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Health Psychology: Biopsychosocial Interactions

By Marie Louise Caltabiano, Don Byrne, Edward P. Sarafino



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The second edition of Health Psychology: Biopsychosocial Interactions continues to draw on the research and theoretical perspectives of many disciplines to illustrate the interrelationship of psychology and health. Using the biopsychosocial model for understanding the whole person in health and illness, the text explores current Australasian and international research conducted by health psychologists, public health researchers and those working in related fields. This edition retains the structure, broad scope, pedagogical features and clear, accessible style of Sarafino's landmark work, while applying Australasian health-related statistics and documenting a wide range of Australasian health promotion programs.



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Editorial Review

From the Back Cover

Biopsychosocial to the core.

To truly understand the interconnections between psychology and health, you've got to take a look at the whole person. That's why Edward Sarafino's thoroughly updated Fifth Edition examines the dynamic interplay of biological, psychological, and social factors in people's health.

Sarafino presents the most current thinking in the field, drawing on recent research and theory from psychology, sociology, anthropology, and biology. Throughout, the text explores life-span development in health and illness, as well as health and health-related behavior of people throughout the world.

This revised new Fifth Edition provides up-to-date coverage of such timely topics as:

- How stress affects health
- Coping processes and effects on health
- Stages of change and motivational interviewing in health promotion
- Substance abuse processes, prevention, and treatment
- Weight control
- Complementary and alternative medicine
- Pain conditions and treatment
- Medical and psychosocial interventions for chronic illnesses
- Age, gender, and sociocultural differences in health and health promotion

Users Review

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Kim McLoughlin:

This Health Psychology: Biopsychosocial Interactions book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this guide incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. That Health Psychology: Biopsychosocial Interactions without we know teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry Health Psychology: Biopsychosocial Interactions can bring if you are and not make your bag space or bookshelves' turn out to be full because you can have it with your lovely laptop even cellphone. This Health Psychology: Biopsychosocial Interactions having fine arrangement in word as well as layout, so you will not experience uninterested in reading.

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Mellisa Holden:

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