



APPLIED TOPICS IN HEALTH PSYCHOLOGY

Edited by Marie L. Caltabiano
and Lina A. Ricciardelli

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Applied Topics in Health Psychology

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Applied Topics in Health Psychology

About the Editors

Associate Professor Marie L. Caltabiano teaches in the Department of Psychology in the School of Arts and Social Sciences at James Cook University Cairns campus. She is a Member of the Australian Psychological Society (APS), the American Psychological Association, the Public Health Association of Australia, and the College of Health Psychologists. She is the Membership Secretary on the national executive of the APS College of Health Psychologists. Marie has 20 years of teaching experience in clinical health psychology and is a recipient of both an Australian Learning & Teaching Citation (ALTC) and a James Cook University Faculty Teaching Citation 2010 for Outstanding Contribution to Student Learning. Marie is coauthor of *Health Psychology: Biopsychosocial Interactions* now in its second Australasian edition. Her principal areas of research are psychosocial aspects of health, stress, and coping; health promotion and disease prevention; women's health in particular the climateric; Type 2 diabetes and self-regulation; adult attachment and health processes; social self-efficacy within the doctor-patient relationship; caregiving in dementia; and resilient aging. Marie has published five books and close to 100 papers in refereed conference proceedings and journals, both nationally and internationally.

Associate Professor Lina A. Ricciardelli completed her postgraduate training at the University of Adelaide, Australia, in 1990. She is currently an Associate Professor in the School of Psychology at Deakin University, and the Chair of the College of Health Psychologists in the Australian Psychological Society. Lina has published over 100 papers in the fields of health psychology, developmental psychology, and substance use. A large focus of her research has been on the role that sociocultural factors play in the development of body image, and other health risk behaviors among children, adolescents, and adults. These have included gender-role stereotypes, sport, the media, peers, social comparisons, acculturation, and the family. In the last 5 years she has also focused on the body image and related health behaviors among males from a range of cultural backgrounds which include Indigenous Australians, Indigenous and Indian Fijians, Tongans, and Chinese men living in Australia.

About the Contributors

Felicity C. Allen is an adjunct Associate Professor at Monash University and works as a consultant. Having recently completed a second book on health psychology in Australia, Felicity is interested in both health psychology and equal opportunity. Some of her research, for example, a recent evaluation of the needs of people with disabilities in Victoria combines both areas. Felicity has a strong commitment to promoting positive health behaviors (e.g., exercise). She has considerable experience in evaluating the intervention strategies of major public and private sector employers and service providers. Felicity has written three books and coauthored two novels, numerous articles, chapters, and monographs, and presented at 25 conferences. She is the Chair of the Melbourne Branch of the Australian Psychological Society.

Delwyn Bartlett is an Associate Professor in the Central Clinical School of Medicine at the University of Sydney; a registered psychologist who has been predominantly working in the area of sleep health and psychology since 1993. She is a member of the College of Health Psychologists. Delwyn is a Coordinator of Medical Psychology at the Woolcock Institute of Medical Research and is involved in a number of sleep research projects relating to treatment interventions for insomnia (adolescents, adults, and older adults with mild cognitive impairment), the neurobehavioral effects of untreated obstructive sleep apnea (OSA), and interventions to increase adherence to continuous positive airway pressure (CPAP) with cognitive behavior therapy, motivational interviewing, and health coaching.

Lee Beames is a Clinical Psychologist and has completed postgraduate Master's training at the University of Queensland. He has 25 years' experience in public sector health services predominantly in mental health, alcohol and drug, and health psychology at the Prince Charles Hospital. He has 10 years' experience in a drug and alcohol community clinic. As well as significant clinical experience, he has over 20 years' experience supervising postgraduate psychology students, GPs, psychiatrists in training, and clinical psychologists. On top of clinical and supervision roles he has been Director of Psychology at the Prince Charles Hospital since 1995 and also has a small private practice.

Lisa Beatty works at Flinders University and Flinders Medical Centre in Adelaide, South Australia, as a Clinical Psychologist and Postdoctoral Research Fellow. She has considerable research and clinical experience in providing psychological therapy for individuals affected by

cancer, including developing accessible psychological interventions. Her PhD dissertation focused on developing and evaluating self-help workbooks for women with breast cancer, and current research directions include evaluating an Internet self-help coping program for patients and partners. Lisa also has extensive experience in providing individual and group psychological therapy, using cognitive behavior therapy as a primary therapeutic framework. She has a number of publications in the area of adjustment to cancer, and is a regular presenter at psycho-oncology conferences.

Ann Bonner is a registered nurse with extensive clinical experience which enables her to bring a dual perspective on research and practice. She is Professor of Nursing in the School of Nursing, Queensland University of Technology and Visiting Research Fellow, Royal Brisbane and Women's Hospital. She has established collaborative multidisciplinary research related to chronic conditions, supervises doctoral students, and coordinates postgraduate nursing courses. Ann is recognized nationally and internationally as an expert renal nurse, and is the invited Chair of the Scientific Committee for the Renal Society of Australasia and is the Associate Editor of the society's international peer-reviewed journal. Since 2006 she has published 19 book chapters and 50 journal articles in the nursing literature.

Leah Brennan is a Clinical, Health, and Educational and Developmental Psychologist. Leah's research interests involve the application of psychological approaches to understand, prevent, and treat obesity, eating disorders, and their psychosocial comorbidities in children, adolescents, and adults. She is particularly interested in the development, evaluation, and dissemination of evidence-based interventions for the treatment of obesity, eating disorders, and their psychosocial comorbidities across the lifespan. Leah had worked in a range of clinical settings targeting the treatment of eating and weight disorders within inpatient, outpatient, and community-based services.

Colette Browning is a Professor and Co-Director of the Melbourne Longitudinal Studies on Healthy Ageing Program, an ongoing longitudinal study of older people living in Melbourne that commenced in 1994. Colette Browning holds the position of Research Professor in Healthy Ageing at Monash University. She is recognized as a national and international leader in psychology and health with a special focus on healthy aging and chronic illness. She is a Fellow of the Australian Psychological Society. She has edited books including *Behavioural Change: An Evidence-Based Handbook for Social and Public Health* and is the series editor, with Professor Shane Thomas, of the forthcoming book series *Healthy Ageing* for Springer Publications.

Sue Burney is an Adjunct Senior Lecturer, School of Psychology and Psychiatry, Faculty of Medicine, Nursing and Health Sciences, Monash University and Head, Cabrini Monash Psycho-oncology Research Unit. She is also a practicing Health Psychologist with a particular interest in the identification and management of the distress associated with a diagnosis of cancer and family-focused grief therapy. She is a member of the Victorian Cooperative Oncology Psycho-Oncology committee and is actively involved in supervising postgraduate research and clinical students and running seminars on psycho-oncology issues for health professionals. She is currently the lead investigator on a range of research projects concerned with the treatment side effects of cancer and the supportive care needs of patients, their carers, and families.

Mitchell K. Byrne is a Clinical and Forensic psychologist with 25 years' experience in the provision of applied psychological services. He has worked in both government and private services across several states in Australia and in the UK. Since 1997 he has also held full-time academic positions and is currently a Senior Lecturer on the Clinical Training program at the University of Wollongong.

Mitchell completed his PhD in 2009 in the area of medication adherence, receiving the Australian Psychological Society's 2009 Award for Excellent PhD Thesis in Psychology. He routinely delivers training to healthcare providers on the enhancement of adherence across multiple chronic illnesses.

Nerina J. Caltabiano is a Senior Lecturer in the Department of Psychology, James Cook University. Both her Honours degree and PhD were in social psychology, namely nonverbal behavior in children and attitudes towards compulsive casino gamblers. She is a member of the Australian and the American Psychological Societies. She publishes within the area of social and development psychology and also supervises higher degree research students in these areas. Together with her collaborators she has been the recipient of several grants including some internal faculty grants, an Australian Rotary Health Research Fund, a Cairns Campus, James Cook University Student Association Grant, Education Queensland grant, and an ARC Discovery Grant.

Jennifer Chamberlain-Salaun completed a Bachelor of Arts degree and a Certificate of Business before gaining extensive experience in the primary healthcare sector. In 2009 and 2010 she was a recipient of Primary Health Care Research, Evaluation and Development grants. For the past 2 years she has worked as a research assistant in the James Cook University (JCU) School of Nursing, Midwifery and Nutrition. Jennifer has been a research team member in qualitative research studies covering topics such as disaster management, community rehabilitation, simulation in nursing education, cervical screening, and mentoring circles. She has completed a Certificate in Research Methods and is a current PhD candidate in the JCU School of Nursing, Midwifery and Nutrition.

Anna Chur-Hansen is a Professor and registered Health Psychologist and a Fellow of the Australian Psychological Society. She is a long-standing member of the College of Health Psychologists. Anna has written over 100 papers in the areas of health professional education and health psychology. In the latter area she has focused on patients' perceptions of their health and illness, and the role of companion animals in physical and psychological health. She is a member of the School of Medicine, Discipline of Psychiatry, at the University of Adelaide.

Jason P. Connor is an Associate Professor in Health and Clinical Psychology, Director of the Centre for Youth Substance Abuse Research, the University of Queensland and a National Health and Medical Research Council (NH&MRC) of Australia Career Development Fellow. He is a member of the Australian Psychological Society (APS) College of Health Psychologists and APS College of Clinical Psychologists. He has coordinated advanced postgraduate health psychology courses, as well as advanced courses in clinical psychopathology and disabilities and rehabilitation. Dr Connor's research in the field of addiction is characterized by cross-disciplinary fertilization of molecular biology, clinical pharmacology, epidemiology, and information technology. Specific research themes include understanding the psychological mechanisms that contribute to addiction, identification of genes associated with alcohol and nicotine dependence, and youth substance abuse.

Lyn G. Courtney a registered Psychologist, is nearing completion of a PhD in the Department of Psychology, James Cook University (JCU) investigating successful aging of Australian baby boom career women. She is a member of the Australian Psychological Society, the American Psychological Association, the International Society of Quality of Life Studies, Australia Research Council/National Health and Medical Research Council, and the International Wellbeing Group. Lyn is a senior research associate working on Australian Research Council Linkage Grants and part of the JCU Cairns Institute, utilizing her proficiencies in research protocols and statistical

analysis. She has an extensive publication record and is the recipient of five publication awards. Additionally, Lyn has 6 years' teaching experience at JCU Australia and JCU Singapore.

Robert A. Cummins has held a Personal Chair in Psychology at Deakin University since 1997. He has published widely on the topic of quality of life and is regarded as an international authority in this area. He is a Fellow of the International Society for Quality-of-Life Studies and the Australian Psychological Society. He is on the editorial board of 11 journals and is an editor of the *Journal of Happiness Studies*. His research concerns quality-of-life theory and how such understanding can be used to improve the life experience of people who are disadvantaged.

Nichola Davis is a general practitioner in North Queensland and a Senior Lecturer and the Academic Coordinator of Year 4 MBBS at the Cairns Clinical School of James Cook University School of Medicine and Dentistry. Nichola is also a medicolegal advisor for the medical indemnity organization MIPS and has extensive experience in medicolegal issues and the delivery of risk management education to health professionals. A director and former chairperson of General Practice Cairns (Cairns Division of General Practice), Nichola has over 25 years experience in broad-based clinical practice and has played a leading role in advocacy and lobbying for primary healthcare in North Queensland.

Justine L. Ebenreuter is a Clinical Psychologist who graduated from Bond University as a Master of Psychology in 2010. During her studies she was a teaching fellow and completed an externship at the Gold Coast Hospital Neuropsychology Rehabilitation Ward. Justine currently works at the Department of Human Services, in their assessment team on the Gold Coast, conducting complex assessments for work capacity and also works with children and their families in a community clinic setting. Justine's research interests were initially on leadership styles and her current focus is on subclinical diagnostic criteria of eating disorders. She is working with Richard Hicks on further developments in the measurement and assessment of eating disorders and their health correlates.

Jane Fletcher is an Adjunct Lecturer, School of Psychology and Psychiatry, Faculty of Medicine, Nursing and Health Sciences, Monash University and Deputy Head, Cabrini Monash Psycho-oncology Research Unit. Jane also runs a private psycho-oncology clinical practice at Cabrini and has many years experience working in a range of cancer agencies. She is currently the Chair of the Victorian Cooperative Oncology Group Psycho-oncology Committee and was actively involved in the development and dissemination of the Australian Clinical Practice Guidelines for the Psychosocial Care of Adults with Cancer. She is also involved in a range of psycho-oncology research projects and student supervision at Cabrini Health.

Matthew Fuller-Tyszkiewicz completed his PhD on the relationship between dissociation and disordered eating symptomatology in 2008. He is currently a lecturer in the School of Psychology at Deakin University. Matthew's primary research interests include sociocultural determinants of body image dissatisfaction and the health implications of body image disturbances. He is currently exploring the extent to which contextual influences on body image satisfaction can be explained by traditionally recognized risk factors for body image disturbances and eating disorders.

Janette Gale is a Health Psychologist and founder and Managing Director of Health Change Australia (HCA). HCA is one of the major trainers of health practitioners in health behavior change techniques for chronic condition prevention, self-management, and rehabilitation in Australia. Janette consults to government and industry on the implementation and evaluation of health behavior change protocols in clinical practice and in health coaching-based programs.

Alan W. Gemmill is a Senior Research Fellow at the Parent-Infant Research Institute (PIRI). An ecologist by training, he has published across the evolutionary, medical, and psychological fields with an overarching interest in the pathologies associated with reproductive processes. Alan has focused on perinatal mental health research for 13 years, with a specific interest in the identification and prevention of maternal mental health problems and in the conduct of treatment randomized controlled trials. He has considerable experience in the implementation of screening programs for perinatal mood disorders.

J. Robert Grove is a Winthrop Professor in the School of Sport Science, Exercise and Health at the University of Western Australia. He is a member of the College of Health Psychologists and the College of Sport and Exercise Psychologists within the Australian Psychological Society. Bob has published more than 140 chapters, articles, or reviews in academic and professional outlets. His publications have focused on the anxiety-reducing effects of exercise, exercise as a component of cognitive behavior therapies for smoking cessation and weight loss, exercise as a treatment for chronic fatigue syndrome, the impact of exercise on self-perceptions and mental health, and the development of exercise habits.

Chyrisse Heine is a speech pathologist and audiologist. She is a Senior Research Fellow at Monash University, School of Primary Health Care and a lecturer at La Trobe University, School of Human Communication Sciences. Chyrisse is a Fellow of Speech Pathology Australia and has received the Audiology Australia Certificate of Outstanding Service. Her research focuses on healthy aging and the assessment and management of communication and quality-of-life issues in older adults with vision and/or hearing loss. Chyrisse also has a special interest in (central) auditory processing disorder and is recognized as a national and international expert in this area.

Richard E. Hicks is Professor of Psychology at Bond University; he has published more than 200 articles, books, chapters, psychological tests, surveys, and classroom simulations and exercises. He has also presented numerous conference papers. He supervises students in a range of organizational, clinical, counselling, health, and personality-related areas. Richard is a Fellow of the Australian and British Psychological Societies and of the Australian Institute of Management and a member of the Clinical, Counselling, and Organisational Colleges of the Australian Psychological Society. His current research interests are in identifying relationships among perfectionism, personality, stress, and psychological wellbeing. He has an extensive history in test and questionnaire development and in questionnaire analysis.

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Ben Jackson received his PhD from the University of Leeds in the UK in June 2008, and is currently An Assistant Professor in the School of Sport Science, Exercise and Health at the University of Western Australia. With a research interest that spans social and health psychology, his work explores the formation and consequences of close relationships in various health settings (e.g., physical education, sport, rehabilitation). His research is supported by the Australian Research Council, and his work has been published in well-respected peer-reviewed journals including

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Lester E. Jones is currently a Lecturer in the La Trobe University Faculty of Health Sciences and has postgraduate qualifications in teaching and learning and pain and pain management. He is a member of the Australian Physiotherapy Association, the Chartered Society of Physiotherapy (UK), the International Association for the Study of Pain, and the Australian Pain Society. He is the Australian Physiotherapy Association's representative for Pain Australia and has also been involved in guideline development for assessment of pain (British Pain Society/British Geriatric Society) and outcome measures (Australian Pain Society/Faculty of Pain Medicine). He has previously authored and coauthored chapters on pain topics for physiotherapy and interdisciplinary texts.

Moira Junge is a registered psychologist, having completed a doctorate in health psychology. She has over 20 years' experience in the healthcare sector and has worked in the sleep field since 1994. Moira uses cognitive behavior therapy techniques as well as drawing on hypnosis, mindfulness and acceptance and commitment therapy, imagery rehearsal therapy, and well-developed counselling skills. She is passionate about, and actively involved in, educating other psychologists about treating sleep disorders, and she supervises students in the field of sleep problems. She is a member of the Australian Psychological Society College of Health Psychologists and the Australasian Sleep Association.

Nadine Kasparian is Head of Psychological Research and Supportive Care at the Heart Centre for Children, the Children's Hospital at Westmead. She holds appointments at the University of NSW and University of Sydney. Nadine's research focuses on the psychological experiences of individuals and families affected by illness, with a particular emphasis on psychosocial aspects of genetic testing for disease risk. She has developed interventions in this area, as well as clinical programs for women suffering from postnatal depression and anxiety. Nadine's current work is dedicated to the psychological care of infants, children, and families affected by heart disease. She has received numerous awards, including the 2011 International Psycho-Oncology Society Hiroomi Kawano New Investigator Award for outstanding contributions to research.

David Kavanagh was educated at Sydney and Stanford Universities, and currently holds a Research Chair in the Institute of Health & Biomedical Innovation and School of Psychology and Counselling at Queensland University of Technology. He has an extensive record of research funding and publication, especially in addiction, comorbidity, Internet-based treatment, and service enhancement, and has contributed strongly to state and national policy development in those areas.

Adrian B. Kelly is a Principal Research Fellow at the Centre for Youth Substance Abuse Research, the University of Queensland. His primary research interests are in cost-effective family-oriented prevention programs for youth substance abuse, processes involving families and peers that contribute to the development of substance use and related problems, and community-based prevention strategies. A clinical psychologist by background, Adrian has developed and evaluated a variety of early intervention and treatment programs for families affected by alcohol and other drug use.

Christina A. Kolar is a Research Assistant in the School of Psychology at Deakin University. She completed her postgraduate diploma in 2010, with a thesis topic focusing on substance abuse and cognition. She plans to begin studying a Master of Industrial and Organisational Psychology in 2013.

Brigitte Laville completed her Graduate Diploma of Psychology in 2009 at Deakin University where her research project was based on the relationship between body image and social comparisons in children. Brigitte's primary research interests include the mental health implications of body image disturbance, with particular interest in age appropriate body image intervention programs. She is currently working in the organisational psychology field as a consultant.

Helen Lindner is a Health Psychologist and the Executive Manager, Member Groups and Resources at the Australian Psychological Society. Helen was an academic for 17 years in the School of Psychological Science at La Trobe University, where she was actively involved in the Master's and doctoral programs in health psychology. Her research interests are self-management of chronic illness such as diabetes, heart disease, and lupus. She has extensive experience in the training of health professionals in behavior change skills, including motivational interviewing techniques and goal setting within the readiness to change framework. This training has occurred in Australia and China. She was a scientist with the World Health Organization's global project on "Adherence to long-term therapies: Evidence for action."

Jay-Lee Longbottom holds an MA in psychology from Californian State University, Fullerton, and a PhD in sport and exercise psychology from the University of Western Australia. She is registered as a psychologist with the Psychology Board of Australia and currently works as a Sport Psychologist in Singapore. Her research interests include perfectionism, motivation regulation, and self-presentation processes in exercise.

Paul R. Martin is Professor and Head of the School of Applied Psychology at Griffith University in Queensland, Australia. He trained at the University of Oxford before migrating to Australia and taking up positions at Monash University, University of Western Australia, University of New England, and RMIT University. He has held a number of professional leadership positions including National President of the Australian Behaviour Modification Association, Director of Science, and then President of the Australian Psychological Society. He was also President of the 27th International Congress of Applied Psychology. He has published eight books and over 130 journal articles and chapters. He is a Fellow of the British Psychological Society and an Honorary Fellow of the Australian Psychological Society.

Jane L. Mathias completed undergraduate studies and a PhD in psychology at the University of Adelaide, after which she worked at the Women's and Children's Hospital. She is currently a Professor in the School of Psychology in the Faculty of Health Sciences and teaches clinical neuropsychology, psychological assessment, and quantitative meta-analytic techniques to undergraduate, Honours, and postgraduate coursework students, as well as supervising the research projects of Honours, Masters, and PhD students. She has conducted research in the areas of traumatic brain injury, craniofacial disorders, dementia, chronic fatigue syndrome, attention deficit disorder, cardiovascular disease, and aging.

Marita P. McCabe is a Professor of Psychology at Deakin University. Her areas of interest include psychological adjustment among older people and human sexuality, adolescent dating, childhood abuse, sexual dysfunction, sexual harassment, sexuality and disability, adolescent body image, dieting, bingeing, and excessive exercise among adolescent boys and girls. She has published over 300 papers in a range of international journals.

Nikola Medic is a Senior Lecturer in the School of Exercise and Health Sciences at Edith Cowan University. He is a member of the College of Sport and Exercise Psychologists within the Australian Psychological Society and is registered as a psychologist with the Psychology Board of Australia. His research interests include intrinsic motivation and self-determination, the

development of sport commitment and expertise, and the impact of physical activity on aging processes.

David Mellor is a Professor of Psychology at Deakin University. His research interests are varied but fall within the areas of Clinical and Health Psychology. He has considerable experience and expertise in cross cultural research, and has published papers related to adolescent body disturbance with colleagues in Chile, China, and Malaysia. He has also worked in clinical practice and conducted research with Indigenous Australians.

Jeannette Milgrom is a Professor of Psychological Sciences at University of Melbourne and Director of Clinical and Health Psychology, Austin Health, Melbourne. She has established a psychology hospital department that integrates clinical services, research, and teaching. She was chair of the National Executive of the College of Health Psychologists, Australian Psychological Society, 2002–6 and convened the Doctor of Psychology (Health), University of Melbourne, 1999–2008. Jeannette established the Parent–Infant Research Institute in 2001 focusing on high-risk infants, postnatal depression, prematurity, and developing psychological treatments (mothers, fathers, and babies). Jeannette has had a major role in the Beyondblue National Perinatal Depression Initiative since 2001. She is recipient of 41 research grants and author of four books, 13 chapters, and 90 scientific articles.

Jane Mills is an expert grounded theorist with extensive experience in the field of primary health-care. Currently employed as an Associate Professor in the School of Nursing, Midwifery and Nutrition at James Cook University in Australia, Jane holds the position of Director of Research and Associate Dean Research in the Faculty of Medicine, Health and Molecular Sciences.

Kylie Murphy is a Psychologist working in Clinical Health Psychology. She has treated overweight adults in both hospital outpatient and community health settings. In addition to her clinical work, Kylie has a research interest in the area of obesity and weight management and is currently working at Monash University's Centre for Obesity Research and Education. Of particular interest is the relationship between psychological distress, motivations for weight loss, and weight-loss outcomes.

Alexander J. Mussap is an Associate Professor who completed his doctoral training at Deakin University, Australia, and his postdoctoral training at the University of Houston, USA. He is currently Deputy Head of School of Psychology at Deakin University. He has published over 50 papers in the areas of vision research, cognition, and health psychology. His most recent research focuses on sociocultural influences on body image and unhealthy body change behaviors.

Danielle C. Newton is a Research Fellow in the Centre for Women's Health, Gender and Society at the University of Melbourne. Her interest in Health Psychology began with her PhD investigation into the psychosocial impact of sexually transmitted infections. Since this time she has continued to focus her research primarily in sexual health and has published papers in journals such as *Sexually Transmitted Infections*, *International Journal of STD & AIDS*, *Sexual Health*, *Sexually Transmitted Diseases*, *Journal of Sex Research*, *Sexual and Relationship Therapy*, *Journal of Health Psychology*, *Annals of Family Medicine*, and *Sociology of Health & Illness*. Danielle also holds a Master of Psychology (Health) and has practiced clinically in the area of sexual and reproductive health.

Sarah Nowoweiski is a registered Psychologist who has been working in the field of infertility since 2005. Her doctorate research investigated parents' experiences of complicated childbirth, particularly focusing on males' perspectives which had been previously underreported. Since

then, Sarah has worked on the management of mental health issues associated with parent-infant psychology and reproductive health. Sarah has also presented research findings at both national and international conferences, and has published her research in international and national peer-reviewed journals. Sarah is an approved infertility counsellor in Victoria and has experience working with complex cases including third-party reproduction and surrogacy. She is chair of the ANZICA Research Sub-Committee.

Paul O'Halloran is a Senior Lecturer in the School of Public Health at La Trobe University (Bundoora). His principal research interest relates to physical activity and health; his PhD examining mental health benefits of physical activity. He has published articles pertaining to physical activity in national and international refereed journals. Specifically, these have related to the mood enhancing effects of physical activity and on strategies and programs designed to increase physical activity in both the general population and in people with chronic illnesses in rehabilitation settings. He has been involved in professional practice of health/sport/general psychology for over 10 years working with individuals and organizations.

Melissa Oxlad is a Clinical and Health Psychologist who works in private practice where she consults to adults and children. She has had many years of research and clinical experience assisting people with cancer and life-threatening illness including working in the Royal Adelaide Hospital Cancer Centre and currently providing services to clients of the Leukaemia Foundation and the Little Heroes Foundation. Melissa is a Visiting Research Fellow at the University of Adelaide. Her health psychology research with cancer and cardiac populations has been published in peer-reviewed journals and presented at national and international conferences. In addition, Melissa has also undertaken a number of tertiary teaching roles.

Dawn Proctor is a Postdoctoral Research Fellow at the Institute of Health and Biomedical Innovation, Queensland University of Technology. As a Clinical Psychologist Dawn previously held a senior position working in the statewide alcohol and drug inpatient service. She completed her doctoral training at the University of Manchester, specializing in metacognitive therapy for anxiety disorders. Dawn is currently involved in the development of online interventions for a range of mental health concerns and the application of metacognitive techniques for dual diagnosis.

Julie Pryor is an Associate Professor and registered nurse with a particular interest in the processes of clinical service delivery. From the various clinical, management, education, and research positions she had held in rehabilitation over the past 25 years and the consultancy work she has done with around 20 rehabilitation service providers across Australia and New Zealand Julie has developed a deep appreciation of the centrality, complexity, and challenges of cross-disciplinary working in health. At the Royal Rehabilitation Centre Sydney, Julie is the Director of the Rehabilitation Nursing Research & Development Unit. As an Associate Professor at Flinders University she supervises research students enrolled in Australia's only postgraduate multidisciplinary clinical rehabilitation program.

Rachel M. Roberts has worked with children with craniofacial conditions at the Women's and Children's Hospital, Adelaide, for many years. She has conducted research in child and adolescent health psychology, including work in the areas of craniofacial disorders, metabolic conditions, prematurity, and sleep disorders. She is currently a Senior Lecturer in the School of Psychology at the University of Adelaide where she teaches in the Master of Psychology Health and Clinical programs and coordinates postgraduate training in clinical psychology. She continues to consult at the Women's and Children's Hospital.

Bosco C. Rowland is a registered Psychologist and Research Fellow with the School of Psychology in the Faculty of Health at Deakin University. He has been working in the area of community-based interventions for the last 10 years. He has been extensively involved with developing and piloting the Good Sports program, an alcohol-management program for community sports clubs. Bosco's interests include health behaviors around alcohol consumption, healthy eating, and mental health, especially from a health promotion, preventative, and public health perspective.

Laura Sciacchitano has an Honours degree in Psychology and has several publications related to her thesis. She has held the position of project officer at the Australian Psychological Society for the past 4 years, and as part of her role is involved in the development of practice resources and online training programs for psychologists and other allied health professionals, including social workers, mental health nurses, and occupational therapists. Laura's research interests include coping with chronic illness and perinatal mental health. Laura has also worked as a researcher in the alcohol and drug field where she conducted health services research and evaluations.

Kerry Sherman is a Senior Lecturer in the Centre for Emotional Health, Department of Psychology, at Macquarie University, Sydney, and a consultant health psychology researcher with the Westmead Breast Cancer Institute. She is the current President of the Australasian Society for Behavioural Health and Medicine. Since undertaking a postdoctoral fellowship at the Fox Chase Cancer Centre, Philadelphia, Kerry has worked extensively in health psychology, particularly in the area of psycho-oncology incorporating aspects of diagnosis, survivorship, and genetic risk. Kerry's research in clinical contexts includes the evaluation of psychosocial interventions that are designed to minimize distress, improve surgical decision making, and improve spousal support among individuals with a cancer diagnosis and those undergoing genetic testing for hereditary cancer susceptibility.

Helen Skouteris is an Associate Professor in developmental psychology in the Department of Psychology at Deakin University, Melbourne, Australia. Her research interests pertain to understanding factors that influence maternal and child health and wellbeing, including body image concerns, ante- and postnatal depression, excessive gestational weight gain, and postpartum weight retention.

Heather Soo is a practicing Psychologist and doctoral student at Macquarie University, Sydney. She has a particular interest in the psychological management of individuals with chronic illness. Her current research focuses on how styles of thinking, specifically ruminative processes, influence adjustment to chronic and acute illnesses, such as diabetes and cancer. Since completing a Master's degree at Monash University in health psychology, Heather has published in the area of ruminative processes in the context of diabetes.

Jacqui Stanford is currently a Director and Principal Psychologist of Empower Rehab, who specialize in providing interdisciplinary pain management as well as working with clients presenting with a range of psychological presentations. Jacqui provides training and supervision to health professionals and return to work professionals about the management of clients with persistent pain to help facilitate recovery and optimal function. She also lectures Master's and Doctor of Psychology students in pain management. She is a member of the Australian Psychological Society and the Health College, the International Association for the Study of Pain, and the Australian Pain Society. Jacqui was the Australian Psychological Society representative of the Australian National Pain Summit.

Esben Strodl is a Senior Lecturer at the Queensland University of Technology (QUT). He teaches health psychology and cognitive behavior therapy in the Master's and professional doctorate degrees in clinical psychology at QUT. Previously he worked for 10 years as a clinical health psychologist for the Queensland Health Department. Esben's research interests include psychotherapy and health psychology. He is currently serving as the Queensland Chair of the Australian Psychological Society College of Health Psychologists, as well as being on the college's national executive.

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Robert J. Williams completed his postgraduate training in the Department of Psychology at the Auckland University and Kingseat Psychiatric Hospital in New Zealand. He has been researching and teaching in the field of substance abuse, health psychology, men and masculinity, and counselling for 25 years. A large focus of his work has been on the study of gender-role stereotypes in relation to both binge drinking and binge eating among adolescents, and he has published over 50 papers in the field. He is currently researching the embodiment of consciousness, body image, and mindfulness in the School of Letters, Arts and Media at the University of Sydney, Australia.

Helen R. Winefield is a Professor in the School of Psychology and the Discipline of Psychiatry at the University of Adelaide. A foundation member of the College of Health Psychologists, she has published widely on occupational and health psychology topics, and currently coordinates a Master of Psychology (Health).

Foreword

As President of the Australian Psychological Society, it is with great pleasure and pride that I commend to you this excellent volume. It is a pleasure, because it is clear that the evidence base and the theoretical rationale which underpins the crucial work of health psychology has now truly come of age with an entire new resource to inform its treatment and practice. Pride, because so much of this outstanding work arises from the many members of the College of Health Psychology of the Australian Psychological Society. The College is just over 10 years young and during that relatively brief time the specialty has proved beyond a shadow of a doubt the important contribution that health psychology can make to the theory, treatment, and management of the effects of psychological factors related to health and illness in the contemporary Australian context.

The book contains no fewer than 36 chapters by Australian researchers and practitioners in health psychology, and each of the two main practice areas of contemporary health psychology (i.e., health promotion and clinical health) are well represented in the volume. I feel sure that this comprehensive text will provide a powerful resource for the many health psychologists across the country and throughout the world who are engaged in the prevention of illness and the promotion of health-related behaviors, as well as to the integrated application of psychology to illness assessment, treatment, and rehabilitation.

Particular acknowledgement and respect are due to the editors of this wonderful volume, Associate Professors Marie Caltabiano and Lina Ricciardelli. First of all they are to be congratulated for their own powerful contributions to the volume but also for their indefatigable ability to be able to organize, cajole, and convince a virtual army of health psychologists to produce such a comprehensive and well-integrated text. Truly a *tour de force* and one I am sure that we will still be referring to over the many years to come. Enjoy this wonderful read!

Simon Crowe, PhD
President
Australian Psychological Society Ltd