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Introduction to Health Psychology

Mutiara Budi Azhar

The Changing Field of Health Patterns of disease and death Infectious versus chronic disease Contagious versus noncontagious disease Transitional epidemiology (in developing countries) Escalating costs of medical care DM, heart diseases, hypertension etc The need to employ behavioral and lifestyle changes before disease develops

What is health? World Health Organization Definition of Health (1948): A complete state. Of health psychology Can be characterized as: Multidimensional model General systems model Intuitive Biopsychosocial Model Dr. Gail Kinman, University of Bedfordshire. An Introduction to Health Psychology, second edition provides a comprehensive and lively introduction to the field. Retaining the highly praised approach of the first edition, each chapter outlines and describes the theory and research before moving on to explore applications and intervention practice. Describing, predicting, and then intervening are primary goals of health psychologists and this book reflects this process. The new edition has been thoroughly updated to include topics such as death, dying and loss, aging and lifespan, positive psych...