

CONTENTS

<i>Author biographies</i>	vi
<i>Copyright acknowledgements</i>	viii
<i>Preface and acknowledgements</i>	ix
Part 1 HEALTH PSYCHOLOGY IN CONTEXT	1
1 Health psychology as a new field of inquiry	3
2 The macro-social environment and health	26
3 Cross-cultural images of health	53
Part 2 HEALTH BEHAVIOUR AND EXPERIENCE	73
4 Health and the individual	75
5 Stress and coping	99
6 Food and eating	122
7 Alcohol and drinking	146
8 Tobacco and smoking	173
9 Sexual behaviour and experience	203
10 Exercise and activity	227
Part 3 HEALTH PROMOTION AND DISEASE PREVENTION	247
11 Beliefs and explanations	249
12 Communication: messages and meanings	265
13 Compliance and empowerment	287
14 Immunization and screening	305
15 Health promotion	325
<i>Glossary</i>	347
<i>Bibliography</i>	362
<i>Name index</i>	415
<i>Subject index</i>	