
Contents

PART I. CONCEPTIONS OF HEALTH BEHAVIOR	1
Chapter 1. Health Behavior Research: Definitions and Diversity	3
<i>David S. Gochman</i>	
Health Behavior	3
A Working Definition	3
Preventive and Protective Behavior, Illness Behavior, and Sick Role Behavior	4
A Work-in-Progress Taxonomy	6
Health Behavior Research	6
Antecedent or Consequent; Input or Outcome	6
What Health Behavior Research <i>Is Not</i>	7
Health, Disease, Illness, and Sickness	8
Lay versus Professional or Scientific Definitions	9
Multiple Professional or Scientific Definitions	9
Pluralism of Definitions within a Discipline	10
Multiple Definitions on the Part of Individuals	10
Multidimensionality	10
Diversity of Focal Phenomena	11
Health: State or Process?	11
Medical Pluralism	11
Conceptual Models	12
Personal Perspectives	12
Sociocultural Perspectives	15
Consensus and Confusion	16
Summary	18
References	18

Chapter 2. Historical and Cultural Foundations of Health Behavior: A Comparative Approach	21
<i>Horacio Fabrega, Jr.</i>	
Evolutionary Perspective on Sickness and Healing	22
Nonmedical Concepts	22
Medical Concepts	23
General Assumptions and Principles	23
Medical Evolutionary Assumptions and Principles	24
Conceptualizing the Evolution of Medical Systems	25
Nature of Healmemes	26
Processes that Affect Healmemes	26
Contrasts in the Biological and Social Evolution of Medical Systems	26
Connection of the Medical with the Social	27
Levels of Selection of Healmemes	28
Feedback in the Medical Evolutionary Process	29
Healmemes in Selected Social Types	29
Family-Level Societies	30
Village-Level Societies	31
Chiefdoms and Pre-States	31
States and Civilizations	32
Modern Industrial Societies	33
Postindustrial Societies	34
Summary and Conclusions	36
Research Issues and Implications	37
References	39
PART II. PERSONAL DETERMINANTS	41
Chapter 3. Cognitive Representations of Health and Illness	51
<i>Richard R. Lau</i>	
Introduction	51
Cognitive Representations of "Good Health"	52
Empirical Validation of the World Health Organization Definition	53
What Does It Mean to Be "Healthy"?	55
Implications	57
Cognitive Representations of Illness	58
What Does It Mean to Be "Sick"?	58
Commonsense Representations of Illness	59
Supporting Evidence	60
A Self-Regulatory Model of Illness Behavior	61
Cross-Cultural Variations	62
Implications	63

Future Research Directions	65
Tying It All Together? Subjective Perceptions of Health Status	65
References	67
Chapter 4. The Health Belief Model and Health Behavior	71
<i>Victor J. Strecher, Victoria L. Champion, and Irwin M. Rosenstock</i>	
Introduction	71
Origins of the Health Belief Model	72
Components of the Health Belief Model	73
Evidence For and Against the Health Belief Model	75
Factor Analyses and Definitions	76
Applications of the Health Belief Model	83
AIDS-Protective Behaviors	83
Addictive Behaviors	86
Recommendations to Researchers and Journal Reviewers	88
Summary	88
References	89
Chapter 5. Beliefs about Control and Health Behaviors	93
<i>John W. Reich, Kristi J. Erdal, and Alex J. Zautra</i>	
Locus of Control: An Enduring Construct	93
A Brief History of the Construct	93
Some Properties of the Internality Construct	94
A Person-Environment Fit to Control Beliefs	95
Control Beliefs and Social Relationships	96
Control Beliefs and Health Behaviors	97
The Literature up to 1978	97
Research and Methodological Issues: The Literature since 1978	97
Locus of Control Interactions with Social Support Processes	99
Models of Measurement Structure of Physical Health	99
Physical Health-Mental Health Relationships	100
A Study: Control Beliefs, Social Relations, and Health Beliefs and Behaviors	100
Purpose of the Study	100
Hypotheses	100
Project Design	101
Subjects	101
Interview Instruments	101
Procedure	101
Results	102
Discussion	106
Critique and Implications	107
References	108

Chapter 6. Protection Motivation Theory	113
<i>Ronald W. Rogers and Steven Prentice-Dunn</i>	
Introduction	113
Structure and Processes of Protection Motivation Theory	114
Review of Research on Protection Motivation Theory	118
Multiple Routes to Persuasion: Implications of the Elaboration Likelihood Model and the Heuristic-Systematic Model for Protection Motivation Theory	124
Extensions of Protection Motivation Theory	127
Important Research Questions	128
Conclusion	128
References	129
Chapter 7. Behavioral Intentions in Theories of Health Behavior ...	133
<i>James E. Maddux and Kimberley A. DuCharme</i>	
Introduction	133
Theory of Reasoned Action and Theory of Planned Behavior	133
Theory of Reasoned Action	133
Theory of Planned Behavior	135
Similarities among Health Behaviors	136
Research on Exercise Behavior	138
Methodological and Research Issues	138
Problems in Definition and Conceptualization	138
Measurement Issues	140
Related Models	140
Protection Motivation Theory	141
Health Belief Model	141
Self-Efficacy Theory	141
Stages of Change Models	142
Toward an Integrated Model	143
Basic Building Blocks	143
A Revised Theory of Planned Behavior: From Reasoned Action to Habit ..	146
Problems with Intentional and Cognitive Explanations of Behavior: A Peek into Pandora's Box	148
Conclusion	149
References	149
Chapter 8. Health Services Utilization Models	153
<i>Lu Ann Aday and William C. Awe</i>	
Introduction	153
Original Model: Andersen's Behavioral Model	154
Expanded Behavioral Model: Andersen and Newman Utilization Framework	156
Expanded Behavioral Model: Aday and Andersen Access Framework	158

Empirical Applications of the Model	161
Andersen and Colleagues	161
Other Investigators	162
Critiques of the Models: Research and Methodological Issues	163
Independent Variables	163
Dependent Variables	164
Causal Pathways	164
Generalizability	164
Summary	164
A Further Extension of the Model: A Framework for Evaluating Medical Care System Performance	164
References	170
PART III. FAMILY DETERMINANTS	173
Chapter 9. Families and Health Actions	179
<i>Tom Baranowski</i>	
Overview	179
Domains of Interest	179
Social Cognitive Theory	180
Emergent Characteristics of the Family	182
Family Influences on Diet and Nutrition	183
Genetics of Family Influences	183
Familial Concordance for Diet	184
Food Purchase and Availability	186
Developmental Phases	191
Infancy (First Year of Life)	191
Toddlers (1-2 Years of Age)	192
Preschoolers (3-5 Years of Age)	193
Elementary-School Years	195
Adolescence	196
Adulthood	198
Family and Obesity	199
Final Comments: Research and Methodological Issues	200
References	200
Chapter 10. Family Health Cognitions	207
<i>David S. Gochman</i>	
The Domain of Health Cognitions	207
Family Health Cognitions	207
Beliefs about Conditions and Interventions	208
Parental Role Dimensions	210
Impact of Cognitions	210

Summary	212
Family Determinants of Children's Health Cognitions	213
Parent Characteristics and Child Cognitions	213
Parent Cognitions and Child Cognitions	213
Summary	215
Research and Methodological Issues	215
Evaluation of Knowledge	215
Promising Concepts and Directions	216
Conceptualization of the Family	216
Measurement Issues	217
An Agenda for Future Research	217
Origins and Development of Health Cognitions	217
The Family as a Social Unit	218
Health Cognitions in Families as a Basic Research Focus	218
Summary	219
References	219
Chapter 11. Maternal Influences on Children's Health Behavior	223
<i>Barbara J. Tinsley</i>	
Mothers as the Primary Familial Health Influence on Children	223
Mechanisms Involved in Maternal Socialization of Child Health	224
Maternal Health Beliefs	224
Child Rearing: A Pathway between Maternal Beliefs and Behavior	226
Modeling and Reinforcement	227
Establishing a Health-Promoting Child-Rearing Environment	228
Mothers' Socioeconomic Status	229
Mothers' Impact on Children's Emotional Climate	230
Mothers' Health	231
Mothers' Supervision of Children	232
Mothers' Establishment, Training, and Enforcement of Child Health Behavior	234
Sexuality Training	235
Negative Effects	235
Conclusions: Methodological and Research Issues	236
References	236
PART IV. SOCIAL DETERMINANTS	241
Chapter 12. Lifestyles, Social Class, Demographic Characteristics, and Health Behavior	253
<i>William C. Cockerham</i>	
Defining Health Lifestyles	254
Health Lifestyle as a Normative Behavior	256
Lifestyles and Class Distinctions: Bourdieu	257
The Spread of Health Lifestyles	260

The Late Modern-Postmodern Context	261
Demographic Characteristics	262
Age and Gender	262
Race and Ethnicity	262
Major Research and Methodological Issues	263
Summary	264
References	264
Chapter 13. Social Attachments, Group Structures, and Health Behavior	267
<i>Reed Geertsen</i>	
Group Ties and Health Behavior	268
Household Ties	268
Relatives and Friends	270
Religious and Social Participation	272
Parochial Structures and Medical Orientations	274
Parochial Structures in New York City	275
Parochial Structures in Salt Lake City	275
A Sociocultural Explanation	276
Group Culture and Health Behavior	276
New Immigrants and Medical Resistance	277
Hispanics and Modern Medicine	278
African-Americans and Medical Utilization	278
Lay Consultations and Advice on Medical Issues	280
Lay Referral Systems	280
Timing of Advice	280
Research Issues	281
Group Structures	281
Sociocultural Contexts	282
Data Collection Strategies	283
Summary and Conclusions	284
References	285
Chapter 14. Sick Role Concepts and Health Behavior	289
<i>Alexander Segall</i>	
Introduction	289
Emergence of the Sick Role Construct: The Era of Influence	289
Sick Role Behavioral Expectations	290
The Parsonian Paradigm and the Identity of Medical Sociology	290
Limitations of the Sick Role Concept: A Decade of Critical Commentary	291
Major Criticisms of Parsons's Sick Role Concept	291
Reformulating and Extending the Parsonian Model	293
Reconceptualizing an Alternative Sick Role: From Sickness to Health Behavior	293
Transformation of Medical Sociology into Health Sociology	294

The New Sick Role Concept and Lay Health Beliefs and Behavior	295
Is There a Future for Sick Role Research?	298
References	300
Chapter 15. Changing Gender Roles and Gender Differences in Health Behavior	303
<i>Ingrid Waldron</i>	
Introduction	303
Methodological Cautions	304
Smoking	305
Gender Differences in Tobacco Use, Smoking Initiation, and Smoking Cessation	305
Effects of Gender Differences in Risk Taking and Health Concerns	307
Other Effects of Gender Roles	308
Effects of Sex Differences in Biology	309
Summary	310
Alcohol Consumption	310
Gender Differences in Drinking	310
Effects of Gender Differences in Risk Taking and Health Concerns	311
Other Effects of Gender Roles	311
Effects of Sex Differences in Biology	313
Summary	313
Other Health Behaviors	314
Accident-Related Behavior	314
Exercise	316
Dieting and Eating Disorders	317
Physician Visits	319
Conclusion	321
Risk Taking and Health Concerns	321
Other Effects of Gender Roles	322
Multiple Psychosocial and Biological Influences	323
Trends	323
Questions for Future Research	324
References	324
PART V. INSTITUTIONAL AND CULTURAL DETERMINANTS	329
Chapter 16. Work-Related Determinants of Health Behavior	337
<i>Joan M. Eakin</i>	
Definitions and Concepts	337
Health Behavior	337
Work	339

Impact of Work on Health Behavior	339
Job Conditions	340
Psychosocial and Organizational Environment	342
Social Relations of Employment	343
Summary	345
Etiological, Political, and Gender Issues	345
Etiological Stance	345
Political Stance	346
Gender Issues	347
Summary	348
Health Behavior in Small Businesses	348
Background and Methods	348
Small-Business Owners: "Leaving It Up to the Workers"	349
Small-Business Employees: "But What Can You Do?"	351
Conclusion	353
Research and Methodological Issues	353
References	354
Chapter 17. Cultural Determinants of Health Behavior	359
<i>William W. Dressler and Kathryn S. Oths</i>	
Introduction	359
Culture Theory	360
Culture and Health Behavior: A Model	362
Problem Definition	364
Negotiating Sickness and Shifts in Role Behavior	366
Lay Consultation and Referral	367
Treatment Choice	370
Provider-Patient Interaction and Treatment Outcome	371
Research and Methodological Issues	373
Conclusion	375
References	376
PART VI. INTEGRATION	379
Chapter 18. Personal and Social Determinants of Health Behavior: An Integration	381
<i>David S. Gochman</i>	
Major Conceptual Models	382
Selected Health Behaviors	383
Health Cognitions	383
Care Seeking	385
Preventive, Protective, and Safety Behaviors	386

Risk Behaviors	387
Responses to Illness, Adherence, and Sick Role	388
Lifestyle Behaviors	389
Common Themes	390
Conceptual Issues	390
Methodological Issues	392
Professional versus Phenomenological Perspectives	393
Role of Affect	395
Size of the Focal System	395
Future Research Directions	396
Methodology	396
Content Areas	397
Summary	399
References	399
Concepts and Definitions: A Glossary for Health Behavior Research	401
Contents of Volumes I–IV	417
Index to Volumes I–IV	423