
Individual Differences and Habit and: Self-efficacy	111
Individual Differences and Habit and: Habit	113
Individual Differences and Habit and: Personality type and health	121
6 ILLNESS-RELATED AND SICK ROLE BELIEFS	125
Illness-Related and Sick Role Beliefs and: Self-regulation model of illness cognition and behaviour	126
Illness-Related and Sick Role Beliefs and: Social representations of illness	132
Illness-Related and Sick Role Beliefs and: Discourse and illness	135
7 ACUTE AND CHRONIC ILLNESS	139
Acute and Chronic Illness and: Coronary heart disease	140

Acute and Chronic Illness and: HIV/Aids	142
Acute and Chronic Illness and: Cancer	145
Acute and Chronic Illness and: Sexually transmitted disease	148
Acute and Chronic Illness and: Hospitalization and surgery	151
Acute and Chronic Illness and: Disability	154
8 PAIN	158
Pain and: Pain theories	159
Pain and: Neurological models	161
Pain and: Behavioural models	164
Pain and: Endogenous opioids	167
Pain and: Acute pain	169
Pain and: Chronic pain	171
9 ADDICTIVE BEHAVIOURS	174
Addictive Behaviours and: Disease models	175
Addictive Behaviours and: Neurobiological models	177

Addictive Behaviours and: Social and behavioural models	181
Addictive Behaviours and: Alcohol	185
Addictive Behaviours and: Tobacco	189
Addictive Behaviours and: Behavioural addictions	194
10 HEALTH PROMOTION AND INTERVENTION	198
Health Promotion and Intervention and: Health promotion	199
Health Promotion and Intervention and: Persuasion processes	205
Health Promotion and Intervention and: Fear appeals	212
Health Promotion and Intervention and: Doctor-patient communication	219
Health Promotion and Intervention and: Adherence	222
<i>Glossary</i>	225
<i>References</i>	251
<i>Index</i>	274