Contents

List of figures List of tables List of contributors Preface Acknowledgements List of abbreviations		ix xi xii xiii xv xvii
Par	f one	
INTRODUCTION		1
1	An introduction to health psychology	3
2	Psychophysiology, health and illness	25
3	Stress and coping	47
Par	t two	
PATIENT BEHAVIOUR AND THE MANAGEMENT OF ILLNESS		69
4	The medical consultation	71





5	The experience of treatment	93
6	Pain: psychological aspects	109
Dan	t three	
-ur		
HEALTH ISSUES		129
7	Social drugs: effects upon health	131
8	The primary prevention of AIDS	149
9	Decision making for contraception	
	and abortion	169
10	Essential hypertension	187
11	Coronary heart disease	205
12	Diabetes	225
13	Nutrition, exercise and health	243
14	Cancer	263
Par	t four	
WIE	DER SOCIAL ISSUES	285
15	Child health, illness and family	
	influences	287
16	Social circumstances, inequalities	
	and health	313
Glos	. •	329
Bibliography		337 391
Author index Subject index		403