

PREFACE XV

PART 1

INTRODUCTION TO HEALTH PSYCHOLOGY

CHAPTER 1

What Is Health Psychology? 2

Definition of Health Psychology 3

Why Did Health Psychology Develop? 4

The Mind-Body Relationship: A Brief History 4

The Rise of the Biopsychosocial Model 6

Psychosomatic Medicine 6

Advantages of the Biopsychosocial Model 6

Clinical Implications of the Biopsychosocial Model 6

The Biopsychosocial Model: The Case History of
Nightmare Deaths 7

The Need for Health Psychology 7

Changing Patterns of Illness 8

Advances in Technology and Research 9

Expanded Healthcare Services 10

Increased Medical Acceptance 10

Health Psychology Research 11

The Role of Theory in Research 11

Experiments 12

Correlational Studies 12

Prospective and Retrospective Designs 12

The Role of Epidemiology in Health Psychology 13

Methodological Tools 13

Qualitative Research 14

What Is Health Psychology Training For? 14

CHAPTER 2

The Systems of the Body 16

The Nervous System 17

Overview 17

The Brain 17

BOX 2.1 Costs of War to the Brain 19

The Role of Neurotransmitters 19

Disorders of the Nervous System 19

The Endocrine System 20

Overview 20

The Adrenal Glands 20

Disorders Involving the Endocrine System 21

The Cardiovascular System 21

Overview 21

The Heart 22

Disorders of the Cardiovascular System 23

Blood Pressure 23

The Blood 23

The Respiratory System 24

Overview 24

The Structure and Functions of the Respiratory
System 24

Disorders Associated with the Respiratory

System 25

Dealing with Respiratory Disorders 26

The Digestive System and the Metabolism of Food 26

- Overview 26
- The Functioning of the Digestive System 26
- Disorders of the Digestive System 27
- The Gut-Brain Connection 28

The Renal System 28

- Overview 28
- Disorders of the Renal System 29

The Reproductive System 29

- Overview 29
- The Ovaries and Testes 29

- Fertilization and Gestation 30
- Disorders of the Reproductive System 30

Genetics and Health 31

- Overview 31
- Genetics and Susceptibility to Disorders 31

The Immune System 32

- Overview 32
- Infection 33
- The Course of Infection 33
- Immunity 33
- Disorders Related to the Immune System 34

PART 2**HEALTH BEHAVIOR AND PRIMARY PREVENTION****CHAPTER 3****Health Behaviors 38****An Introduction to Health Behaviors 39**

- Role of Behavioral Factors in Disease and Disorder 39

Health Promotion: An Overview 39

- Health Behaviors and Health Habits 40
- Practicing and Changing Health Behaviors: An Overview 40
- Barriers to Modifying Unhealthy Behaviors 41
- Intervening with Children and Adolescents 42
- Intervening with At-Risk People 43
- Health Promotion and Older Adults 44
- Ethnic and Gender Differences in Health Risks and Habits 45

Changing Health Habits 46

- Attitude Change and Health Behavior 46
- The Health Belief Model 47
- The Theory of Planned Behavior 48
- Evaluation of Attitude Theories 49
- Self-Regulation and Health Behavior 50
- Self-Determination Theory 50
- Implementation Intentions 50

Cognitive-Behavioral Approaches to Health Behavior Change 51

- Cognitive-Behavioral Therapy (CBT) 51
- Self-Monitoring 51
- Stimulus Control 51

BOX 3.1 Classical Conditioning 52

- The Self-Control of Behavior 52

BOX 3.2 Operant Conditioning 53

- Motivational Interviewing 54
- Relapse Prevention 54
- Evaluation of CBT 56

BOX 3.3 Modeling 54**The Transtheoretical Model of Behavior Change 56**

- Stages of Change 56
- Using the Stage Model of Change 57

Changing Health Behaviors Through Social Engineering 58**Venues for Health-Habit Modification 58**

- The Practitioner's Office 58
- The Family 59
- Self-Help Groups 59
- Schools 59
- Workplace Interventions 60
- Community-Based Interventions 60
- The Mass Media 60
- Cell Phones and Landlines 60
- The Internet and Social Media 61

CHAPTER 4**Health-Promoting Behaviors 64****Exercise 65**

- Benefits and Prevalence of Exercise 65
- Determinants of Regular Exercise 66
- Exercise Interventions 67

Unintentional Injury Prevention 68

- Home and Workplace Unintentional Injuries 69
- Motorcycle and Automobile Unintentional Injuries 70

Vaccinations and Screening 70

- Vaccinations 70
- Screenings 71

Sun Safety Practices 72**Healthy Eating 72**

- Changing Diet 73
- Resistance to Modifying Diet 73

Sleep 75

- What Is Sleep? 75
- Sleep and Health 76
- Interventions to Promote Good Sleep 77

Rest, Renewal, Savoring 78**CHAPTER 5****Health-Compromising Behaviors 80****Characteristics of Health-Compromising Behaviors 81****Marijuana Use 82****Obesity and Behavioral Contributors 83**

- What Is Obesity? 83
- Obesity in Childhood 86
- Psychosocial and Behavioral Contributors to Obesity 87
- Stress and Eating 87
- Interventions 87
- Cognitive-Behavioral Therapy (CBT) 88

BOX 5.1 Don't Diet 89

- Evaluation of Cognitive-Behavioral Weight-Loss Techniques 91

Eating Disorders 91

- Anorexia Nervosa 91
- Bulimia Nervosa 93
- BOX 5.2** The Barbie Beauty Battle 93
- Binge Eating Disorder 94

Alcohol Use Disorder and Problem Drinking 94

- The Scope of the Problem 94
- Origins of Alcohol Use Disorder and Problem Drinking 95
- Treatment of Alcohol Use Disorder 96
- Treatment Programs 96
- BOX 5.3** After the Fall of the Berlin Wall 97
- BOX 5.4** A Profile of Alcoholics Anonymous 98
- Evaluation of Alcohol Treatment Programs 98
- BOX 5.5** The Drinking College Student 99
- Preventive Approaches to Alcohol Abuse 100
- Drinking and Driving 101
- Is Modest Alcohol Consumption a Healthy Behavior? 101

Smoking and Vaping 101

- Synergistic Effects of Smoking 101
- A Brief History of the Smoking Problem 102
- Why Do People Smoke? 103
- Nicotine Addiction and Smoking 105
- Interventions to Reduce Smoking 106
- BOX 5.6** The Perils of Secondhand Smoke 109
- Smoking Prevention Programs 110

Opioid Use 110

- Acute and Chronic Pain 211
- Pain and Personality 214

PART 3**STRESS AND COPING****CHAPTER 6****Stress 114****What Is Stress? 115**

- What Is a Stressor? 115
- Appraisal of Stressors 115

Origins of the Study of Stress 116

- Fight or Flight 116
- Selye's General Adaptation Syndrome 116

- Tend-and-Befriend 116
- How Does Stress Contribute to Illness? 117

The Physiology of Stress 119

- Effects of Long-Term Stress 119
- Individual Differences in Stress Reactivity 121
- Physiological Recovery 121
- Allostatic Load 121
- BOX 6.1** Can Stress Affect Pregnancy? 122

What Makes Events Stressful? 123

- Dimensions of Stressful Events 123
- Must Stress Be Perceived as Such to Be Stressful? 123
- Can People Adapt to Stress? 124
- Must a Stressor Be Ongoing to Be Stressful? 124

How Has Stress Been Studied? 125

- Studying Stress in the Laboratory 125
- Inducing Disease 125
- Stressful Life Events 125
- BOX 6.2** Posttraumatic Stress Disorder 126
- BOX 6.3** Can an Exciting Sports Event Kill You? Cardiovascular Events During World Cup Soccer 128
- BOX 6.4** A Measure of Perceived Stress 129
- Daily Stress 129

Sources of Chronic Stress 129

- BOX 6.5** The Measurement of Daily Strain 130
- Effects of Early Stressful Life Experiences 130
- Chronic Stressful Conditions 131
- Stress in the Workplace 131
- Some Solutions to Workplace Stressors 134
- Combining Work and Family Roles 134

CHAPTER 7

Coping, Resilience, and Social Support 137

Coping with Stress and Resilience 138

- Personality and Coping 138
- BOX 7.1** The Measurement of Optimism: The LOT-R 140



Psychosocial Resources 140

- BOX 7.2** Religion, Spirituality, Coping, and Well-Being 142
- Resilience 143
- Coping Style and Coping Strategies 143
- BOX 7.3** The Brief COPE 145
- Problem-Focused and Emotion-Focused Coping 145
- BOX 7.4** Coping with HIV 146

Coping and External Resources 147

Coping Outcomes 148

Coping Interventions 148

- Mindfulness Meditation and Acceptance/Commitment Therapy 148
- Expressive Writing 149
- Relaxation Training 150
- Coping Skills Training 150

Social Support 151

- What Is Social Support? 151
- BOX 7.5** Is Social Companionship an Important Part of Your Life? 152
- Effects of Social Support on Illness 152
- Biopsychosocial Pathways 153
- Moderation of Stress by Social Support 153
- What Kinds of Support Are Most Effective? 154
- Enhancing Social Support 155
- BOX 7.6** Can Bad Relationships Affect Your Health? 156

PART 4

SEEKING AND USING HEALTHCARE SERVICES

CHAPTER 8

Using Health Services 160

Recognition and Interpretation of Symptoms 161

- Recognition of Symptoms 161
- Interpretation of Symptoms 162
- Cognitive Representations of Illness 162
- BOX 8.1** Can Expectations Influence Sensations? The Case of Premenstrual Symptoms 163
- Lay Referral Network 164
- The Internet and Health Communication Technologies 164

Who Uses Health Services? 165

- Age 165
- Gender 165
- Socioeconomic Resources 166
- Social Psychological Factors 166

Misusing Health Services 166

- Using Health Services for Emotional Disturbances 167
- BOX 8.2** The June Bug Disease: A Case of Hysterical Contagion 168
- Delay Behavior 168



CHAPTER 9**Patients, Providers, and Treatments 172****Healthcare Services 173**

- Healthcare Consumerism 173
- Structure of the Healthcare Delivery System 173
- Patient Experiences with Managed Care 175

The Nature of Patient-Provider Communication 176

- Setting 176
- Provider Behaviors That Contribute to Faulty Communication 176

BOX 9.1 What Did You Say?: Language Barriers to Effective Communication 178

- Patients' Contributions to Faulty Communication 178
- Interactive Aspects of the Communication Problem 179
- Use of Artificial Intelligence 180

Results of Poor Patient-Provider Communication 180

- Nonadherence to Treatment Regimens 180

BOX 9.2 What Are Some Ways to Improve Adherence to Treatment? 181

Improving Patient-Provider Communication and Increasing Adherence to Treatment 182

- Teaching Providers How to Communicate 182

BOX 9.3 What Can Providers Do to Improve Adherence? 183

The Patient in the Hospital Setting 185

- Structure of the Hospital 185
- The Impact of Hospitalization on the Patient 186

BOX 9.4 Burnout Among Healthcare Professionals 187

Interventions to Increase Information in Hospital Settings 188**The Hospitalized Child 188**

BOX 9.5 Social Support and Distress from Surgery 189

- Preparing Children for Medical Interventions 189

Complementary and Alternative Medicine 190

- Philosophical Origins of CAM 190

CAM Treatments 191

- Dietary Supplements and Diets 192
- Prayer 192
- Acupuncture 193
- Yoga 193
- Hypnosis 193
- Meditation 193
- Guided Imagery 194
- Chiropractic Medicine 194

- Massage 194

- Who Uses CAM? 194

- Complementary and Alternative Medicine: An Overall Evaluation 195

The Placebo Effect 196

- History of the Placebo 196

- What Is a Placebo? 196

- Provider Behavior and Placebo Effects 197

BOX 9.6 Cancer and the Placebo Effect 198

- Patient Characteristics and Placebo Effects 198

- Patient-Provider Communication and Placebo Effects 198

- Situational Determinants of Placebo Effects 198

- Social Norms and Placebo Effects 199

- The Placebo as a Methodological Tool 200

CHAPTER 10**Pain and Its Management 203****The Elusive Nature of Pain 205**

BOX 10.1 A Cross-Cultural Perspective on Pain: The Childbirth Experience 206

- Health Inequities in Pain 206

- Measuring Pain 207

- The Physiology of Pain 207

BOX 10.2 Headache Drawings Reflect Distress and Disability 209

- Neurochemical Bases of Pain and Its Inhibition 210

BOX 10.3 Phantom Limb Pain: A Case History 211

Clinical Issues in Pain Management 211

- Acute and Chronic Pain 211

- Pain and Personality 214

Pain Control Techniques 214

- Pharmacological Control of Pain 214

- Surgical Control of Pain 214

- Sensory Control of Pain 215

- Relaxation Techniques 215

- Distraction 216

- Coping Skills Training 216

- Cognitive-Behavioral Therapy 217

Pain Management Programs 218

- Initial Evaluation 218

- Individualized Treatment 218

- Components of Programs 218

- Involvement of Family 219

- Relapse Prevention 219

- Evaluation of Programs and New Developments 219



PART 5

MANAGEMENT OF CHRONIC AND TERMINAL HEALTH DISORDERS

CHAPTER 11

Management of Chronic Health Disorders 222

Quality of Life 224

What Is Quality of Life? 224

Why Study Quality of Life? 225

Emotional Responses to Chronic Health Disorders 225

Denial 225

Anxiety 226

Depression 226

BOX 11.1 The Toll of Alzheimer's Disease 227

Personal Issues in Chronic Health Disorders 227

The Physical Self 227

The Achieving Self 228

The Social Self 228

The Private Self 228

Coping with Chronic Health Disorders 228

Coping Strategies and Chronic Health Disorders 228

Patients' Beliefs About Chronic Health Disorders 229

Management of Chronic Health Disorders 230

Physical and Behavioral Rehabilitation 230

BOX 11.2 Chronic Fatigue Syndrome and Other Functional Disorders 231

BOX 11.3 Epilepsy and the Need for a Job Redesign 232

Vocational Issues in Chronic Health Disorders 232

BOX 11.4 Who Works with People with Chronic Health Disorders? 233

Social Interaction Problems in Chronic Health Disorders 234

Gender and the Impact of Chronic Health Disorders 235

Positive Changes in Response to Chronic Health Disorders 235

When a Child Has a Chronic Health Disorder 236

Psychological Interventions and Chronic Health Disorders 237

Pharmacological Interventions 237

Individual Therapy 237

Relaxation, Stress Management, and Exercise 238

Social Support Interventions 239

Support Groups 239

BOX 11.5 Help on the Internet 240

CHAPTER 12

Psychological Issues in Advancing and Terminal Illness 242

Death Across the Life Span 243

Death in Infancy and Childhood 244

Death in Adolescence and Young Adulthood 247

Death in Middle Age 247

Death in Old Age 247

BOX 12.1 Why Do Women Live Longer Than Men? 248

Psychological Issues in Advancing Illness 248

Continued Treatment and Advancing Illness 249

BOX 12.2 A Letter to My Physician 250

BOX 12.3 Ready to Die: The Question of Assisted Death 251

Psychological and Social Issues Related to Dying 251

The Issue of Nontraditional Treatment 252

Are There Stages in Adjustment to Dying? 252

Kübler-Ross's Five-Stage Theory 252

Evaluation of Kübler-Ross's Theory 253

Psychological Issues and the Terminally Ill 254

Medical Staff and the Terminally Ill Patient 254

The Promise of Palliative Care 255

Counseling with the Terminally Ill 255

The Management of Terminal Illness in Children 256

Alternatives to Hospital Care for the Terminally Ill 256

Hospice Care 256

Home Care 257

Problems of Survivors 257

BOX 12.4 Cultural Attitudes Toward Death 258

The Survivor 258

Death Education 260



CHAPTER 13

Heart Disease, Hypertension, Stroke, and Type 2 Diabetes 262

Coronary Heart Disease 263

- What Is CHD? 263
- Stress and CHD 264
- Women and CHD 266
- Personality, Cardiovascular Reactivity, and CHD 267
- BOX 13.1** Hostility and Cardiovascular Disease 268
- Depression and CHD 269
- Other Psychosocial Risk and Protective Factors for CHD 270
- Management of Heart Disease 270
- BOX 13.2** Picturing the Heart 271
- Prevention of Heart Disease 274

Hypertension 274

- How Is Hypertension Measured? 274
- What Causes Hypertension? 274
- Treatment of Hypertension 277
- The Hidden Disease 278

Stroke 278

- Risk Factors for Stroke 279
- Consequences of Stroke 279
- Rehabilitative Interventions 280

Type 2 Diabetes 281

- Health Implications of Diabetes 283
- Psychosocial Factors in the Development of Diabetes 283
- BOX 13.3** Stress Management and the Control of Diabetes 284
- The Management of Diabetes 284

CHAPTER 14

Psychoneuroimmunology and Immune-Related Disorders 287

Psychoneuroimmunology 288

- The Immune System 288

Assessing Immune Functioning 288

Stress and Immune Functioning 288

Negative Affect and Immune Functioning 290

Stress, Immune Functioning, and Interpersonal Relationships 290

BOX 14.1 Autoimmune Disorders 291

Psychosocial Resources and Immune Functioning 292

Interventions to Improve Immune Functioning 292

HIV Infection and AIDS 293

A Brief History of HIV Infection and AIDS 293

HIV Infection and AIDS in the United States 294

The Psychosocial Impact of HIV Infection 295

Interventions to Reduce the Spread of HIV Infection 296

Coping with HIV+ Status and AIDS 299

Psychosocial Factors That Affect the Course of HIV Infection 299

Cancer 300

Why Is Cancer Hard to Study? 300

Who Gets Cancer? A Complex Profile 301

Psychosocial Factors and Cancer 303

Psychosocial Factors and the Course of Cancer 303

Adjusting to Cancer 304

Psychosocial Issues and Cancer 304

Posttraumatic Growth 305

Interventions 305

Therapies with Cancer Survivors 307

Arthritis 307

Rheumatoid Arthritis 307

Osteoarthritis 308

Type 1 Diabetes 309

Special Problems of Adolescents with Diabetes 310

PART 6

TOWARD THE FUTURE

CHAPTER 15

Health Psychology: Challenges for the Future 314

Health Promotion 316

- A Focus on Those at Risk 317

Prevention 317

A Focus on Older Adults 317

Refocusing Health Promotion Efforts 317

Promoting Resilience 318

Health Promotion and Medical Practice 318

Health Disparities 318