CONTENTS

Ack	nowledgements	viii
Chitten 10h/		xii
		resewed hor milita notare manufactures
1	Psychology and medicine	1 Structure of the brain and central new
	Psychology and medicine	margarolit to longo 2
	What is health?	a lização de la fina de la composição de
	Why is psychology important?	. 8
	Different approaches to medicine	11 Enghosocial development across the
Sec	tion I Psychology and Health	21
2	Motivation, emotion, and health	23
	Motivation	25
	Motivation and health	28
	Emotion	30
	Emotion and health	38
		aquery lim alumpathet and
3	Stress and health	47
	What is stress?	48
	Stress and health	Section the hongoing amount 57
	Stress in medicine	62
	Managing stress	64
	arranging arrang	Solumn I will
4	Symptoms and illness	70
	Symptom perception	72
	Pain	78
	Placebo and nocebo effects	85
	Illness beliefs and representations	88
	inicis benefis and representations	intentities nousenedal anticidal of
5	Health and behaviour	96
3	Predicting and changing health behaviour	
	The Health Belief Model	100
	The Theory of Planned Behaviour	100
	The Transtheoretical Model	110
	PRIME Theory	110
	PRIME THEORY	114

6	Chronic illness, death, and dying	119
	Chronic illness	121
	Psychological intervention	127
	Death and dying	129
	Death and medical practice	136
Sec	tion II Basic Foundations of Psychology	143
7	Brain and behaviour	145
	Components and organisation of the nervous system	146
	Communication within and between neurons	149
	Structure of the brain and central nervous system	152
	Control of movement	157
	Sleep, consciousness, and biological clocks	161
8	Psychosocial development across the lifespan	170
	Childhood	172
	Adolescence	186
	Adulthood	190
	Old Age	190
9	Social psychology	196
	Attitudes	197
	Self psychology	202
	Individuals and groups	207
	Anti-social and pro-social behaviour	215
10	Learning, perception, and memory	219
	Perception	220
	Attention	226
	Learning	232
	Memory	238
Seci	tion III Body Systems	245
11	Immunity and protection	247
	Infection, inflammation, and immunity	249
	Psychological aspects of immune disorders	253
	Skin	256
	Cancer	259
12	Cardiovascular and respiratory	269
	Cardiovascular health	270
	Respiratory health	286

13	Gastrointestinal	294
	Psychological factors and the GI system	296
	Lifestyle and GI health	301
	GI disorders	318
14	Reproduction and endocrinology	325
	Reproduction	326
	Endocrine disorders and psychosocial wellbeing	339
15	Genitourinary medicine	348
	Sexual health	349
	Sexually transmitted diseases	354
	Prostate and testicular cancer	361
	Urinary incontinence and renal failure	367
16	Psychiatry and neurology	373
	Psychiatry	374
	Diagnosis and treatment of psychiatric disorders	384
	Neurological disorders	390
	Neuropsychological assessment and rehabilitation	393
Sec	tion IV Healthcare Practice	399
17	Evidence-based medicine	401
	Evidence-based medicine	402
	Adherence to treatment	408
	Doctor-patient communication	415
18	Clinical interviewing	425
	How we communicate	427
	Clinical interviewing	432
	Difficult interviews	439
	Giving bad news	443
19	Psychological intervention	448
	What is psychotherapy?	451
	Which therapy is best?	464
	Psychological interventions in medical settings	465
Bibl	liography	476
Inde	Index	