acceptance, 310
access to health-care services, domains, 167
accidents, as leading cause of death, 14
action, prerequisites, 102–3
action planning (AP), 199
action stage, 137
actional volitional phase, 142, 143
'Active for Life' campaign, 54
activity limitations, 320–1, 322, 323, 325, 326
actual behavioural control, 123
acute model of illness, 154
adaptation, to childhood illness, 378
addiction, 75–6
social construction, 76–7
theories of, 34–6, 79
adherence, 175–85
concerns, 156, 182–3
conscientiousness and, 298
definitions, 176, 177
impact, 176
informed, 184–5
interventions
development, 184–5
evidence-based, 184–5
limited effects of, 179–80
measuring, 177–8
memory and, 184
necessity beliefs, 156, 182–4
non-adherence
cost, 177
intentional, 180–1
rates, 176
understanding, 180–4
unintentional, 180–1
operationalising, 177–9
optimism and, 298
sociodemographic factors and, 180
trait characteristics and, 180
adherence effect, 176
adolescent sexual health model, 87–9
adoption, of intervention, 101, 106
adrenocorticotropin hormone (ACTH), 260
adult care, stress reduction, 236–9
advance care planning, 405–6
advertising, food, 61–2
aetiology, psychological factors, 6
affect, and adherence, 184
affective heuristic theory, 35
age differences
alcohol consumption, 25
driving behaviour, 27–8
help seeking, 368
physical activity, 22
screening, 226
social support, 286
substance use effects, 77
tobacco smoking, 34
ageing, 384–94
behavioural interventions, 390–1
cancer, 387, 391
cardiovascular disease, 386–7
caregiving interventions, 391
chronic disease, 386
chronic disease interventions, 391
cognitive processing, 387–8
demographics, 385
disability, 386
emotional well-being, 388
HIV/AIDS, 387
mental health conditions, 388–9
myths and realities, 385–6
primary, 386, 392
psychological interventions, 389–91
psychosocial interventions, adapting, 390
quality of life (QoL), 391
respiratory disease, 387
retirement, 388, 392
secondary, 386
sexual function, 388
successful, 392–3
tertiary, 386
agreeableness, 295, 296
AIDS see HIV/AIDS
alcohol dependence syndrome, 26
Alameda County Study, 16, 286
alcohol consumption, 24–6, 28, 73–80
binge drinking, 24, 76
bipolar disorder, 78–9
diabetes, 78
health professionals' role, 79–80
health psychology and, 76, 79
perceived norms, 79
prevalence, 74
psychological level, 77–8
psychosocial epidemiology, 74–5
social norms, 78–9
social policy, 76–7
surveys, 78
alcohol dependence syndrome, 26
Alzheimer's disease, 388
ambivalence, 64–5
amphetamines, 74
anger, 296
and healing, 261
angina, HCP behaviour interventions, 192
antennatal screening, 226
antibiotics, overprescribing, 200–1, 202
anticipated stress, 254
anticipatory nausea, 235
anxiety
and adherence, 184
at end of life, 400
and chronic illness, 214
in hospital see hospitalisation measurement, 306–7
older adults, 389
trait, 250, 251
appraisal delay, 168
appraisal-focused coping, 236
approach-orientation, 353
Arthritis Impact Measurement Scales (AIMS-2), 335
aspirin, and myocardial infarction, 190
assertiveness training, 104–5
associative learning, 62–4
asthma
HCP behaviour interventions, 192, 193
psychological interventions, 211, 212
self-monitoring, 163
atherosclerosis, 386, 387
attachment theory, 284
attention, 239
attitudes, toward behaviour, 124
attribution theory, 197–8
attributions, illness, 152
Audit of Diabetes Dependent Quality of Life (ADDQoL), 336
authentic happiness, 331
autonomic nervous system (ANS), 249, 254, 260
autonomy, 350, 351
avoidance, 117, 239, 297, 309, 405
avoidance-orientation, 353
back pain, HCP behaviour interventions, 192, 198, 200
Barthel index, 321
Beck Depression Inventory, 307
behaviour
health-related see health behaviour measurement, 321–2
behaviour change, stage models see stage models of behaviour change
behaviour change cascade, 204
behaviour change objectives, setting, 100–1
behaviour change processes, identifying, 101
behaviour change techniques (BCTs) selecting, 101, 105–6
standardised nomenclature, 203, 204
theory-based, 179–80
behaviour patterns, 100
behavioural beliefs, 127, 128, 131
behavioural counselling, smoking cessation, 41–2
behavioural delay, 168
behavioural distraction, 237
behavioural experimentation, 211
Behavioural Intervention Grid, 215
behavioural medicine, 4
behavioural reactivation, 308–9
behavioural skills, 104–5
belief about illness, measurement, 306
categories, 127
changing, 129
bereavement, 286, 404–5
binge drinking, 24, 76
biofeedback, 278
biological assays, in adherence measurement, 177, 178
biological factors, health behaviour, 29
bipolar scoring, 128
blood-borne infections, 74, 75, 76–7
blunters, 239, 276
BMT, 235
bodily changes, 163
body dissatisfaction, 66
bone marrow transplantation (BMT), 235
boomerang effect, 113
bowel cancer, 224, 226
brain
anxiety, 252, 253
frontal cortex, 252
frontal lobes, 250
hypothalamus, 260
looking backwards and forwards, 249–50
prefrontal cortex activity, 252, 253–4
BRCA1/2 gene test, 224, 227
breast cancer
alcohol consumption and, 365
fear control, 116
genetic counselling, 224
help-seeking delay, 167–8, 349–50
illness representations, 156
older adults, 387
of parent, 375
partner support, 378
prevalence, 362
screening, 26, 222, 224, 226, 227
stress management, 213
written emotional disclosure, 214
breathing exercises, 237
Brief Pain Inventory (BPI), 307
cancer
behavioural factors, 365
children with, 378, 379
cognitive behavioural interventions, 213, 265–6
genetic tests, 227
as leading cause of death, 14–16
mortality rates, 362
older adults, 387, 391
patient delay, 168
psychosocial interventions, 5
quality of life, 331–2
screening, 26–7
stress management, 213
substance use and, 74
see also palliative care
cannabis, 74–5, 76, 77, 78
alcohol compared with, 78
cardiac ischaemia, 264
cardiovascular disease (CVD)
behavioural interventions, 5
as leading cause of death, 14–16, 361
older adults, 386–7
psychological disorders and, 251
smoking and, 36
substance use and, 74
caregivers
and disability, 325
interventions, 391
palliative care, 404
catastrophising, 306, 309, 362
catecholamines, 260
causal beliefs, 150, 151, 153–4, 157, 158
Center for Epidemiologic Studies Depression Scale (CES-D), 307
central nervous system (CNS), 260
cerebrovascular disease, 387
cervical cancer
prevalence, 362
screening, 26, 222, 223, 226
smoking and, 156
CFS see chronic fatigue syndrome
'chain of persuasion', 53, 54
change, behaviour see behaviour change
chat rooms, 374
Child Health Questionnaire, 336
childbirth
fear of, 236, 238
mortality, 362
childhood asthma, HCP behaviour interventions, 193
children's illness perceptions, 373–6
developmental changes, 373–4
genetic testing, 374–5
when child is ill, 374
when parent is ill, 375
when sibling is ill, 375–6
cholesterol levels, 19, 362
chronic fatigue syndrome (CFS), 154, 212–13
chronic illness
definition, 210
and emotional disorder, 214
impact of child's diagnosis on parents, 378–9
impact on couples, 376–8
psychological interventions, 209–15
categorisation, 210
developing for long-term conditions, 212
educational/information-based, 211
new technology use, 215
targeting motivation and control of behaviour, 211–12
testing, 215
to address psychological adjustment to illness, 213–15
to treat symptoms, 212–13
self-monitoring, 163
significant others' and, 210, 213, 214–15
chronic liver disease, 26
chronic model of illness, 154
chronic obstructive pulmonary disease (COPD)
medication adherence, 184
older adults, 387
psychosocial interventions, 5
smoking and, 36
cigarette smoking see tobacco smoking
cirrhosis, 26
cladication, 319
clinical behaviours, 197

see also health-care professional behaviour
clinical guidelines, implementation, 190–1, 196, 197
clinical psychology, 3–4
clinical trials, 332
cocaine, 74, 75, 76
Cochrane collaboration, 191, 204–5
cognitions
as intervention targets, 323
and pain management, 309
and symptom perception, 164
cognitive aspects of survey methodology (CASM), 338
cognitive behavioural stress management (CBSM), 213, 265
cognitive behavioural therapy (CBT), 212, 213
combined, definition, 237
pain management, 157, 308
cognitive distraction, 237
cognitive interviewing, 338
cognitive models of behaviour, 321
collectivism, 350, 351
and health and illness, 351–4
colorectal cancer
prevalence, 362
screening, 26, 222, 223, 226
comfort, optimising, 241
commercial genetic testing, 227–8
common cold, 262
common-sense model (CSM), 150–5, 211–12
competition of cues theory, 164
counterpoint of cues theory, 164
computerised adaptive testing (CAT), 339
cost-conceptually driven (top-down)
perception, 164–5
concerns, 156, 182–3
concrete-operational stage, 373
conditioned responses, 196
conditioning, 35–6
condoms, 92, 93
confidentiality, 196–7
confounding factors, 107
conscientiousness, 295, 297–8
consciousness raising, 137
consequence beliefs, 150, 154–5, 157, 158
CONSORT, 191
consultation, exercise, 51
contamination, 373
contemplation stage, 137
contingency management, 137
continuing medical education (CME) interventions, 191
control, locus of, 276
control beliefs, 127, 131
illness representations, 150–1, 155, 157
control cognitions, 324–5
control theory, 105
COPD see chronic obstructive pulmonary disease
coping
active, 274
affective, 238
appraisal, 112–13
appraisal-focused, 236
avoidant, 274
cultural factors, 354–5
definition, 273
dyadic, 376–7
efforts, 272, 274
emotion-focused, 238, 274–5
flexibility, 275
goals, 273
illness representations, 153, 157
importance, 273
interventions to improve, 277–8
mobilisation of resources, 225
motivational model, 306
pain, 306
palliative care, 405
personality and, 275–7
proactive, 275
problem-focused, 236, 238, 274–5, 298
responsive, 275
skills, 213–14, 277
social support and, 278, 288–90
strategies, 273–5
styles, 274–5
matching with demands, 275
coping congruence approach, 376
coping self-statements, 237
coronary heart disease (CHD)
dementia caregivers, 391
and depression, 214
family-group interventions, 287
gene-causal models, 225
gene testing, 227
hostility and, 296
illness perception, 364
and optimism, 298
physical inactivity and, 22
psychological factors, 263–4
INDEX 413

social integration and, 286
tobacco smoking and, 365
and worry, 252
corticotrophin-releasing hormone (CRH), 260
corticosteroid, 260
cotinine, 39
counter-conditioning, 137
counter-regulation, 66
couple-focused interventions, 378
crisis theory of physical illness, 233–4, 236
critical care unit, 236
cue exposure, 68
cultivation hypothesis, 289, 290
cultural competency, 92
cultural factors
coping, 354–5
danger control, 113, 115–16
and fear control, 116
data-driven (bottom-up) perception, 164
default, causal attributions, 352
death and death rates
alcohol abuse, 74
drug misuse, 74
leading causes, 14–16, 386, 399
lifestyle factors and, 19, 20
social factors, 286
socioeconomic status and, 14
defence motivation, 118, 119
defensive avoidance, 113
defensiveness, 117
deliberative mindset, 143
denial, 113, 297, 405
and patient delay, 169
role in eating behaviour, 67
dental care, HCP behaviour interventions, 193, 199–200, 201
dental floss, 353
dependence, 75–6, 79, 389
depletion syndrome, 389
depression
at end of life, 400
chronic illness and, 214
and healing, 261–2
measurement, 306–7
and non-adherence, 184
older adults, 389, 390
treatment, 190
Depression, Anxiety and Positive Outlook Scale, 307
Depression Anxiety Stress Scales, 307
desensitisation, 237, 240
DESMOND, 211
developmental theory, 373
diabetes
complications, 210
coping skills, 214
generic tests, 227
HCP behaviour interventions, 193
medication adherence, 184
poorly controlled, 154
psychological interventions, 211, 212
self-management programme, 158
self-monitoring, 163
Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND), 211
diabetic retinopathy screening, 222
diagnostic delay (total delay), 166
diagnostic procedures, 234–5
diet, 19–21
dietary practice, 365, 366
diabetes, 66–7
dignity, 401–2
dignity conserving model, 401–2
dignity therapy, 403
disability
as behaviour, 321, 322, 325
biomedical model, 318–19, 321, 324
cause attribution, 318–19, 321
definition, 318
delivery agents, 318–19
environmental factors, 321
experimental studies, 324–5
and handicap, 319
impairment and, 319, 320, 325
integrated model, 322–3, 325–6
testing, 323–4
intervention targets, 318–19
interventions, 324–5
measurement, 307, 321–2
prevalence, 318
psychological model, 318–19, 321, 322, 324
significant others’ role, 325
social model, 318–19, 321
disinhibition, 66
distraction, 237, 239, 241
distress
at end of life, 400–1
psychological, 400
spiritual and existential, 400–1
therapies to reduce, 402–5
parents, 378–9
patient and partner, 377
drug and opioid prescription, 28

drug misuse, 73–80
drug misuse, 74–80
drug misuse, 73–80
drug misuse, 74–80
drug misuse, 73–80
drugs and opioids, 28

Effective Practice and Organisation of Care (EPOC) interventions, 191
cognitive models, 64–5
developmental models, 60–4
weight concern model, 65–8
ecstasy, 74, 75, 76

eating behaviour, 59–68
causal analysis, 66–7
cognitive models, 64–5
developmental models, 60–4
weight concern model, 65–8
effectiveness, of intervention, 106
efficacy appraisal, 113, 114, 115
effectiveness, of intervention, 106
efficacy appraisal, 113, 114, 115
elaboration likelihood model (ELM), 129
electroconvulsive therapy (ECT), 190
electronic monitoring, 177, 178
elicitation research, 102, 103
elicitation studies, 125–6
ELM see elaboration likelihood model
emotion-focused coping, 238, 274–5
emotional approach coping, 275
emotional discharge, 238
emotional disclosure, 264–5, 278
emotional support, 284, 354–5
emotions
and adherence, 184
negative, 214, 248
regulation, 211, 240–1
and symptom perception, 164
written disclosure, 214
emphysema, 387
enabling hypothesis, 289–90
end-of-life care, 398
see also palliative care
end-stage renal disease, 156–7
endocrine systems, 260
environment, and physical activity, 55
environmental constraints, 102–3
environmental reevaluation, 137
EORTC Quality of Life Scale (EORTC-30), 335
EPIC–Norfolk Study, 17
EPPM see extended parallel process model
ERUPT study, 199, 201
ethnic differences, tobacco smoking, 34
European Organisation for Research and Treatment of Cancer (EORTC), 339
EuroQol (EQ-5D), 337
euthanasia, 401
evidence-based adherence interventions, 184–5
memory and, 184
evidence-based practice, 191
see also health-care professional behaviour
evidence–practice gap, 190–1
memory and, 184
evidence synthesis, 190
theoretical basis for, 203
exercise, 48, 366
see also physical activity
exercise consultation, 51
exercise interventions, 266
existential issues, 401
experimental matched–mismatched design, 139, 142
experimental studies, 7
Expert Patient Programmes, 185, 311
exposure, 60
exposure therapy, 240
expressive writing, 264–5, 278, 403–4
extended parallel process model (EPPM), 113
critical appraisal of studies testing, 116–18
evidence for, 114–16
external locus of control, 277
extraversion, 295
faecal occult blood (FOB) testing, 222
Fagerström Test of Nicotine Dependence (FTND), 39
false-negative results, 221, 223
false-positive results, 221, 223, 224, 226, 227
false reassurance, 224
familial adenomatous polyposis (FAP), 224, 226, 227
familial hypercholesterolaemia (FH) genetic testing, 225
family factors, health behaviour, 29, 376–9
family history screening, 222–3, 224, 225, 226–7
family members, and chronic illness, 210, 213, 214–15
FAP see familial adenomatous polyposis
fat intake, 19, 21
prediction, 64
fatality, 363
fatigue, cognitive behavioural formulation, 212–13
fear, 112, 250
and patient delay, 169
fear appeals, 103
fear control, 113, 116
assessment, 117
and danger control, 116
fearful thinking, 309
fibromyalgia, 154
fight-or-flight response, 248, 260
‘fighting spirit’, 405
finances, chronic illness and, 378
five-factor model of personality, 295
flexible sigmoidoscopy, 222, 223
food
parental control and, 63–4
as reward, 62–3
food advertising, 61–2
food choice, 20–2, 60–5
rewarding, 62
see also eating behaviour
‘food dudes’ intervention study, 61, 62–3
food poisoning, 155–6
forgetting, 184
formal–operational stage, 373
Framework Convention on Tobacco Control, 43
fruit intake, 20, 21
studies, 142
function, measures, 307
Functional Limitations Profile (FLP), 333, 334
gate control model, 304
gender complementarity, 89
gender differences, 360–8
adherence, 365
alcohol consumption, 25, 362, 365
biological explanations, 362–3
cancer screening uptake, 26
coping with medical procedures, 239
coronary heart disease, 166, 361–2
depression, 363
diabetes, 362
diet, 20, 366
driving behaviour, 28, 367
emotionality, 285
exercise, 366
health beliefs, 365–6
health-related behaviours, 365–6
help-seeking behaviour, 167, 367–8
illness, 361–2
illness perceptions, 364
infant mortality, 362
life expectancy, 361
mental health, 362
pain experience, 362–3
physical activity, 22
risk-taking behaviour, 367
sexual behaviour, 24, 86–9
social support, 285–6, 288
socialisation processes, 364
sociocultural explanations, 363–4
symptom perceptions, 364
tobacco smoking, 22–3, 34, 362, 365–6
gender roles, 361, 363, 365
general adaptation syndrome, 248
genetic factors, health behaviour, 26

genetic population screening, 223

genetic testing
  and children’s illness perceptions, 374–5
  commercial, 227–8
  family-history based, 223, 224, 225

Global Survey of Sexual Attitudes and Behaviors, 90–1

grief counselling, 405

guarding, 306

guided imagery, 278

gynaecology, 235–6

habits, 196

habituation, 250

hair loss, 235

hallucinogens, 74

hand-holding, 241

hand washing, 18

handicap, disability and, 319

happiness, 284, 331
  authentic, 331

Hawthorne effect, 177

health, definition, 348

health action process approach (HAPA), 64, 143–4
  ‘continuum’ version (HAPA-C), 123

health behaviour, 13–29
  alcohol see alcohol consumption
cancer screening, 26–7
  components, 125
  definitions, 17–19
  determinants, 28–9
development of concept, 16–17
diet, 19–21
  driving, 27–8
sexual see sexual behaviour
smoking see tobacco smoking
  see also physical activity
health behaviour interventions, 99–107
  adoption and implementation, 101, 106
  behaviour change techniques (BCTs)
    selecting, 101, 105–6
    standardised nomenclature, 203
  theory-based, 179–80
evaluation, 101, 106–7
  identifying behavioural determinants, 101–6
  intervention mapping approach, 100–1, 215
  TPB-based, 125–32

see also health-care professional behaviour
  health behaviour model, 295
  health belief model (HBM), 64, 123
  health-care professional behaviour, 189–205
  intervention descriptions, 191, 194, 195
  research about change, 197–201
    experimental studies, 200–1
    predictive studies, 198–200
    selecting theories, 197–8
  research directions, 203–4
  research trends, 190–6
  role of behaviour, 196
  role of behavioural theory, 196–7
  theoretical basis for evidence synthesis, 203
  typology of behaviours, 203
  validity issues in measurement, 201, 203

  see also behaviour change techniques
  health-care system, 6
  health-care use, 307–8
  health communication, cultural factors, 353–4
  health policy, 6
  health psychology
    in context, 3
    definitions, 3–4
    as discipline/profession, 8–9
    elements, 4–6
  health-related quality of life (HRQoL) definitions, 330
  measures, 322, 333, 337–8, 339
  of particular patient groups, 333
  health-service provision, and health behaviour, 29
  health status, and health behaviour, 29
  health threat information
    cognitive processing, 118–19
    impact of interventions, 118–19
  heart attacks see myocardial infarction
  heart disease see coronary heart disease
  heart rate variability (HRV), perseverative cognition and, 252
  Heaviness of Smoking Index, 39
  help seeking, 166–70
    dispositional approach, 167
    health-care system approach, 167–8
    interventions, 169–70
    methodological issues, 170

  psychosocial approach, 168–9
  triggers, 169
  helping relationships, 137
  hepatitis, 76–7
  vaccination, 263, 265
  heroin, 74, 75, 76, 79
  heuristic processing, 118
  heuristic–systematic model (HSM), 118–19
  HIV/AIDS, 24, 85
    children’s perceptions, 373
    message framing, 353
    older adults, 387
    prevention, 86, 88, 91, 92, 93
    risk, 367
    stress management, 213
    home-testing kits, 221
    hormone therapy (HT), 361–2
    hospice care, 399
  Hospital Anxiety and Depression Scale (HADS), 307, 400
  hospitalisation, 232–4, 236–42
  children, 233
  stress reduction
    adult care, 236–9
    paediatric care, 239–41
  stressors, 233
  see also medical procedures
  hostility, 296
  HPV see human papillomavirus
  HRQoL see health-related quality of life
  HSM see heuristic–systematic model
  human papillomavirus (HPV), 24, 26
  testing, 223, 226
  Huntington’s disease, 222, 224, 227
  hypertension, 152, 254, 387
  management, 190
  hypervigilance, 250, 252, 253–4
  hypnosis, 237, 240–1, 266
  hypokinetic diseases, 48
  hypothalamic–pituitary–adrenal (HPA) axis, 260, 264
  ICF, 320–1, 322–3, 325, 326
  and social cognitive theory, 323–4
  ICIDH, 319–20, 323
  identifying, 101
  identity beliefs, 150, 152–3, 157
  if-then action plans, 211
  illness behaviour model, 295–6
  illness beliefs see illness representations
  illness cognitions see illness representations
illness delay, 168
Illness Perception Questionnaire, 306
illness perceptions see illness representations
illness prevention see prevention of illness
illness-related cognition and behaviour, 149–58
self-regulation model see common-sense model
illness representations, 150
causal beliefs, 150, 151, 153–4, 157, 158
and clinical interventions, 157–8
coherence, 150, 156, 158
concrete aspects, 156–7
consequence beliefs, 150, 154–5, 157, 158
control/cure beliefs, 150–1, 155, 157
emotions, 151, 153, 157
identity beliefs, 150, 152–3, 157
influence, 165–6
mediation effects, 158
patterns in, 155–6
and risk perceptions, 151–2
and threat regulation, 211
timeline beliefs, 150, 154, 157, 158
see also children’s illness perceptions
Illness schemata see illness representations
illness representations
imagination, 237
IMMPACT group, 339
immune system, 260
impairment, 320, 323, 324
and disability, 319, 320, 325
IMPLEMENT trial, 198
implimental mindset, 143
implementation, of intervention, 101, 106
implementation intentions, 143, 184, 211
formation, 104, 184
impression motivation, 118
in vitro fertilisation (IVF), 235–6
inconclusive results, 221, 223
individualism, 350–1
and health and illness, 351–4
induced abortion care, HCP behaviour interventions, 193
inflammation, 260–1
influenza vaccination, 263
information
preparatory, 238
procedural, 238, 239
provision, 102, 237, 238, 239–40
sensory, 238, 239–40
information-motivation-behavioural skills model (IMB), 93, 101–5, 107, 123
information-seeking styles, 276
informational support, 284
informed adherence, 184–5
inherited disorders, screening see genetic testing
instrumental activity of daily living (IADL), 390
instrumental support, 284
intelligence, 388
intenders, non-intenders vs, 128
intensive care unit (ICU), 236
intention(s), 102–3, 115, 123–5
measurement, 116–17
and subsequent behaviour, 118
see also motivation
intention–behaviour gap, 144
intention-to-treat analysis, 107
internal locus of control, 277
internalisation, 373
International Classification of Functioning Disability and Health (ICF), 320–1, 322–3, 325, 326
and social cognitive theory, 323–4
International Classification of Impairments, Disability and Handicap (ICIDH), 319–20, 323
internet
intervention delivery, 215
physical activity promotion, 54–5
symptom management, 374
intervention-based studies, 8
intervention effect size, estimation, 129–30
intervention mapping (IM), 100–1, 215
intimacy, 91
irrational choice theories, 35
irritable bowel syndrome, 156
ischaemic heart disease, 386–7
item response theory (IRT), 339
IVF, 235–6
joint surgery, 324
journals, 7–8
Karnofsky performance index, 331
ketamine, 76
knee pain, HCP behaviour interventions, 192
knowledge, and clinical behaviour, 196
knowledge deficit model, 201
labour pains, 349
latent inhibition, 240
lay referral network, 166
legislative factors, health behaviour, 28
liaison psychiatry, 4
LifeGuide, 215
limbic activity, 252, 253
linguistic analysis, 338
liver cancer, 365
‘living will’, 405
loneliness, 263
longevity
determinants, 100
social factors, 284, 286
low back pain, HCP behaviour interventions, 192, 198, 200
lumbar spine pain, HCP behaviour interventions, 192
lung cancer
generic susceptibility, 225
mortality rates, 362
tobacco smoking and, 36, 38, 362, 365
macromacconomics, and health behaviour, 28
magnetic resonance imaging (MRI), 235
maintenance, of intervention, 106
maintenance of health, 4–5
maintenance stage, 137
mammograms, 222, 223, 224, 226
management delay, 167
marital quality, 377–8
marital status, and longevity, 284
masculinity, 363, 367
masking hypothesis, 67
mass media
physical activity promotion, 53–4
and social learning, 61–2
mastery experiences, 104, 116
matched–mismatched design, 139, 142
maternal adjustment, 378
MBCT, 310
MBSR, 310
McArthur Model of Successful Ageing, 392
McMaster–Toronto Arthritis
(MACTAR) Patient Function Preference Questionnaire, 336
INDEX 417

media see mass media
mediation analyses, 107
Medical Outcomes Study (MOS), 333
medical play, 240
medical procedures, stressful, 232, 234–42
  critical care unit, 236
diagnostic procedures, 234–5
gynaecology, 235–6
oncology, 235
psychological interventions, 237
medical psychology, 4
‘medical students’ disease’, 165
medication adherence see adherence
medication concerns, 156, 182–3
medication cost, 182
medication necessity beliefs, 156, 182–4
meditation, 266, 278
memory, and adherence, 184
memory change, 237
memory difficulties, 387–8
meningococcal C vaccination, 263
menopause, 348–9
mental disorders, and tobacco smoking, 34, 36–7
meta-analysis, 190
metaphysical beliefs, 352
MI see myocardial infarction
mindfulness, 310
mindfulness-based cognitive therapy (MBCT), 310
mindfulness-based stress reduction (MBSR), 310
mindsets, 143
minimal important differences (MID), 39
mobile phones
  intervention delivery, 215
  physical activity promotion, 54
  symptom management, 374
modal salient beliefs, 125–6, 128
modelling, 237, 238, 240
moderation analyses, 107
monitors, 237, 238
mood
  influencing, 79
  modification, 67
  and pain, 306–7
mood states, illness representations, 157
morphine, 79
mortality see death and death rates
motivation, 102–4
  and addiction, 79
  and adherence, 181
  motivational interviewing (MI), 51–2
  motivational mindset, 143
  motivational orientation, 353
  motor skills, 104
MRI, 235
multiple sclerosis, 155
  cognitive behavioural interventions, 213
  muscle relaxation, 237
music, as intervention, 239
myocardial infarction (MI)
  aspirin and, 190
  HCP behaviour interventions, 192
  illness representations, 153, 154–5, 157–8
  personality factors, 298, 299
  protective buffering, 377
  symptoms, 153
  national factors, health behaviour, 28
natural immunity, 260
neophobia, 60
neuroticism, 263, 295, 296–7
nicotine, 35–6
  dependence assessment, 39
Nicotine Dependence Syndrome Scale, 39
nicotine replacement therapies (NRT), 41, 42
non-adherence
  cost, 177
  intentional, 180–1
  rates, 176
  understanding, 180–4
  unintentional, 180–1
non-intenders, intenders vs., 128
normative beliefs, 127, 131
Nottingham Health Profile (NHP), 333, 334
obesity, 18, 19, 22, 366
‘obesogenic’ environments, 55
objective measures, of behaviour, 322
observation
  of behaviour, 322
  of others’ success, 104
observational learning see social learning
occupational accidents, 363
oestrogen, 362
OLT see operant learning theory
OMERACT, 339
‘omnivore’s paradox’, 60
oncology, 235
ophorectomy, 223, 224
openness to experience, 295
operant learning theory (OLT), 198–9, 200, 201, 321
opioids, 74, 79, 238
optimism, 276, 285, 298
osteoarthritis, 323–4, 362
coping skills, 213
osteoporosis, 362
outcome expectancy, 324
ovarian cancer
  genetic counselling, 224
  screening, 222, 223, 227
overeating, 66–7
oxytocin, 288
pacing, 309
paediatric care, stress reduction, 239–41
pain, 303–12
  assessment, 305–8, 339
  as behaviour, 321
  behavioural expression, 306
  behaviours, 305
  beliefs, 306
  chronic/persistent, 304
cognitive processes, 306
coping, 306
culturally shaped experience, 349
definition, 304
dimensions, 305
experience, 305
function measures, 307
future, 311
health-care use, 307–8
impact, 304
knowledge and information, 308
management, 308–10
  behavioural reactivation, 308–9
cognitive behavioural, 157, 308
  cognitive intervention, 309–10
  use of aids, 310
mechanisms, 304
mood and, 306–7

6/12/2010   7:37:14 AM
pain (cont’d)
  outcome, 310–11
  prevalence, 303
  psychological content, 306
  psychological models, 304–5
  relaxation, 310
  relief measurement, 305
  scales, 305–6
Pain Disability Index (PDI), 307
pain-killers, willingness to use, 349
palliative care, 398–407
  advance care planning, 405–6
  bereavement, 404–5
  caregiver experience, 404
  communication, 406
  coping, 405
  definition, 398
  dignity, 401–2
  distress at end of life, 400–1
  therapies to reduce, 402–5
  symptoms at end of life, 399–400
PAPM see precaution adoption process model
parent training, 237
parental behaviour, and social learning, 61
parental control, and food, 63–4
Parkinson’s Disease Questionnaire (PDQ), 335
participation restrictions, 320, 322, 323
partner support, implications, 377–8
passive smoking, 37–8
patient control, 238–9, 241
  patient-controlled analgesia (PCA), 238–9
patient delay, 166–7
  interventions to reduce, 169–70
patient education, 211, 238
Patient Generated Index (PGI), 336
patient-reported outcomes (PROs), 332, 339
pedometers, 51
peer modelling, 60–1
perceived behavioural control, 123–4
perceived efficacy, 113
perceived rewards, 112
perceived severity, 112
perceived threat, 113
perceived vulnerability, 112, 117
perceptions, of treatments, 181–4
perceptions and practicalities approach (PPA), 180–1
perceptual barriers, 181
perceptual defence, 250
perseverative cognition (PC), 249–50
  as balance between inhibition and excitation, 253–4
  and brain, 252
  and health, 251–2
  and heart rate variability, 252
  nature, 250–1
  and perceived control, 251
  physiological profile, 252–3
  psychological profile, 254
  unconscious, 255
  personal control beliefs, 155
  personal goals, 324
  personal growth, 331
  personality
  and adaptation to screening, 227
  and coping with medical procedures, 239
  and coping response, 275–7
  definition, 296
  five-factor model, 295
  health behaviour model, 295
  and health and illness, 294–9
  examples of associations, 296–9
  illness behaviour model, 295–6
  measurement, 296
  transactional stress-moderation model, 295, 296
  pessimistic explanatory style, 276
PGI, 336
pharmaceuticals, background beliefs, 183
pharmacotherapy, smoking cessation, 41, 42
phobias, treatments, 190
physical activity, 22, 47–55
  correlates, 49–50
  definition, 48
  environmental influences, 55
  guidelines, 48, 50
  and health outcomes, 49
  interventions to increase, 49–55
  in community, 52–3
  individuals and small groups, 50–2
  using new technologies, 54–5
  whole population, 53–4
  life-span stability, 55
  prevention of decline, 55
  tracking, 55
physical education (PE), 52
physical performance, 307
physician–patient relationship, 167–8, 350, 406
physiological reactions, 104
placebo effect, 164, 176, 184
play therapy, 240
pleasure, sexual, 91–2
PMT see protection motivation theory
PNI see psychoneuroimmunology
population screening, 222–3, 224, 226–7
positive psychology movement, 330
positive reinforcement, 35–6, 237
post-traumatic stress disorder (PTSD)
  in adolescents, 375
  in older adults, 389
  post-natal, 236
postactional motivational phase, 142, 143
poverty, and ill-health, 363
practical barriers, 181, 184
practical intervention plan, 101, 106
preactional motivational phase, 142
preactional volitional phase, 142, 143
pretentative discrimination, 251
precaution adoption process model (PAPM), 140–2
  evidence, 141–2
  overall evaluation, 142
TTM vs, 142
precontemplation stage, 137, 138
predictive studies, 6–7, 198–200
pregnancy, mortality, 362
preload/taste-test method, 66
pre-operational stage, 373
preparation, for medical procedures, 237
preparation stage, 137
presentation delay, 167
prevention of illness, 5, 221
preventive health behaviours, 18
primary appraisal, 272
primary outcomes, 332
primary prevention, 5, 221, 225
PRIME study, 198–200
PRIME theory of addiction, 35, 79
‘problem drug use’, 75
problem-focused coping, 236, 238, 274–5, 298
problem solving, 211
  prolonged, 255
  worry and, 250, 309
process evaluation, 107
processes of change, 137–8
professional behaviour see health-care professional behaviour
professional delay, 166–7
professional role and identity, 196
progressive muscle relaxation, 278
prolonged physiological activity
evidence for, 249
psychological mediators, 254–5
see also perseverative cognition
promotion of health, 4–5
PROs see patient-reported outcomes
prostate cancer
older adults, 387, 391
prevalence, 362
screening, 26, 221–2
treatment options, 332
Prostate Cancer Risk Management Programme, 222, 228
prostate-specific antigen (PSA) test, 221–2, 228
protection motivation, 112
protection motivation theory (PMT), 64, 112–13, 123
critical appraisal of studies testing, 116–18
evidence for, 114–16
protective buffering, 377
prototypes, illness, 152
proxy outcomes, 197
proxy report measures, of behaviour, 322
‘pseudo-stages’, 138
psoriasis, 155
psychiatry, 4
as biologically oriented, 76
psychoeducation programmes, 311
psychological well-being, 331
psychomotor speed, 388
psychoneuroimmunology (PNI), 259–67
clinical relevance to health outcomes, 261–4
description, 260–1
use to improve health outcomes, 264–6
psychophysiological comparison theory, 165
psychotherapy, 265–6
PTSD see post-traumatic stress disorder
public health psychology, 4

qualitative methods, 7
quality-adjusted life years (QALYs), 333, 337
quality of life (QoL), 307, 329–39
components, 330
concept, 331
cultural factors, 338
definitions, 330
and genetics, 338
in health settings, 331–3
in later life, 388
measures, 333–8
children, 336
in clinical practice, 338
dimension-specific, 334
disease–population-specific, 334, 335–6
generic, 333–5
individualised, 334, 336
people with learning disability, 336
scale profiles, 334, 335
utility, 334, 337–8
needs approach, 331
older adults, 391
proxy/surrogate ratings, 332
questionnaire development, 339
research issues, 338–9
response shift, 338
wants approach, 331
see also health-related quality of life
Quality of Life Index (QLI), 331, 336
quantitative methods, 7
radon testing, 142
randomised controlled trials (RCTs)
cancer beliefs, 379
depression in palliative care, 400
dignity therapy, 403
stroke patients, 325
to determine best practice, 190
to evaluate HCP behaviour interventions, 192–3
rating scale techniques, 337
rational addiction theory, 35
rational choice theories, 35
RCTs see randomised controlled trials
RE-AIM framework, 106
reach, 106
reactance, 113
reaction time, 388
reactivity hypothesis, 248
rebound effects, 67–8
recall bias, 201
recency rule, 166
recovery, social support and, 286–7
rehearsal, 237
relaxation, in pain management, 310
relaxation training, 266, 278
repression, 276
resigned acceptance, 238
resiliency model, 379
resource allocation, in health care, 333
respiratory disease, older adults, 387
response costs, 113
response efficacy, 112, 115
response shift, 338
restrained eating, 66
restraint theory, 66
retirement, 388, 392
rheumatoid arthritis, 155
cognitive behavioural interventions, 213
coping skills, 213
rheumatology, 339
risk, cycles of, 77
risk perceptions, 112–20, 151–2, 365
definition, 112
models relating to protective
behaviour, 112–18
road traffic accidents, as leading cause of
death, 14, 27
Rockhampton (Australia), 51
Rubicon model of action phases, 142–4
overall evaluation, 144
rumination, 275
salient beliefs, 128, 132
modal, 125–6, 128
Schedule for the Evaluation of
Individual Quality of Life
(SEIQoL), 336
scheduling delay, 168
schizophrenia
and cannabis, 75
late-onset, 389
and tobacco smoking, 34
schools, physical activity promotion, 52–3
screening, 220–8
commercial genetic, 227–8
criteria, 221–2
definitions, 221
historical background, 221–2
impact-moderating factors, 226–7
population vs. family history, 222–3
psychological consequences, 223–6
cognitive and behavioural, 225–6
negative emotional, 223–4
positive emotional, 224–5
see also genetic testing
seatbelts, 27, 28, 77
Seattle Longitudinal Study, 388
secondary appraisal, 272
secondary outcomes, 332
secondary prevention, 5, 221
INDEX

sedentary behaviour, 48, 52, 55
SEIQoL, 336
selective attention, 164
self-actualisation, 351
self-affirmation, 119
self-definitional beliefs, 118
self-efficacy (SE), 123
action, 104
children, 374
coping, 144, 276, 289
in integrated model of disability, 324
maintenance, 104
and motivation, 103–4
recovery, 104, 144
and risk-reducing behaviour, 112–13, 115–16
social support and, 289–90
in transtheoretical model of change, 138, 139
self-esteem, 277, 284
self-examination, 367
self-expression, 350
self-help interventions
smoking cessation, 41
substance use problems, 78
self-monitoring, 51, 105
chronic illness, 163
self-reevaluation, 137
self-regulation model see common-sense model
self-regulatory skills, 104, 105
self-report measures
adherence, 177–8, 179
associations between, 6
of behaviour, 322, 324
bias, 201
self-screening, 221
sensitisation, 250
sensitivity, 221
sexual abuse, 363
sexual activity, health benefits, 91–2
sexual behaviour, 24, 85–93
sexual disorders, 89–91
sexual dissatisfaction, 90, 91
sexual dysfunction, 85, 89–91, 388
sexual health
definitions, 85
models of, 85–9
ecological, 86–9
sexual health model, 86, 87
promotion strategies, 92–3
social determinants, 88–9
sexual pleasure, 91–2
sexual rights, 85
sexuality education, 92–3
sexually transmitted infections (STIs), 24, 91, 367
SF-36 measure, 307, 322, 332, 334, 336, 338
shared decision making, 376
Short-Form 36 item scale see SF-36 measure
sickle cell disease, 214
Sickness Impact Profile, 322, 333
significant others
and chronic illness, 210, 213, 214–15
and disability, 325
signs, 163
simulated behaviour, measurement, 201, 203
skill, and clinical behaviour, 196
skills training, and medical procedures, 238, 240–1
skin cancer, risk representations, 156
sleep, perseverative cognition and, 251
social cognition models, 64, 123
culturally informed, 354
in health behaviour intervention development, 123–32
see also theory of planned behaviour
social cognitive theory, 123, 199
ICF and, 323–4
social desirability bias, 201
social factors
health behaviour, 29
see also sociocultural factors;
socioeconomic status
social harmony, 351
social integration, 284
and longevity, 286
and social support, 286
social learning, 60–2
social liberation, 137
social marketing, 53–4, 185
social network index, 284
social responsibility, 351, 352
social skills, 104
social support, 283–91
and adherence, 184
conjugal loss, 286
and coping, 278, 288–90
cultural factors, 354–5
definitions, 284–5
family-oriented approaches, 287–8
and health, 286–8, 367
interventions, 287–8
and medical procedures, 238
and mortality, 286
perceived available, 284–5, 290
and physiological stress reactions, 288
received, 284–5
and self-efficacy, 289–90
and social integration, 286
sources, 285
spousal, 285–6
types, 284
social well-being, 348
sociocultural factors
health behaviour, 28
health and illness, 347–55
see also cultural factors
sociodemographic factors
adherence behaviour, 180
help-seeking behaviour, 167
socioeconomic status (SES)
and alcohol consumption, 25
and cancer screening, 26–7, 226
and diet, 20
and driving behaviour, 28
measurement, 14
and mortality, 14
and physical activity, 22
and tobacco smoking, 23, 34
somatic information, 163
somatisation, 304
specific immunity, 260
specificity, 221
speed limit compliance study, 130–2
speeding (in cars), 27–8
spiritual care, 400–1
spirituality, 401
sport, 48
stage-matched interventions, 139
stage models of behaviour change, 136–44
defining features, 136
precaution adoption process model (PAPM), 140–2
Rubicon model of action phases, 142–4
transtheoretical model of change (TTM), 51, 136–40, 144
empirical evidence for, 138–40
overall evaluation, 140
PAPM vs, 142
stages of change model, 93, 136
standard gamble techniques, 337
standardised death rate, 14
statistical power, 107
stepped care model, 311
stimulus control, 137
stimulus generalisation, 240
stress
acute, 261
anticipated, 254
appraisal, 376
chronic, 261
coping with see coping and healing, 261–2
and health and illness, 247–55, 272–3
direct pathways, 272, 273
indirect pathways, 272, 273
see also perseverative cognition;
prolonged physiological activity as illness causal factor, 153
management techniques, 213
physiological effects, 248
reducing in hospitalised patients, 236–41
and symptom perception, 165
and vaccinations, 262–3
and viral infections, 262–3
stress-buffering effect, 289
stress and coping theory, 225
stress–illness rule, 166
stressors
mental representations of, 250
recovery after, 249
stroke, 387
stroke patients, workbook-based intervention, 325
structured writing, 214
subjective expected utility models, 197–8
subjective norm, 124
subjective well-being, 331, 393
sufficiency principle, 118
suggestion, 237
suicide, 284, 389
assisted, 401
support gap hypothesis, 285
supportive–expressive group therapy, 403
surgery, recovery from, 286–7
symmetry rule, 164–5
sympathetic adrenal medullary (SAM) system, 260
sympathetic nervous system (SNS), 260
symptom interpretation, 165–6
symptom perception, 163–6
biomedical models, 163
influences, 164–6
methodological issues, 170
psychological approaches, 164–5
symptoms, 163
anticipation, 164
systematic desensitisation, 240
systematic processing, 118–19
systematic reviews, 190–1
TDI see theoretical domains interview
team-level behaviour, 197
telephone
intervention delivery, 215
physical activity promotion, 54
temporary, 138, 139
Termin Life-Cycle Study, 286
terminal care, 398
see also palliative care
termination stage, 137
tertiary prevention, 221
testosterone, 362
text messages, physical activity promotion, 54
theoretical domains interview (TDI), 198
'theory of ironic processes of mental control', 67
theory of planned behaviour (TPB), 64–5, 123–5, 199
advantages, 123
and ICIDH, 323
interventions based on, 125–32
complexities, 127–30
development steps, 125–7
example, 130–2
recommendations, 132
treatment beliefs, 182–3
treatment choices, 332
treatment control beliefs, 155
treatment delay, 168
tuberculosis, screening, 221
tumour surgery study, 285
type A behaviour, 296
unipolar scoring, 126, 129
upper gastrointestinal endoscopy, 234–5
upper respiratory tract infections (URTIs), 200, 201, 202
urine analysis, in adherence measurement, 179
utilisation delay, 168
vaccinations, 262–3
validated measures, 107
value, treatment components, 182
vegetable intake, 20, 21
VERB campaign, 54
verbal persuasion, 104, 116
video games, 374
vigilance reaction, 254
virtual reality techniques, 239, 241
visual analogue scale (VAS), 337
visual processing, 387
vitamin C, in common cold treatment, 190
volitional mindset, 143
walking, 50–1
to school, 52–3
weight concern model, 65–8
well-being
in later life, 388
paradox of, 393
psychological, 331
social, 348
subjective, 331, 393
therapy, 338
Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC), 338
WHO see World Health Organization
WHOQoL-100 questionnaire, 335
WIDER network, 203
widowhood, 388, 393
Women, Risk and AIDS Project (WRAP), 87–8
work status, 307
worksites
health promotion, 53
physical activity promotion, 53
World Health Organization (WHO), models of disability, 319–21
worry
and health, 251–2
and illness representations, 157
and pain, 309
and problem solving, 250, 309
wound healing, 261–2
X chromosome, 362
X-PERT programme, 211
Y chromosome, 362