

Contents

<i>Contributors</i>	<i>ix</i>
<i>Preface</i>	<i>xi</i>
1 Behavioral Factors in Preventive Medicine and Health Promotion	1
NEIL E. GRUNBERG	
Introduction	1
Background	4
Behavioral Factors and Leading Causes of Mortality	7
Behavioral Factors in Nonfatal Common Health Problems	12
Appetitive Behaviors and Health	17
Other Behaviors and Health	26
Implementation	29
Conclusion	31
References	32
2 The Pawtucket Heart Health Program: Prospects and Process	43
THOMAS M. LASATER, JOHN P. ELDER, AND RICHARD A. CARLETON	
Introduction	43
Program Evaluation	47
Theoretical Model	49
Program Delivery	51
References	58

3 Behavioral Community Psychology and the Prevention of Heart Disease: Community-Level Application of the Pawtucket Heart Health Program	61
JOHN P. ELDER, DAVID B. ABRAMS, PAULA A. BEAUDIN, RICHARD A. CARLETON, THOMAS M. LASATER, MARIE LAZIEH, GUSSIE S. PETERSON, AND RICK SCHWERTFEGER	
Introduction	61
Theory and Background	62
Traditional Medical Approaches to Community Health	62
Alternative Community Health Models	63
Summary	85
References	86
4 An Innovative Approach to the Evaluation of Large Community Programs	89
SONJA M. MCKINLAY, SARAH A. MCGRAW, DIANNE M. KIPP, ANNLOUISE R. ASSAF, AND RICHARD A. CARLETON	
Introduction	89
The Health Survey	91
Process Evaluation: An Experiment within an Experiment	99
Summary and Conclusion	103
References	104
5 Active–Passive Coping and Cardiovascular Reactivity: Interaction with Individual Differences and Types of Baseline	109
PAUL A. OBRIST AND KATHLEEN C. LIGHT	
Introduction	109
Initial Experiments	110
The Active–Passive Dimension	112
Individual Differences in Cardiovascular Reactivity	115
Field Studies	118
Active Coping and the Disregulation of Blood Pressure Control	121
Summary	124
References	125
6 A Behavioral Analysis of Interdisciplinary Health Care Delivery	127
WILBERT E. FORDYCE	
References	132
7 Basic Behavioral Principles and Mechanisms in Physical Medicine	133
JOHN V. BASMAJIAN	
Introduction	133
Major Divisions of Rehabilitation	134

Rehabilitation Medicine	135
Musculoskeletal Rehabilitation	136
Rehabilitation and Neurologic Handicaps	139
Psychosomatic Medicine Rehabilitation	140
Conclusion	141
References	142
8 Childhood Disabilities: Economic and Psychological Effects	143
NAOMI BRESLAU	
Introduction	143
Economic Costs	145
Effects on Siblings and Mothers	149
Psychiatric Disorder in Disabled Children	156
Conclusions	164
References	165
9 Physiological Mechanisms and Behavioral Interactions of Cardiovascular Rehabilitation	169
L. HOWARD HARTLEY	
Introduction	169
Physical Working Capacity	170
Diet	170
Mood Changes	171
Psychosocial Issues	172
Follow-Up	173
Behavioral Techniques	173
Long-Term Consequences of Cardiac Rehabilitation	174
Psychological-Behavioral Interactions	174
References	177
<i>Index</i>	179