

Contents

Foreword ix
CYNTHIA D. BELAR

Part I. Practical Issues for the Behavioral Medicine Specialist 1

Introduction to Part I 1

- 1. Health Psychology Practice in Medical Settings 3**
RICHARD J. SEIME, MATTHEW M. CLARK, AND STEPHEN P. WHITESIDE
- 2. Psychological Assessment Screening in Medical Settings 17**
MICHAEL D. FRANZEN
- 3. Working With a Multidisciplinary Staff 28**
HELEN R. WINEFIELD AND ANNA CHUR-HANSEN
- 4. Motivational Enhancement Interventions
and Health Behaviors 42**
THAD R. LEFFINGWELL
- 5. Brief Psychotherapies and Group Treatments
in General Health Care Settings 55**
DEBORAH J. WIEBE, LINDSEY BLOOR, AND TIMOTHY W. SMITH

Part II. Behaviors That Compromise Overall Health Status 75

Introduction to Part II 75

- 6. Alcohol Problems: Causes, Definitions,
and Treatments 79**
JOEL ERBLICH AND MITCH EARLEYWINE

7. The Etiology and Treatment of Nicotine Dependence: A Biopsychosocial Perspective 101

LEE M. COHEN, DENNIS E. MCCHARGUE, MONICA
CORTEZ-GARLAND, ERIC H. PRENSKY, AND SADIE EMERY

8. Obesity and Body Image Disturbance 125

MYLES S. FAITH AND J. KEVIN THOMPSON

9. Physical Inactivity as a Risk Factor for Chronic Disease 146

KRISTA A. BARBOUR, TIMOTHY T. HOULE,
AND PATRICIA M. DUBBERT

10. Stress and Health 169

FRANK L. COLLINS, JR., KRISTEN H. SOROCO,
KIMBERLY R. HAALA, BRIAN I. MILLER,
AND WILLIAM R. LOVALLO

11. Management of Inappropriate Medication-Seeking Behavior 187

SUZY BIRD GULLIVER, BARBARA A. WOLFSDORF,
AND ALEXANDER MICHAS

12. Adherence to Medical Recommendations 208

NICOLE E. BERLANT AND SHERI D. PRUITT

Part III. Behavioral Aspects of Medical Problems 225

Introduction to Part III 225

13. Diagnostic and Treatment Considerations in Chronic Pain 229

JENNIFER L. BOOTHBY, MELISSA C. KUHAJDA,
AND BEVERLY E. THORN

14. Hypertension 252

MUSTAFA AL'ABSI AND RICHARD G. HOFFMAN

15. Coronary Heart Disease: Behavioral Cardiology in Clinical Practice 279

STEVEN M. SCHWARTZ AND MARK W. KETTERER

16. Behavioral Management of Type 2 Diabetes 303

AHNA L. HOFF, JANELLE L. WAGNER,
LARRY L. MULLINS, AND JOHN M. CHANEY

17. **Psycho-Oncology** 325
SHULAMITH KREITLER
18. **Sexual Dysfunctions:
Etiology and Treatment** 359
SHEILA GAROS
19. **Human Immunodeficiency Virus and
Acquired Immune Deficiency Syndrome** 383
ANDREW C. BLALOCK AND PETER E. CAMPOS
20. **Irritable Bowel Syndrome** 397
JEFFREY M. LACKNER
21. **Insomnia and the Sleep Disorders** 425
VALERIE A. WOLFE AND SHERI D. PRUITT

Part IV. Special Issues 441

- Introduction to Part IV 441**
22. **Ethical Issues for Clinicians in Behavioral
Medicine Settings** 443
NICOLE J. SIEGFRIED AND CHEBON A. PORTER
23. **Ethnocultural Issues in Behavioral Medicine** 456
HECTOR F. MYERS AND WEI-CHIN HWANG
24. **Women's Health Issues** 469
CSILLA T. CSOBOTH
25. **Issues With Geriatric Populations** 485
BARRY A. EDELSTEIN, ANDREA K. SHREVE-NEIGER,
ADAM P. SPIRA, AND LESLEY P. KOVEN
26. **Public Health Approaches: Finding
the Interface With Health Psychology** 502
JALIE A. TUCKER, JOSHUA C. KLAPOW, AND CATHY A. SIMPSON
27. **Practical Research in a Medical
Setting Is Good Medicine** 514
KATHLEEN M. PALM, JACK L. M. MUTNICK,
DAVID O. ANTONUCCIO, AND ELIZABETH V. GIFFORD
28. **Evaluating Outcomes in Health Care Settings** 525
JOAQUIN BORREGO, JR., AND WILLIAM C. FOLLETTE

Author Index	537
Subject Index	567
About the Editors	579
About the Contributors	581