

# CONTENTS

<i>Author Biographies</i>	vii
<i>Copyright Acknowledgements</i>	ix
<i>Preface</i>	xi
<i>Online Resources</i>	xv
<i>Acknowledgements</i>	xvii
<b>PART 1 HEALTH PSYCHOLOGY IN THE CONTEXT OF BIOLOGY, SOCIETY AND METHODOLOGY</b>	<b>1</b>
1 Health Psychology: An Introduction	5
2 The Nervous, Endocrine and Immune Systems and the Principle of Homeostasis	31
3 Genetics, Epigenetics and Early Life Development	65
4 Macro-social Influences	91
5 Social Justice	111
6 Culture and Health	133
7 An A–Z of Research Methods and Issues Relevant to Health Psychology	153
<b>PART 2 THEORIES, MODELS AND INTERVENTIONS FOR HEALTH BEHAVIOUR CHANGE</b>	<b>181</b>
8 Theories, Models and Interventions	185
9 Sexual Health	209
10 Food, Eating and Obesity	237
11 Alcohol and Drinking	265
12 Tobacco and Smoking	287
13 Physical Activity and Exercise	309

<b>PART 3 HEALTH PROMOTION AND DISEASE PREVENTION</b>	<b>339</b>
14 Information, Communication and Health Literacy	343
15 Lay Representations of Health and Illness	365
16 Screening and Immunization	391
17 Health Promotion	417
<b>PART 4 ILLNESS EXPERIENCE AND HEALTH CARE</b>	<b>435</b>
18 Illness and Personality	439
19 Medicine Taking: Adherence and Resistance	459
20 Pain and Pain Control	487
21 Cancer	515
22 Coronary Heart Disease	541
23 HIV Infection and AIDS: The Pinnacle of Stigma and Victim Blaming	559
24 Long-term Conditions: Diabetes and ME/CFS	585
25 End-of-Life Care, Dying and Death	609
<i>Glossary</i>	627
<i>References</i>	665
<i>Author Index</i>	781
<i>Subject Index</i>	795