

Analyze the health psychology essay

[Health & Medicine](#), [Healthcare](#)



A Textbook third edition Praise for the previous edition: " The volume of work undertaken by Ogden for the first edition of her textbook was impressive, and the second edition is even better... As a text aimed at undergraduate psychology students, it is hard to fault. " Times Higher Education Supplement (The Textbook Guide) Health Psychology: A Textbook has made a major contribution to the teaching and study of this rapidly expanding discipline.

Maintaining its strong review of theory and research and its details of behaviours such as smoking, exercise, eating and screening, the third edition has been substantially revised to provide increased coverage of the biological aspects of health and illness. This book now provides the most accessible and comprehensive guide to the field.

Jane Ogden praise for this edition " This third edition has now been extensively updated and considerably strengthened in a number of key areas ... it provides a clear, comprehensive and up-to-date overview of a wide range of research and theory ... it clearly deserves to maintain its place as the number one choice of health psychology textbook. " John Weinman, King's College, London Health Psychology A Textbook.

Many new features have been incorporated into this edition to further aid students and teachers, including: The new two-colour layout has been designed with students in mind, including clear illustrations, boxed discussion points, and specific research boxes. New to this edition: Online Learning Centre (OLC) with great materials for students and lecturers.

Resources include further readings, "Focus on Research" boxes, web links, sample essay questions, chapter overviews, PowerPoint slides and an instructor resource manual. The OLC content enhances the learning experience for students and provides support for lecturers teaching the subject. Health Psychology: A Textbook is essential reading for all students and researchers of health psychology and for students of medicine, nursing and allied health courses.

Jane Ogden is a Reader in Health Psychology at Guy's, King's and St. Thomas's School of Medicine, University of London, where she carries out research into health-related behaviours and teaches health psychology to both medical and psychology students. cover design:

- Additional, entirely new chapter on stress; now two chapters address this key topic
- Expanded and improved section on psychoneuroimmunology (PNI)
- Expanded chapter on pain
- New section on the consequences of coronary heart disease (CHD) and rehabilitation of CHD patients
- New chapter on eating behaviour
- New coverage of problems associated with social cognition models