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AN INTRODUCTION TO BEHAVIOR AND HEALTH

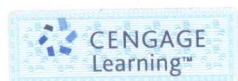
健康心理学

行为与健康导论

第6版



[美] 琳达·布兰农 (Linda Brannon) 著
杰斯·费斯特 (Jess Feist)



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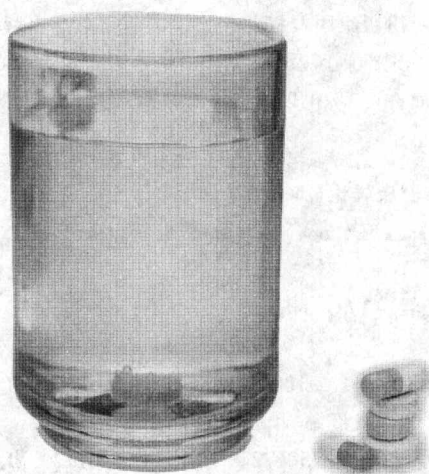
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培文书系心理学影印系列旨在面向心理学领域的师生和广大心理科学的从业者和爱好者,推介国外心理学领域的英文原版专著和教材,使我国读者能够接触到原汁原味的第一手资料。

需要重申的是,作者本人的有些观点和结论尚需商榷,有些甚至是不可取的,为此提请读者加以甄别。书中的观点均不代表出版社观点。

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Preface

At the beginning of the 20th century, most serious diseases were caused by contact with viruses and bacteria. People had little individual responsibility for preventing diseases because these microorganisms were nearly impossible to avoid. Today, most serious diseases and disorders occur as the result of individual behaviors—or failures to behave. As health and disease became more closely linked to behavior, psychology—the science of behavior—became involved in many health-related issues. This involvement led to the birth and development of *health psychology*, the scientific study of behaviors that relate to health enhancement, disease prevention, safety, and rehabilitation.

As the profession of health psychology emerged and grew, a need for a comprehensive undergraduate textbook became apparent. Several such books—including the first edition of *Health Psychology: An Introduction to Behavior and Health*—came onto the market. As the field of health psychology developed and expanded, this text evolved to meet the needs of instructors and students who wanted a textbook that included a balance of the science and applications of the field of health psychology. Our purpose in writing the sixth edition of *Health Psychology: An Introduction to Behavior and Health* was to present students with a readable text that will help them keep up to date with the crucial research on behavior and health.

The Sixth Edition

We have organized the sixth edition of *Health Psychology: An Introduction to Behavior and Health* into five parts. Part 1, which includes the first four chapters, lays a solid foundation in research and theory for understanding subsequent chapters and approaches the field by considering the overarching issues involved in seeking medical care and adhering to health care regimens. Part 2 deals with stress, pain, and the management of these conditions; Part 3 discusses heart disease, cancer, and other chronic diseases. Part 4 includes chapters on safety, tobacco use, drinking alcohol, eating and weight, and physical activity, and Part 5 looks toward future challenges in health psychology.

What's New?

Readers of earlier editions of *Health Psychology: An Introduction to Behavior and Health* will notice a continuation of the concise and accessible writing style and a selective examination of classic and new research studies. The present edition has a more international scope, drawing more extensively on the growing body of international health research than prior editions. In addition, the present edition introduces a number of new topics and expanded coverage of many more.

Real-World Profiles begin each chapter except the first. The purpose of the profiles is to illustrate the topics for that chapter, using real people as examples. For the sixth edition, we have chosen well-known people for most real-world profiles. Because these people are familiar to most people, their cases provide intriguing examples, such as Mary-Kate Olsen's eating disorder, Halle Berry's diabetes, Bill Clinton's bypass surgery, Ronald Reagan's Alzheimer's disease, and Lance Armstrong's recovery from cancer. The real-world profiles of people who are not celebrities describe either individuals whose cases have gained media attention or people whom we have interviewed to gather the details for the profile.

The sixth edition also includes some new boxes with presentations of

- The lack of relationship between disease severity and adherence to medical recommendations
- The relationship between stress and aging
- The similarity of brain responses to the experiences of emotional and physical pain
- The benefits of receiving social support from pets
- The finding that children are safer at school than at home
- Drugs and brain damage

Other new or reorganized topics within the chapters include

- A major new section on the use and effectiveness of complementary and alternative medicine in treating stress and pain (Chapter 8)
- A new chapter organization for Chapter 5, which now includes information on coping
- A reorganization of information on sources of stress to follow the theoretical framework proposed by Lazarus and Cohen (Chapter 5)
- An update and reorganization of factors that influence adherence (Chapter 4)

- Expanded discussions of the role of proinflammatory cytokines in pain and a variety of diseases (Chapters 6 and 7)
- A streamlined presentation of pain (Chapter 7)
- A description of the metabolic syndrome and its relationship to heart disease (Chapter 9) and the role of fat distribution in the syndrome (Chapter 14)
- A new section about death and dying (Chapter 11)
- Expanded information on smoking among 18- to 24-year-olds (Chapter 13)
- Information on the technique of motivational interviewing, which applies to bringing about change in several health-related behaviors (Chapters 4 and 14)
- A new section on binge eating disorder (Chapter 15)

Topics that received elaboration or expansion include

- Ethnicity and how that factor interacts with others to produce health consequences
- International and cross-cultural studies on health and health behaviors
- The impact of technology on health care delivery and its application to the problem of adherence
- Genetic factors in cancer risk, Alzheimer's disease, smoking, and obesity
- The concept of allostasis
- The relationship between religious involvement and health
- The efficacy of cognitive behavioral therapy for a variety of conditions
- The role of hormones such as ghrelin, leptin, CCK, and the orexins in hunger and eating
- The job duties and work settings of health psychologists

What Has Been Retained?

We have retained the popular features from previous editions, each of which was developed to

stimulate critical thinking and to facilitate learning. These features include (1) Chapter-Opening Questions, (2) a “Check Your Health Risks” box in most chapters, (3) a “Would You Believe . . . ?” box in each chapter, and (4) a “Becoming Healthier” feature. The purpose of these features is to actively engage readers in the process of acquiring health-related information that will enhance their personal well-being.

Questions and Answers Each chapter begins with a series of *Questions* that are designed to organize the chapter, preview the material, and enhance active learning. As each chapter unfolds, answers to these questions are revealed through a discussion of relevant research findings. At the end of each major topic, an *In Summary* statement offers a succinct summary of that topic. Then, at the end of the chapter, *Answers* to the chapter-opening questions appear. This *preview, read, and review* method facilitates learning and improves recall.

Check Your Health Risks At the beginning of most chapters, a “Check Your Health Risks” box personalizes material in that chapter. Each box consists of several health-related behaviors or attitudes that readers should check before looking at the rest of the chapter. After checking the items that apply to them and then becoming familiar with the chapter’s material, readers can develop a more research-based understanding of their health risks. A special “Check Your Health Risks” appears inside the front cover of the book. Students should complete this exercise before they read the book and look for answers as they proceed through the chapters (or check the website for the answers).

Would You Believe . . . ? Boxes We have kept the popular “Would You Believe . . . ?” boxes, adding six new ones and updating those we retained. Each box begins with the question “Would You Believe . . . ?” and then highlights a particularly intriguing finding in health research. These boxes are designed to explode some preconceived notions and to challenge students to take an objective look at issues that they may have not have evaluated carefully.

Becoming Healthier Embedded in most chapters is a “Becoming Healthier” box with advice on how to use the information in the chapter to enact a healthier lifestyle. Although some people may not agree with all of these recommendations, each is based on the most current research findings. We believe that if you follow these guidelines, you will increase your chances of a long and healthy life.

Other Changes and Additions

We have made a number of subtle changes in this edition that we believe make it an even stronger book than its five predecessors. More specifically, we

- Deleted several hundred old references and exchanged them for more than 900 recent ones
- Reorganized many sections of chapters to improve the flow of information
- Added several new tables and figures to aid students’ understanding of difficult concepts
- Strengthened the emphasis on the biopsychosocial approach to health psychology, examining issues and data from a biological, psychological, and social viewpoint
- Drew from the growing body of research from around the world on health to give the book a more international perspective
- Recognized and emphasized gender issues whenever appropriate
- Retained our emphasis on theories and models that strive to explain and predict health-related behaviors

Writing Style

We believe strongly in a readable and engaging writing style, and with each edition we have worked to improve our connection with readers. Although this edition frequently explores complex issues and difficult topics, we use clear, concise, and comprehensible language as well as an informal writing style. The book is designed for

upper-division undergraduate students and should be easily understood by those with a minimal background in psychology and biology. Health psychology courses typically draw students from a variety of college majors, necessitating the inclusion of some elementary material that may be repetitive for some students. For other students, this material will fill in the background they need to comprehend the information within the field of health psychology.

Technical terms appear in **boldface type**, and a definition usually appears at that point in the text. These terms also appear in an end-of-book glossary.

Instructional Aids

Besides the glossary at the end of the book, we have supplied several other features to help both students and instructors. These include stories of people whose behavior typifies the topic, frequent summaries within each chapter, and annotated suggested readings.

Within-Chapter Summaries

Rather than waiting until the end of each chapter to present a lengthy chapter summary, we have placed shorter summaries at key points within each chapter. In general, these summaries correspond to each major topic in a chapter. We believe these shorter, more frequent summaries keep readers on track and promote a better understanding of the chapter's content.

Annotated Suggested Readings

At the end of each chapter are three or four annotated suggested readings that students may wish to examine. We chose these readings for their capacity to shed additional light on major topics in a chapter. Most of these suggested readings are quite recent, but we have also selected several that have lasting interest. We have included only those readings that are intelligible to the average college student and that are accessible in most college and university libraries.

Study Guide

We have authored the study guide for the sixth edition of *Health Psychology: An Introduction to Behavior and Health* because we feel that a study guide written by the textbook's authors provides students with a more accurate and meaningful account of the contents of the text. Like the textbook, the study guide is divided into 17 chapters. Each chapter of the study guide begins with a set of learning objectives, followed by a challenge to students to "Fill in the Rest of the Story," a feature that should facilitate learning through active participation.

In addition, the study guide contains a variety of *test questions* and a "Let's Get Personal" feature that provides students an opportunity to integrate health information into their personal lives. We believe these features will help students organize their study methods and will also enhance their chances of achieving their best scores on class quizzes.

Instructor's Manual with Test Bank

This edition of *Health Psychology: An Introduction to Behavior and Health* is accompanied by a comprehensive instructor's manual. Each chapter begins with a *lecture outline*, designed to assist instructors in preparing lecture material from the text. Many instructors will be able to lecture strictly from these notes; others will be able to use the lecture outline as a framework for organizing their own lecture notes.

A test bank of nearly 1,200 *multiple-choice test items* makes up a large section of each chapter of the instructor's manual. The authors wrote these test items. Some items are factual, some are conceptual, and others ask students to apply what they have learned. These test items will reduce instructors' work in preparing tests. Each item, of course, is marked with the correct answer. The test items are also available electronically on ExamView.

True-false questions and *essay questions* are also included for each chapter. The true-false questions include answers, and each essay question has an outline answer of the critical points.

Each chapter also includes *suggested activities*. These activities vary widely—from video recommendations to student research to classroom debates. We have tried to include more activities than any instructor could feasibly assign during a semester to give instructors a choice of activities.

The growing availability of electronic resources prompted us to include a *Surf the Net* activity. In this section, we suggest online activities, including websites that are relevant to each chapter. This activity expands the electronic resources students may use to explore health-related topics.

Instructor's Resource CD-ROM

Transparencies include art from the text, as well as several physiology video clips and animations in Microsoft® PowerPoint®.

Text Companion Website

Contains practice quizzes, web links, the text's glossary, flashcards, and more for each chapter of the text.

Current Perspectives: Readings on Complementary Medicine and Diversity From InfoTrac® College Edition

Compiled by Erin Strahan of Wilfrid Laurier University, Brantford Campus, this reader contains 15 articles on hot topics in health psychology. Two or three critical thinking questions for students to answer are posed at the end of each article.

Applications in Health Psychology Workbook

Written by Sussie Eshun of East Stroudsburg University, this guide includes activities that allow students to do basic research and apply investigative skills as they explore such concepts as stress, chronic illness, self-health checks, and more. Each activity includes worksheets and a reflection section called "The Way I See It." The workbook's perforated pages allow students to easily tear out and hand in the worksheets.

Acknowledgments

Many people have contributed to the completion of this book, and we wish to express our gratitude. First, we thank Patrick Moreno, who helped us extensively with this edition. His assistance has been important for previous editions, but he was essential to completing the sixth edition.

Next we acknowledge the considerable assistance of the staff at the McNeese library, whose help has been essential for the completion of this project. Brantley Cagle, Jeannie Brock, and Anne Frohlich have been especially helpful—each has exhibited outstanding skill and constant good humor in helping us acquire material.

In addition, we would like to thank the people at Wadsworth for their assistance. Michele Sordi served as editor, beginning with the fifth edition. Her skill, diligence, patience, understanding, and support have helped us manage this revision and guided us to produce a better book. Our editors for previous editions, Marianne Taflinger and Ken King, helped shape the book in many ways, and we continue to owe them our thanks. Others who worked on the sixth edition include: Jennifer Alexander, managing assistant editor; Kara Warren, editorial assistant; Adrian Paz, technical project manager; Mary Noel, production project manager; Laura Molmud, freelance photo researcher; and Anne Draus of Scratchgravel Publishing Services, production editor.

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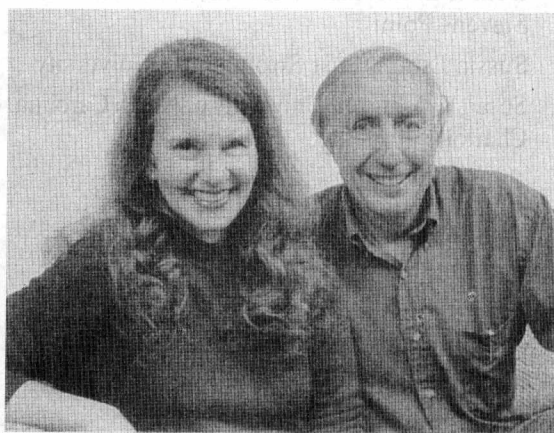
Authors typically thank their spouses for being understanding, supportive, and sacrificing. We thank our spouses, Barry Humphus and Mary Jo Feist, because they were understanding, supportive, and sacrificing. But they have given much more than the traditional emotional support. Both have made contributions that have helped to shape the book. In addition to his creative contributions to the book, Barry provided generous, patient, live-in, expert computer consultation that proved essential in the preparation of the manuscript, and Mary Jo has made suggestions on style and content.

About the Authors

Linda Brannon and Jess Feist are both Professors in the Department of Psychology at McNeese State University in Lake Charles, Louisiana. Linda joined the faculty at McNeese after receiving her doctorate in human experimental psychology from the University of Texas at Austin, and Jess came to McNeese after receiving his doctorate in counseling from the University of Kansas. Linda and Jess have each been selected to receive the Distinguished Faculty Award from McNeese State University.

In the early 1980s, Linda and Jess became interested in the developing field of health psychology, which led to their coauthoring the first edition of this book. They have watched the field of health psychology emerge and grow, and the subsequent editions of the book reflect that growth and development.

Their interests converge in the area of health psychology but diverge in other areas of psychology. Jess carries his interest in personality theory to his authorship of *Theories of Personality*, coauthored with his son Greg Feist. Linda's



interest in gender and gender issues led her to publish *Gender: Psychological Perspectives*, and she is also coauthor of *Psychology*, which is an introductory psychology textbook.

When he relaxes from his writing and teaching duties, Jess gardens and jogs. Linda is also a jogger but a more reluctant one than Jess. She enjoys watching movies and practicing tai chi.

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