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~~Professor Taylor is the recipient of a number of awards—most notably, the American Psychological Association's Distinguished Scientific Contribution to Psychology Award, a 10-year Research Scientist Development Award from the National Institute of Mental Health, and an Outstanding Scientific Contribution Award in Health Psychology.~~

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~~Shelley Taylor is professor of psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition.~~

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~~A prolific author of books and scholarly journal articles, Taylor has long been a leading figure in two subfields related to her primary discipline of social psychology: social cognition and health psychology. Her books include *The Tending Instinct* and *Social Cognition*, the latter by Susan Fiske and Shelley Taylor.~~

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FUSCHIA M. SIROIS is a professor of psychology at Bishop's University, and a Canada Research Chair in Health and Well-being. She received her Ph.D. in social psychology in 2003 from Carleton University. Professor Sirois has a variety of health psychology research interests including self-regulation and health, the role of psychological factors in medical care-seeking and complementary and ...

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Shelley E. Taylor is Professor of Psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. After a visiting professorship at Yale and assistant and associate professorships at Harvard University, she joined the faculty of UCLA in 1979. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition.

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Since the first edition was published in 1986, Health Psychology has helped thousands of college students learn how to maintain their health and guard against illness. The goal of this book has always been to make research accessible in a way that integrates theory with practical applications so that people can lead healthier lives. The importance of social relationships, health behaviors, and co-management of health and illness are themes that are woven throughout the text. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. Digital • Connect®—The Connect Suite effectively engages students in the course so they are better prepared for class, more active in discussion, and achieve better results. Its innovative and adaptive technology addresses a wide variety of student and instructor needs with a rich database of assignable and assessable activities, each attached to learning objectives. Connect, part of the Connect suite, is a web-based assignment and assessment platform that features a number of powerful tools that make managing assignments easier for instructors and learning and studying more engaging and efficient for students. • Connect Insight™—As part of the Connect Suite, Insight™ puts real-time analytics in your hands so you can take action early and keep struggling students from falling behind. Designed for your tablet or desktop computer, Insight is a series of visual displays providing at-a-glance information regarding how your section, students, and assignments are doing. • SmartBook—As part of the Connect Suite, SmartBook is the first and only adaptive reading and learning experience that changes the way students read. It creates a personalized, interactive reading environment like no other by highlighting important concepts, while helping students identify their strengths and weaknesses. This ensures that he or she is focused on the content needed to close specific knowledge gaps, while it simultaneously promotes long term learning. • LearnSmart—As part of the Connect Suite, LearnSmart is an adaptive learning program designed to help students learn faster, study smarter, and retain more knowledge for greater success. Millions of students have answered billions of questions in LearnSmart, making it the most widely used tool that's proven to strengthen memory recall, retain student attendance, and boost grades.

"When I wrote the first edition of Health Psychology over 30 years ago, the task was much simpler than

it is now. Health psychology was a new field and was relatively small. In recent decades, the field has grown steadily, and great research advances have been made. Chief among these developments has been the use and refinement of the biopsychosocial model: the study of health issues from the standpoint of biological, psychological, and social factors acting together. Increasingly, research has attempted to identify the biological pathways by which psychosocial factors such as stress may adversely affect health and potentially protective factors such as social support may buffer the impact of stress. My goal in the tenth edition of this text is to convey this increasing sophistication of the field in a manner that makes it accessible, comprehensible, and exciting to undergraduates"--

Originally published in 1984, the study of psychological aspects of health was a rapidly expanding enterprise. Most of the contributors to this volume were trained as social psychologists or by social psychologists. Some have been more applied in their focus or on the edge of several fields. All, however, share a common approach, focusing on the individual as he or she is buffeted about by social forces and copes with these forces. All consider situational and psychological factors in the determination of behavior, emotion, or cognition and all apply their expertise to the study of health-related issues. The grouping of the chapters in this volume by the authors' subspecialty, social psychology, is a somewhat unconventional method of clustering. Ordinarily, the materials presented here would be published in journals or texts concerned with behavior or psychosocial in health and medicine, or in specialty publications dealing with a particular disease or health issue. That clustering of articles is functional in providing information to those most likely to utilize it, but it diffuses the origin and background of the studies. These chapters speak to the diversity of health issues that are amenable to successful social psychological analysis.

For over 20 years, HEALTH PSYCHOLOGY: AN INTRODUCTION TO BEHAVIOR AND HEALTH has remained a leader in the field of health psychology for its scholarship, strong and current research base, and balanced coverage of the cognitive, behavioral, and biological approaches to health psychology. Accessible and appealing to a wide-range of readers, this classic book features a concise writing style, ample pedagogy, and numerous visuals to support your learning and understanding. The Eighth Edition is updated to reflect the latest developments in the field, and includes many new real-world examples selected for their interest and relevance.

Health psychology: an introduction to behavior and health.

'This book was an absolute joy to read and offers a comprehensive review of health psychology.... This book should become a classic - necessary reading for students in all branches of health. Nursing students will find it invaluable, but other students - and their teachers - will also find it very useful. SAGE have added a valuable and important text to their already impressive list, and Marks can be complimented on his scholarly organisation of complex topics into an accessible and readable whole. No library should be without it and serious students should invest in a copy of their own' - Health Matters The Health Psychology Reader is designed to complement and support the recent textbook Health Psychology: Theory, Research and Practice by David F Marks, Michael Murray, Brian Evans and Carla Willig (SAGE, 2000). It can also be used as a stand-alone resource given its didactic nature. The Reader explores key topics within the health psychology field with incisive introductions to each section by the editor and includes a selection of the most important theoretical and empirical published work. The Reader is organized into the following parts: Part 1: Health Psychology's development, definition and context Part 2: Theories in health psychology Part 3: Health behaviour and experience Part 4: Beliefs, explanations and communication Part 5: Critical approaches to health psychology In each of these areas the editor has written introductory sections which highlight the key issues, questions and problems. These are summarized in Boxes, which condense into a few words the essential features of each topic. The Health Psychology Reader will be invaluable reading to all students in Health Psychology, either at undergraduate or postgraduate level.

Ranging widely over biology, evolutionary psychology, physiology, and neuroscience, "The Tending Instinct" examines the biological imperative that drives women to seek each other's company and to tend to the young and the infirm, bestowing great benefits to the group but often at great cost to themselves.

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today. Every updated chapter now includes more figures and tables, glossary entries, and further readings. A supplemental test bank including some full-text journal articles corresponding to chapters in the book is available online at: www.sagepub.co.uk/fiskeandtaylor. This textbook will be indispensable to students of social cognition and social psychology worldwide, at undergraduate or graduate level. Visit the Companion Website at www.sagepub.co.uk/fiskeandtaylor

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