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Hymie Anisman

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Hormones in your gut can affect the way you behave, prenatal infections have been associated with the development of schizophrenia and women doing shift work are more likely to develop diabetes. This book looks at fieldwork and health promotion through a psycho-social and biological perspective, to limit the occurrence of illness. We might not always be successful in preventing or overcoming every pathological condition through psychological and life-style changes, but at the least, stress can be diminished and quality of life can be enhanced.

The author presents both key and up-to-date studies to help the reader explore the varied ways in which the biological, physiological and social factors at an individual and systematic level all affect psychology and how effective interventions can influence the health of a population.

Mapped to course requirements and exploring bio-social, developmental and life-style factors in relation to physical and psychological disturbances, Health Psychology is an indispensable companion for undergraduate and postgraduate students in psychology, health sciences, nursing and education students.

Supported by a wealth of learning features and additional content, this book will give your students:

- Access to the SAGE companion website which includes interactive quizzes, author selected videos, further reading, glossaries, testbanks and powerpoint slides
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