



HEALTH PSYCHOLOGY





HEALTH PSYCHOLOGY

ELEVENTH EDITION

SHELLEY E. TAYLOR AND ANNETTE L. STANTON

University of California, Los Angeles





HEALTH PSYCHOLOGY, ELEVENTH EDITION

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For Everyone Living with
a Chronic Disease Who
So Generously Takes Part
in Our Research



ABOUT THE AUTHOR



Courtesy of Shelley E. Taylor

SHELLEY E. TAYLOR is Distinguished 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. Her research interests concern the psychological and social factors that promote or compromise mental and physical health across the life span. 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. She is the author of more than 350 publications in journals and books and is the author of *Social Cognition*, *Social Psychology*, *Positive Illusions*, and *The Tending Instinct*. She is a member of the National Academy of Sciences and the National Academy of Medicine.



Courtesy of Annette Stanton

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When I (Dr. Taylor) 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 is 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, researchers have identified 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. With Dr. Stanton joining as an author, our goal in the 11th 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.

Like any science, health psychology is cumulative, building on past research advances to develop new ones. Accordingly, we have tried to present not only the fundamental contributions to the field but also the current research on these issues. Because health psychology is developing and changing so rapidly, it is essential that a text be up to date. Therefore, we have not only reviewed the recent research in health psychology but also obtained information about research projects that will not be available in the research literature for several years. In so doing, we are presenting a text that is both current and pointed toward the future.

A second goal is to portray health psychology appropriately as being intimately involved with the problems of our times. The aging of the population and the shift in numbers toward the later years have created unprecedented health needs to which health psychology must respond. Such efforts include the need for health promotion with this aging cohort and an understanding of the psychosocial issues that arise in response to aging and its associated chronic disorders. Because AIDS is a leading cause of death worldwide, the need for health measures such as condom use is readily apparent if we are to halt the spread of this disease. Obesity is now one of the world's leading health problems, nowhere more so than in the United States. Reversing this dire trend that threatens to shorten life expectancy worldwide is an important current goal of health psychology. Increasingly, health psychology is an international undertaking, with researchers from around the world providing insights into the problems that affect both developing and developed countries. The 11th edition includes current research that reflects the international focus of both health problems and the health research community.

Health habits lie at the origin of our most prevalent disorders, and this fact underscores more than ever the importance of modifying problematic health behaviors such as smoking and alcohol consumption. Increasingly, research documents the importance of a healthy diet, regular exercise, and weight control among other positive health habits for maintaining good health. The at-risk role has taken on more importance in prevention, as breakthroughs in genetic research have made it possible to identify genetic risks for diseases long before disease is evident. How people cope with being at risk and what interventions are appropriate for them represent important tasks for health psychology research to address.

Health psychology is both an applied field and a basic research field. Accordingly, in highlighting the accomplishments of the field, we present both the scientific progress and its important applications. Chief among these are efforts by clinical psychologists to intervene with people to treat biopsychosocial disorders, such as post traumatic stress disorder; to help people manage health habits that have become life threatening, such as eating disorders; and to develop clinical interventions that help people better manage their chronic illnesses.

Finding the right methods and venues for modifying health continues to be a critical issue. The chapters on health promotion put particular emphasis on the most promising methods for changing health behaviors. The chapters on chronic diseases highlight how knowledge of the psychosocial causes and consequences of these disorders may be used to intervene with people at risk—first, to reduce the likelihood that such disorders will develop, and second, to deal effectively with the psychosocial issues that arise following diagnosis.

The success of any text depends ultimately on its ability to communicate the content clearly to student readers and spark interest in the field. In this 11th edition, we strive to make the material interesting and relevant to the lives of student readers. Many chapters highlight news stories related to health. In addition, the presentation of material has been tied to the needs and interests of young adults. For example, the topic of stress management is tied directly to how students might manage the stresses associated with college life. The topic of problem drinking includes sections on college students' alcohol consumption and its modification. Health habits relevant to this age group—tanning, exercise, and condom use, among others—are highlighted for their relevance to the student population. By learning from anecdotes, case histories, and specific research examples that are relevant to their own lives, students learn how important this body of knowledge is to their lives as young adults.

Health psychology is a science, and consequently, it is important to communicate not only the research itself but also some understanding of how studies were designed and why they were designed that way. The explanations of particular research methods and the theories that have guided research appear throughout the book. Important studies are described in depth so that students have a sense of the methods researchers use to make decisions about how to gather the best data on a problem or how to intervene most effectively.

Throughout the book, we have made an effort to balance general coverage of psychological concepts with coverage of specific health issues. One method of doing so is by presenting groups of chapters, with the initial chapter offering general concepts and subsequent chapters applying those concepts to specific health issues. Thus, Chapter 3 discusses general strategies of health promotion, and Chapters 4 and 5 discuss those issues with specific reference to particular health habits such as exercise, smoking, accident prevention, and weight control. Chapters 11 and 12 discuss broad issues that arise in the context of managing chronic health disorders and terminal illness. In Chapters 13 and 14, these issues are addressed concretely, with reference to specific disorders such as heart disease, cancer, and AIDS.

Rather than adopt a particular theoretical emphasis throughout the book, we have attempted to maintain a flexible orientation. Because health psychology is taught within all areas of psychology (e.g., clinical, social, cognitive, physiological, learning, and developmental), material from each of these areas is included in the text so that it can be accommodated to the orientation of each instructor. Consequently, not all material in the book is relevant for all courses. Successive chapters

of the book build on each other but do not depend on each other. Chapter 2, for example, can be used as assigned reading, or it can act as a resource for students wishing to clarify their understanding of biological concepts or learn more about a particular biological system or illness. Thus, each instructor can accommodate the use of the text to his or her needs, giving some chapters more attention than others and omitting some chapters altogether, without undermining the integrity of the presentation.

■ NEW TO THIS EDITION

- More than 300 new citations
- Discussion of artificial intelligence and health care (Chapters 1, 9)
- Expanded coverage of web-based interventions (Chapters 1, 3, 11)
- Coverage of the significance of telomeres (Chapters 2, 6)
- Coverage of the gut-brain connection (Chapter 2)
- Discussion of telemedicine (Chapters 2, 8, 15)
- Expanded coverage of dementia (Chapters 2, 11)
- Discussion of socio cultural values and health (Chapters 3, 14)
- Expanded coverage of aging and health (Chapters 3, 4, 11, 14)
- Coverage of just-in-time interventions (Chapters 3, 15)
- Enhanced coverage of marijuana use (Chapter 5)
- New research on positive parenting, stress, and health (Chapter 6)
- Expanded coverage on the health effects of prejudice and discrimination (Chapters 6, 13, 14, 15)
- Coverage of the benefits of a sense of purpose and meaning in life (Chapter 7)
- Coverage of research on attempts to cope through actively approaching or avoiding stressful experiences (Chapter 7)
- Enhanced coverage of couples' attempts to cope with shared stressors (Chapter 7)
- Expanded coverage of mindfulness and mindfulness meditation (Chapters 7, 10)
- Enhanced coverage of the health consequences of social support and loneliness (Chapter 7)
- Discussion of the opioid crisis (Chapter 10)
- Expanded coverage of suicide (Chapter 12)
- Coverage of palliative care and end-of-life options (Chapter 12)
- Expanded discussion of bereavement (Chapter 12)
- Enhanced coverage of the prevention and treatment of HIV/AIDS (Chapter 14)
- Expanded coverage of contributors to cancer onset and progression (Chapter 14)
- The changing face of health psychology (Chapter 15)



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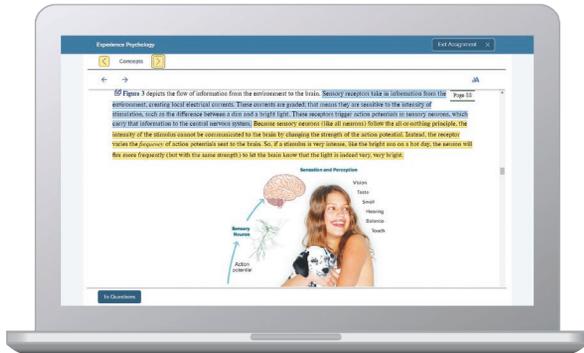
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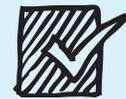
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