

CONTENTS

VOLUME I

Theoretical Models and Frameworks

Appendix of Sources	xiii
Editors' Introduction	xxv
Editors' Introduction	
Volume I: Theoretical Models and Frameworks	xxix

Part One: Social Cognition Models

1. Selected Psychosocial Models and Correlates of Individual Health-Related Behaviors 3
Marshall H. Becker, Don P. Haefner, Stanislav V. Kasl, John P. Kirscht, Lois A. Maiman and Irwin M. Rosenstock
2. The Theory of Planned Behavior 27
Icek Ajzen
3. Protection Motivation and Self-Efficacy: A Revised Theory of Fear Appeals and Attitude Change 57
James E. Maddux and Ronald W. Rogers
4. In Search of How People Change: Applications to Addictive Behaviors 67
James O. Prochaska, Carlo C. DiClemente and John C. Norcross
5. Self-Efficacy in the Adoption and Maintenance of Health Behaviors: Theoretical Approaches and a New Model 90
Ralf Schwarzer
6. Implementation Intentions: Strong Effects of Simple Plans 116
Peter M. Gollwitzer

Part Two: Self-Regulation Models

7. Transactional Theory and Research on Emotions and Coping 139
Richard S. Lazarus and Susan Folkman
8. Illness Representations and Coping with Health Threats 170
Howard Leventhal, David R. Nerenz and David J. Steele
9. Adjustment to Threatening Events: A Theory of Cognitive Adaptation 202
Shelley E. Taylor
10. Goals and Confidence as Self-Regulatory Elements Underlying Health and Illness Behavior 225
Michael F. Scheier and Charles S. Carver
11. Self-Efficacy: Toward a Unifying Theory of Behavioral Change 248
Albert Bandura

Part Three: Psychophysiological Models

- | | |
|---|-----|
| 12. Pain Mechanisms: A New Theory
<i>Ronald Melzack and Patrick D. Wall</i> | 283 |
| 13. Beyond Attentional Strategies: A Cognitive-Perceptual
Model of Somatic Interpretation
<i>Delia Cioffi</i> | 301 |
| 14. Neuroendocrine Responses to Social Interaction
<i>J.P. Henry and P.M. Stephens</i> | 337 |
| 15. Protective and Damaging Effects of Stress Mediators
<i>Bruce S. McEwen</i> | 369 |
| 16. Behaviorally Conditioned Immunosuppression
<i>Robert Ader and Nicholas Cohen</i> | 386 |
| 17. Psychophysiological Bases of Disease
<i>Andrew Steptoe</i> | 397 |

Part Four: Environmental Models

- | | |
|--|-----|
| 18. Conservation of Resources: A New Attempt at
Conceptualizing Stress
<i>Stevan E. Hobfoll</i> | 463 |
| 19. The Environment, the Worker, and Illness: Psychological
and Physiological Linkages
<i>R. Karasek and T. Theorell</i> | 486 |

VOLUME II
Concepts

- | | |
|--|-----|
| Editors' Introduction
Volume II: Concepts | vii |
|--|-----|

Part One: Individual Differences

- | | |
|--|----|
| 20. The "Disease-Prone Personality": A Meta-Analytic
View of the Construct
<i>Howard S. Friedman and Stephanie Booth-Kewley</i> | 3 |
| 21. Coronary-Prone Behaviors in the Western Collaborative
Group Study
<i>Michael H.L. Hecker, Margaret A. Chesney, George W. Black and
Nanette Frautschi</i> | 38 |
| 22. Conceptualization and Operationalization of Perceived Control
<i>Kenneth A. Wallston</i> | 51 |
| 23. Optimism, Vulnerability, and Self-Beliefs as Health-Related
Cognitions: A Systematic Overview
<i>Ralf Schwarzer</i> | 69 |

Part Two: Social and Demographic Factors

24. Social Networks, Host Resistance, and Mortality:
A Nine-Year Follow-up Study of Alameda County Residents 93
Lisa F. Berkman and S. Leonard Syme
25. Aging, Natural Death, and the Compression of Morbidity 114
James F. Fries
26. Gender and Health: An Update on Hypotheses and Evidence 126
Lois M. Verbrugge
27. Socioeconomic Status and Health: The Challenge of the Gradient 167
*Nancy E. Adler, Thomas Boyce, Margaret A. Chesney, Sheldon Cohen,
Susan Folkman, Robert L. Kahn and S. Leonard Syme*

Part Three: Response to Health Threats

28. Perception of Risk 191
Paul Slovic
29. Unrealistic Optimism about Susceptibility to Health Problems 205
Neil D. Weinstein
30. The Relative Efficacy of Avoidant and Nonavoidant
Coping Strategies: A Meta-Analysis 223
Jerry Suls and Barbara Fletcher
31. Health Complaints, Stress, and Distress: Exploring the Central
Role of Negative Affectivity 260
David Watson and James W. Pennebaker

Part Four: Healthcare

32. Health Behavior, Illness Behavior and Sick-Role Behavior 305
Stanislav V. Kasl and Sidney Cobb
33. Determinants of Three Stages of Delay in Seeking Care
at a Medical Clinic 348
*Martin A. Safer, Quincy J. Tharps, Thomas C. Jackson and
Howard Leventhal*
34. Satisfaction, Compliance and Communication 371
Philip Ley
35. The Placebo Effect in Medical and Psychological Therapies 389
Arthur K. Shapiro and Louis A. Morris
36. Adherence to Self-Care Regimens: The Patient's Perspective 450
Dennis C. Turk and Donald Meichenbaum
37. Caregiving as a Risk Factor for Mortality: The Caregiver
Health Effects Study 474
Richard Schulz and Scott R. Beach

Part Five: Health Outcomes

- | | |
|--|-----|
| 38. Behavior as the Central Outcome in Health Care
<i>Robert M. Kaplan</i> | 485 |
| 39. Conceptual Approaches to the Assessment of Quality of Life
<i>John P. Browne, Hannah M. McGee and Ciaran A. O'Boyle</i> | 503 |
| 40. Disability as Behaviour: Models of Measurement and Explanation
<i>Marie Johnston, Debbie Bonetti and Beth Pollard</i> | 520 |
| 41. Positive Psychological States and Coping with Severe Stress
<i>Susan Folkman</i> | 534 |

VOLUME III*Methods and Measurement*

Editors' Introduction

Volume III: Methods and Measurement

vii

Part One: General Methods: Reviews and Research Designs

- | | |
|---|----|
| 42. Predicting and Explaining Intentions and Behavior:
How Well Are We Doing?
<i>Stephen Sutton</i> | 3 |
| 43. 'Inclined Abstainers': A Problem for Predicting
Health-Related Behaviour
<i>Sheina Orbell and Paschal Sheeran</i> | 22 |
| 44. Strategies for Analyzing Ecological Momentary Assessment Data
<i>Joseph E. Schwartz and Arthur A. Stone</i> | 39 |
| 45. Dilemmas in Qualitative Health Research
<i>Lucy Yardley</i> | 60 |

Part Two: Health-Related Behaviour

- | | |
|--|----|
| 46. A Simple Method to Assess Exercise Behavior in the Community
<i>G. Godin and R. J. Shephard</i> | 79 |
| 47. Dietary Intervention in Primary Care: Validity of the DINE
Method for Diet Assessment
<i>Liane Roe, Clare Strong, Connie Whiteside, Andrew Neil
and David Mant</i> | 88 |
| 48. Outcome Criteria in Smoking Cessation Trials:
Proposal for a Common Standard
<i>Robert West, Peter Hajek, Lindsay Stead and John Stapleton</i> | 98 |

Part Three: Stress and Coping

49. The Social Readjustment Rating Scale 107
Thomas H. Holmes and Richard H. Rahe
50. The Hospital Anxiety and Depression Scale 115
A.S. Zigmond and R.P. Snaith
51. Assessing Coping Strategies: A Theoretically Based Approach 125
Charles S. Carver, Michael F. Scheier and Jagdish Kumari Weintraub

Part Four: Health and Illness Cognitions

52. Development of the Multidimensional Health Locus of Control (MHLC) Scales 161
Kenneth A. Wallston, Barbara Strudler Wallston and Robert DeVellis
53. The Illness Perception Questionnaire: A New Method for Assessing the Cognitive Representation of Illness 171
John Weinman, Keith J. Petrie, Rona Moss-Morris and Rob Horne
54. The McGill Pain Questionnaire: Major Properties and Scoring Methods 186
Ronald Melzack

Part Five: Healthcare

55. The Patient-Physician Relationship: Communication Patterns of Primary Care Physicians 213
Debra L. Roter, Moira Stewart, Samuel M. Putnam, Mack Lipkin, Jr, William Stiles and Thomas S. Inui
56. Patients' Intentions in Primary Care: Measurement and Preliminary Investigation 229
Peter Salmon and Julia Quine
57. The Medical Interview Satisfaction Scale: Development of a Scale to Measure Patient Perceptions of Physician Behavior 238
Matthew H. Wolf, Samuel M. Putnam, Sherman A. James and William B. Stiles

Part Six: Health Status and Quality of Life

58. Self-Assessed Health and Mortality: A Review of Studies 251
Ellen L. Idler
59. The MOS 36-Item Short-Form Health Survey (SF-36)
 I. Conceptual Framework and Item Selection 272
John E. Ware, Jr. and Cathy Donald Sherbourne
60. Sickness Impact Profile: The State of the Art of a Generic Functional Status Measure 283
A.F. de Bruin, L.P. de Witte, F. Stevens and J.P.M. Diederiks

VOLUME IV

Application in Health, Illness and Health Care

Editors' Introduction

Volume IV: Application in Health, Illness and Health Care ix

Part One: Psychological and Behavioural Influences on Health

61. The Alameda Study – 25 Years Later 3
Charlotte A. Schoenborn
62. Mortality in Relation to Smoking: 40 Years' Observations on Male British Doctors 38
Richard Doll, Richard Peto, Keith Wheatley, Richard Gray and Isabelle Sutherland
63. Pessimistic Explanatory Style Is a Risk Factor for Physical Illness: A Thirty-Five-Year Longitudinal Study 70
Christopher Peterson, Martin E.P. Seligman and George E. Vaillant
64. Negative Life Events, Perceived Stress, Negative Affect, and Susceptibility to the Common Cold 81
Sheldon Cohen, David A.J. Tyrrell and Andrew P. Smith
65. The Relationship between Socioeconomic Status, Hostility, and Blood Pressure Reactions to Mental Stress in Men: Data from the Whitehall II Study 101
Douglas Carroll, George Davey Smith, David Sheffield, Martin J. Shipley and Michael G. Marmot
66. Twenty-Year Trends in Coronary Risk Factors in North Karelia and in Other Areas of Finland 112
Erkki Vartiainen, Pekka Puska, Pekka Jousilahti, Heikki J. Korhonen, Jaakko Tuomilehto and Aulikki Nissinen
67. Can Lifestyle Changes Reverse Coronary Heart Disease? The Lifestyle Heart Trial 127
Dean Ornish, Shirley E. Brown, Larry W. Scherwitz, James H. Billings, William T. Armstrong, Thomas A. Ports, Sandra M. McLanahan, Richard L. Kirkeeide, Richard J. Brand and K. Lance Gould

Part Two: Psychological and Behavioural Influences on Illness

68. Depression Following Myocardial Infarction: Impact on 6-Month Survival 141
Nancy Frasure-Smith, François Lespérance and Mario Talajic
69. How Coping Mediates the Effect of Optimism on Distress: A Study of Women with Early Stage Breast Cancer 157
Charles S. Carver, Christina Pozo, Suzanne D. Harris, Victoria Noriega, Michael F. Scheier, David S. Robinson, Alfred S. Ketcham, Frederick L. Moffat, Jr. and Kimberley C. Clark

70. Arthritis Self-Management Studies: A Twelve-Year Review 189
Kate Lorig and Halsted Holman
71. Changing Illness Perceptions after Myocardial Infarction: 201
An Early Intervention Randomized Controlled Trial
*Keith J. Petrie, Linda D. Cameron, Chris J. Ellis, Deanna Buick
and John Weinman*
72. Case Histories and Shorter Communications: An Application of 214
Behavior Modification Technique to a Problem of Chronic Pain
Wilbert E. Fordyce, Roy S. Fowler and Barbara DeLateur
73. Effect of Psychosocial Treatment on Survival of Patients with 219
Metastatic Breast Cancer
David Spiegel, Joan R. Bloom, Helena C. Kraemer and Ellen Gottheil
74. Alteration of Type A Behavior and its Effect on Cardiac 227
Recurrences in Post Myocardial Infarction Patients: Summary
Results of the Recurrent Coronary Prevention Project
*Meyer Friedman, Carl E. Thoresen, James J. Gill, Diane Ulmer,
Lynda H. Powell, Virginia A. Price, Byron Brown, Leonti Thompson,
David D. Rabin, William S. Breall, Edward Bourg, Richard Levy
and Theodore Dixon*
75. Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle 252
among Subjects with Impaired Glucose Tolerance
*Jaakko Tuomilehto, Jaana Lindström, Johan G. Eriksson,
Timo T. Valle, Helena Hamalainen, Pirjo Ilanne-Parikka,
Sirikka Keinänen-Kiukaanniemi, Mauri Laakso, Anne Louheranta,
Merja Rastas, Virpi Salminen and Matti Uusitupa*

Part Three: Psychological and Behavioural Influences on Health Care

76. Effective Physician–Patient Communication and Health Outcomes: 269
A Review
Moirá A. Stewart
77. Benefits of Psychological Preparation for Surgery: A Meta-Analysis 291
Marie Johnston and Claus Vögele
78. Health Psychology and Uptake of Preventive Health Services: 316
A Review of 30 Years' Research on Cervical Screening
Sheina Orbell and Paschal Sheeran
79. The Effects of Choice and Enhanced Personal Responsibility 334
for the Aged: A Field Experiment in an Institutional Setting
Ellen J. Langer and Judith Rodin
80. Difference between Patients' and Doctors' Interpretation of Some 346
Common Medical Terms
Charles Murray Boyle

- | | |
|---|-----|
| 81. Expanding Patient Involvement in Care: Effects on Patient Outcomes
<i>Sheldon Greenfield, Sherrie Kaplan and John E. Ware, Jr.</i> | 356 |
| 82. Consultation Skills of Young Doctors
<i>Peter Maguire, Susan Fairbairn and Charles Fletcher</i> | 377 |