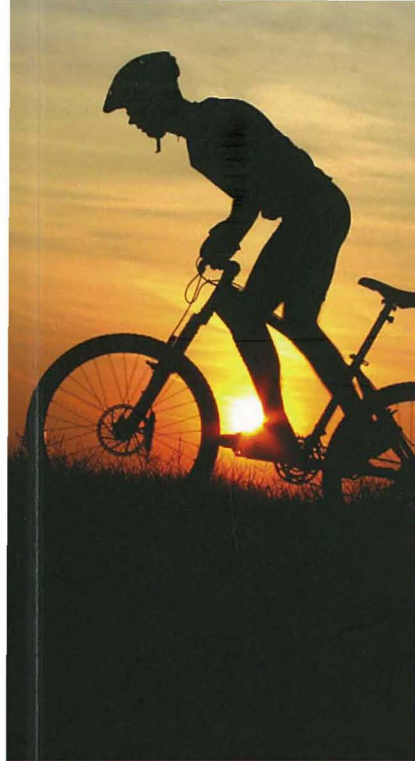




APPLIED TOPICS IN HEALTH PSYCHOLOGY

Edited by Marie L. Caltabiano
and Lina A. Ricciardelli

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Applied Topics in Health Psychology

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Associate Professor Lina A. Ricciardelli completed her postgraduate training at the University of Adelaide, Australia, in 1990. She is currently an Associate Professor in the School of Psychology at Deakin University, and the Chair of the College of Health Psychologists in the Australian Psychological Society. Lina has published over 100 papers in the fields of health psychology, developmental psychology, and substance use. A large focus of her research has been on the role that sociocultural factors play in the development of body image, and other health risk behaviors among children, adolescents, and adults. These have included gender-role stereotypes, sport, the media, peers, social comparisons, acculturation, and the family. In the last 5 years she has also focused on the body image and related health behaviors among males from a range of cultural backgrounds which include Indigenous Australians, Indigenous and Indian Fijians, Tongans, and Chinese men living in Australia.

About the Contributors

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Delwyn Bartlett is an Associate Professor in the Central Clinical School of Medicine at the University of Sydney; a registered psychologist who has been predominantly working in the area of sleep health and psychology since 1993. She is a member of the College of Health Psychologists. Delwyn is a Coordinator of Medical Psychology at the Woolcock Institute of Medical Research and is involved in a number of sleep research projects relating to treatment interventions for insomnia (adolescents, adults, and older adults with mild cognitive impairment), the neurobehavioral effects of untreated obstructive sleep apnea (OSA), and interventions to increase adherence to continuous positive airway pressure (CPAP) with cognitive behavior therapy, motivational interviewing, and health coaching.

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Lisa Beatty works at Flinders University and Flinders Medical Centre in Adelaide, South Australia, as a Clinical Psychologist and Postdoctoral Research Fellow. She has considerable research and clinical experience in providing psychological therapy for individuals affected by

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Ann Bonner is a registered nurse with extensive clinical experience which enables her to bring a dual perspective on research and practice. She is Professor of Nursing in the School of Nursing, Queensland University of Technology and Visiting Research Fellow, Royal Brisbane and Women's Hospital. She has established collaborative multidisciplinary research related to chronic conditions, supervises doctoral students, and coordinates postgraduate nursing courses. Ann is recognized nationally and internationally as an expert renal nurse, and is the invited Chair of the Scientific Committee for the Renal Society of Australasia and is the Associate Editor of the society's international peer-reviewed journal. Since 2006 she has published 19 book chapters and 50 journal articles in the nursing literature.

Leah Brennan is a Clinical, Health, and Educational and Developmental Psychologist. Leah's research interests involve the application of psychological approaches to understand, prevent, and treat obesity, eating disorders, and their psychosocial comorbidities in children, adolescents, and adults. She is particularly interested in the development, evaluation, and dissemination of evidence-based interventions for the treatment of obesity, eating disorders, and their psychosocial comorbidities across the lifespan. Leah had worked in a range of clinical settings targeting the treatment of eating and weight disorders within inpatient, outpatient, and community-based services.

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Mitchell K. Byrne is a Clinical and Forensic psychologist with 25 years' experience in the provision of applied psychological services. He has worked in both government and private services across several states in Australia and in the UK. Since 1997 he has also held full-time academic positions and is currently a Senior Lecturer on the Clinical Training program at the University of Wollongong.

Mitchell completed his PhD in 2009 in the area of medication adherence, receiving the Australian Psychological Society's 2009 Award for Excellent PhD Thesis in Psychology. He routinely delivers training to healthcare providers on the enhancement of adherence across multiple chronic illnesses.

Nerina J. Caltabiano is a Senior Lecturer in the Department of Psychology, James Cook University. Both her Honours degree and PhD were in social psychology, namely nonverbal behavior in children and attitudes towards compulsive casino gamblers. She is a member of the Australian and the American Psychological Societies. She publishes within the area of social and development psychology and also supervises higher degree research students in these areas. Together with her collaborators she has been the recipient of several grants including some internal faculty grants, an Australian Rotary Health Research Fund, a Cairns Campus, James Cook University Student Association Grant, Education Queensland grant, and an ARC Discovery Grant.

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Lyn G. Courtney a registered Psychologist, is nearing completion of a PhD in the Department of Psychology, James Cook University (JCU) investigating successful aging of Australian baby boom career women. She is a member of the Australian Psychological Society, the American Psychological Association, the International Society of Quality of Life Studies, Australia Research Council/National Health and Medical Research Council, and the International Wellbeing Group. Lyn is a senior research associate working on Australian Research Council Linkage Grants and part of the JCU Cairns Institute, utilizing her proficiencies in research protocols and statistical

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Robert A. Cummins has held a Personal Chair in Psychology at Deakin University since 1997. He has published widely on the topic of quality of life and is regarded as an international authority in this area. He is a Fellow of the International Society for Quality-of-Life Studies and the Australian Psychological Society. He is on the editorial board of 11 journals and is an editor of the *Journal of Happiness Studies*. His research concerns quality-of-life theory and how such understanding can be used to improve the life experience of people who are disadvantaged.

Nichola Davis is a general practitioner in North Queensland and a Senior Lecturer and the Academic Coordinator of Year 4 MBBS at the Cairns Clinical School of James Cook University School of Medicine and Dentistry. Nichola is also a medicolegal advisor for the medical indemnity organization MIPS and has extensive experience in medicolegal issues and the delivery of risk management education to health professionals. A director and former chairperson of General Practice Cairns (Cairns Division of General Practice), Nichola has over 25 years experience in broad-based clinical practice and has played a leading role in advocacy and lobbying for primary healthcare in North Queensland.

Justine L. Ebenreuter is a Clinical Psychologist who graduated from Bond University as a Master of Psychology in 2010. During her studies she was a teaching fellow and completed an externship at the Gold Coast Hospital Neuropsychology Rehabilitation Ward. Justine currently works at the Department of Human Services, in their assessment team on the Gold Coast, conducting complex assessments for work capacity and also works with children and their families in a community clinic setting. Justine's research interests were initially on leadership styles and her current focus is on subclinical diagnostic criteria of eating disorders. She is working with Richard Hicks on further developments in the measurement and assessment of eating disorders and their health correlates.

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Matthew Fuller-Tyszkiewicz completed his PhD on the relationship between dissociation and disordered eating symptomatology in 2008. He is currently a lecturer in the School of Psychology at Deakin University. Matthew's primary research interests include sociocultural determinants of body image dissatisfaction and the health implications of body image disturbances. He is currently exploring the extent to which contextual influences on body image satisfaction can be explained by traditionally recognized risk factors for body image disturbances and eating disorders.

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Jane Mills is an expert grounded theorist with extensive experience in the field of primary health-care. Currently employed as an Associate Professor in the School of Nursing, Midwifery and Nutrition at James Cook University in Australia, Jane holds the position of Director of Research and Associate Dean Research in the Faculty of Medicine, Health and Molecular Sciences.

Kylie Murphy is a Psychologist working in Clinical Health Psychology. She has treated overweight adults in both hospital outpatient and community health settings. In addition to her clinical work, Kylie has a research interest in the area of obesity and weight management and is currently working at Monash University's Centre for Obesity Research and Education. Of particular interest is the relationship between psychological distress, motivations for weight loss, and weight-loss outcomes.

Alexander J. Mussap is an Associate Professor who completed his doctoral training at Deakin University, Australia, and his postdoctoral training at the University of Houston, USA. He is currently Deputy Head of School of Psychology at Deakin University. He has published over 50 papers in the areas of vision research, cognition, and health psychology. His most recent research focuses on sociocultural influences on body image and unhealthy body change behaviors.

Danielle C. Newton is a Research Fellow in the Centre for Women's Health, Gender and Society at the University of Melbourne. Her interest in Health Psychology began with her PhD investigation into the psychosocial impact of sexually transmitted infections. Since this time she has continued to focus her research primarily in sexual health and has published papers in journals such as *Sexually Transmitted Infections*, *International Journal of STD & AIDS*, *Sexual Health*, *Sexually Transmitted Diseases*, *Journal of Sex Research*, *Sexual and Relationship Therapy*, *Journal of Health Psychology*, *Annals of Family Medicine*, and *Sociology of Health & Illness*. Danielle also holds a Master of Psychology (Health) and has practiced clinically in the area of sexual and reproductive health.

Sarah Nowoweiski is a registered Psychologist who has been working in the field of infertility since 2005. Her doctorate research investigated parents' experiences of complicated childbirth, particularly focusing on males' perspectives which had been previously underreported. Since

then, Sarah has worked on the management of mental health issues associated with parent-infant psychology and reproductive health. Sarah has also presented research findings at both national and international conferences, and has published her research in international and national peer-reviewed journals. Sarah is an approved infertility counsellor in Victoria and has experience working with complex cases including third-party reproduction and surrogacy. She is chair of the ANZICA Research Sub-Committee.

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Melissa Oxlad is a Clinical and Health Psychologist who works in private practice where she consults to adults and children. She has had many years of research and clinical experience assisting people with cancer and life-threatening illness including working in the Royal Adelaide Hospital Cancer Centre and currently providing services to clients of the Leukaemia Foundation and the Little Heroes Foundation. Melissa is a Visiting Research Fellow at the University of Adelaide. Her health psychology research with cancer and cardiac populations has been published in peer-reviewed journals and presented at national and international conferences. In addition, Melissa has also undertaken a number of tertiary teaching roles.

Dawn Proctor is a Postdoctoral Research Fellow at the Institute of Health and Biomedical Innovation, Queensland University of Technology. As a Clinical Psychologist Dawn previously held a senior position working in the statewide alcohol and drug inpatient service. She completed her doctoral training at the University of Manchester, specializing in metacognitive therapy for anxiety disorders. Dawn is currently involved in the development of online interventions for a range of mental health concerns and the application of metacognitive techniques for dual diagnosis.

Julie Pryor is an Associate Professor and registered nurse with a particular interest in the processes of clinical service delivery. From the various clinical, management, education, and research positions she had held in rehabilitation over the past 25 years and the consultancy work she has done with around 20 rehabilitation service providers across Australia and New Zealand Julie has developed a deep appreciation of the centrality, complexity, and challenges of cross-disciplinary working in health. At the Royal Rehabilitation Centre Sydney, Julie is the Director of the Rehabilitation Nursing Research & Development Unit. As an Associate Professor at Flinders University she supervises research students enrolled in Australia's only postgraduate multidisciplinary clinical rehabilitation program.

Rachel M. Roberts has worked with children with craniofacial conditions at the Women's and Children's Hospital, Adelaide, for many years. She has conducted research in child and adolescent health psychology, including work in the areas of craniofacial disorders, metabolic conditions, prematurity, and sleep disorders. She is currently a Senior Lecturer in the School of Psychology at the University of Adelaide where she teaches in the Master of Psychology Health and Clinical programs and coordinates postgraduate training in clinical psychology. She continues to consult at the Women's and Children's Hospital.

Bosco C. Rowland is a registered Psychologist and Research Fellow with the School of Psychology in the Faculty of Health at Deakin University. He has been working in the area of community-based interventions for the last 10 years. He has been extensively involved with developing and piloting the Good Sports program, an alcohol-management program for community sports clubs. Bosco's interests include health behaviors around alcohol consumption, healthy eating, and mental health, especially from a health promotion, preventative, and public health perspective.

Laura Sciacchitano has an Honours degree in Psychology and has several publications related to her thesis. She has held the position of project officer at the Australian Psychological Society for the past 4 years, and as part of her role is involved in the development of practice resources and online training programs for psychologists and other allied health professionals, including social workers, mental health nurses, and occupational therapists. Laura's research interests include coping with chronic illness and perinatal mental health. Laura has also worked as a researcher in the alcohol and drug field where she conducted health services research and evaluations.

Kerry Sherman is a Senior Lecturer in the Centre for Emotional Health, Department of Psychology, at Macquarie University, Sydney, and a consultant health psychology researcher with the Westmead Breast Cancer Institute. She is the current President of the Australasian Society for Behavioural Health and Medicine. Since undertaking a postdoctoral fellowship at the Fox Chase Cancer Centre, Philadelphia, Kerry has worked extensively in health psychology, particularly in the area of psycho-oncology incorporating aspects of diagnosis, survivorship, and genetic risk. Kerry's research in clinical contexts includes the evaluation of psychosocial interventions that are designed to minimize distress, improve surgical decision making, and improve spousal support among individuals with a cancer diagnosis and those undergoing genetic testing for hereditary cancer susceptibility.

Helen Skouteris is an Associate Professor in developmental psychology in the Department of Psychology at Deakin University, Melbourne, Australia. Her research interests pertain to understanding factors that influence maternal and child health and wellbeing, including body image concerns, ante- and postnatal depression, excessive gestational weight gain, and postpartum weight retention.

Heather Soo is a practicing Psychologist and doctoral student at Macquarie University, Sydney. She has a particular interest in the psychological management of individuals with chronic illness. Her current research focuses on how styles of thinking, specifically ruminative processes, influence adjustment to chronic and acute illnesses, such as diabetes and cancer. Since completing a Master's degree at Monash University in health psychology, Heather has published in the area of ruminative processes in the context of diabetes.

Jacqui Stanford is currently a Director and Principal Psychologist of Empower Rehab, who specialize in providing interdisciplinary pain management as well as working with clients presenting with a range of psychological presentations. Jacqui provides training and supervision to health professionals and return to work professionals about the management of clients with persistent pain to help facilitate recovery and optimal function. She also lectures Master's and Doctor of Psychology students in pain management. She is a member of the Australian Psychological Society and the Health College, the International Association for the Study of Pain, and the Australian Pain Society. Jacqui was the Australian Psychological Society representative of the Australian National Pain Summit.

Esben Strodl is a Senior Lecturer at the Queensland University of Technology (QUT). He teaches health psychology and cognitive behavior therapy in the Master's and professional doctorate degrees in clinical psychology at QUT. Previously he worked for 10 years as a clinical health psychologist for the Queensland Health Department. Esben's research interests include psychotherapy and health psychology. He is currently serving as the Queensland Chair of the Australian Psychological Society College of Health Psychologists, as well as being on the college's national executive.

Shane Thomas is Professor and Director of Primary Care Research in the School of Primary Health Care, Faculty of Medicine and professor and Director of the Problem Gambling Research and Treatment Centre at Monash University. He is also an adjunct professor at Peking University and an honorary professor at University of Sydney. He is currently Honorary President and Chair of the Board of the Heart Research Centre. Professor Thomas has written over 200 refereed publications including four authored books, one of which is in its fifth edition. He has led the development of several high-profile measurement systems including the Australian Commonwealth Work Ability Tables, the Thomas Post Acute Care Risk Screen, and the Royal Australian College of General Practitioners' Patient Satisfaction Survey.

John W. Toumbourou is a Professor and Chair in Health Psychology at the School of Psychology and the Associate Dean (Partnerships and Workplace) in the Faculty of Health at Deakin University. He is an Honorary Senior Research Fellow in the Murdoch Children's Research Institute at the Centre for Adolescent Health (Royal Children's Hospital Melbourne). John's interests include evaluation, drug abuse prevention and the role of community, family, and peer groups in adolescent health promotion. He is recognized both in Australia and internationally for his research examining adolescent substance use and mental health. In 2010 he was appointed to the International Task Force for the Society for Prevention Research.

Robert J. Williams completed his postgraduate training in the Department of Psychology at the Auckland University and Kingseat Psychiatric Hospital in New Zealand. He has been researching and teaching in the field of substance abuse, health psychology, men and masculinity, and counselling for 25 years. A large focus of his work has been on the study of gender-role stereotypes in relation to both binge drinking and binge eating among adolescents, and he has published over 50 papers in the field. He is currently researching the embodiment of consciousness, body image, and mindfulness in the School of Letters, Arts and Media at the University of Sydney, Australia.

Helen R. Winefield is a Professor in the School of Psychology and the Discipline of Psychiatry at the University of Adelaide. A foundation member of the College of Health Psychologists, she has published widely on occupational and health psychology topics, and currently coordinates a Master of Psychology (Health).

Foreword

As President of the Australian Psychological Society, it is with great pleasure and pride that I commend to you this excellent volume. It is a pleasure, because it is clear that the evidence base and the theoretical rationale which underpins the crucial work of health psychology has now truly come of age with an entire new resource to inform its treatment and practice. Pride, because so much of this outstanding work arises from the many members of the College of Health Psychology of the Australian Psychological Society. The College is just over 10 years young and during that relatively brief time the specialty has proved beyond a shadow of a doubt the important contribution that health psychology can make to the theory, treatment, and management of the effects of psychological factors related to health and illness in the contemporary Australian context.

The book contains no fewer than 36 chapters by Australian researchers and practitioners in health psychology, and each of the two main practice areas of contemporary health psychology (i.e., health promotion and clinical health) are well represented in the volume. I feel sure that this comprehensive text will provide a powerful resource for the many health psychologists across the country and throughout the world who are engaged in the prevention of illness and the promotion of health-related behaviors, as well as to the integrated application of psychology to illness assessment, treatment, and rehabilitation.

Particular acknowledgement and respect are due to the editors of this wonderful volume, Associate Professors Marie Caltabiano and Lina Ricciardelli. First of all they are to be congratulated for their own powerful contributions to the volume but also for their indefatigable ability to be able to organize, cajole, and convince a virtual army of health psychologists to produce such a comprehensive and well-integrated text. Truly a *tour de force* and one I am sure that we will still be referring to over the many years to come. Enjoy this wonderful read!

Simon Crowe, PhD
President
Australian Psychological Society Ltd

Preface

Health psychology, with its emphasis on disease prevention, health promotion, and clinical applications, is a growing field within professional practice, research, and training. It is largely concerned with the enhancement of wellbeing through the application of psychological principles to prevent ill health and assist individuals with chronic conditions in their adjustment to, and management of, these conditions.

Given that many of the leading causes of mortality in Australia have substantial behavioral components, which are preventable, there is an increasing demand for the skills and expertise of health psychologists. In addition, health psychologists have become vital members of multidisciplinary clinical and research teams in rehabilitation, cardiology, pediatrics, oncology, endocrinology, anesthesiology, family practice, dentistry, community health, and other medical fields.

Applied Topics in Health Psychology comprises a selection of topical chapters by internationally recognized Australian researchers and/or clinicians working in the field and allied disciplines. The chapters provide an in-depth, critical, and comprehensive consideration of the particular health topic or issues, and address both the applied and academic (theoretical and methodological) aspects of that area, where appropriate. Other chapters focus on health psychology topics/issues with an emphasis on applied techniques to illustrate a particular evidence-based therapy/approach. The book provides a comprehensive, in-depth, state-of-the-art coverage of topics in clinical health psychology and health promotion.

The book is divided into eight sections. In Part 1 consideration is given to theories of health behavior change and the psychological techniques health psychologists use to bring about health change. In Chapter 1, Lindner and Sciacchitano discuss the health and illness management model as an approach to long-term behavior change, and advocate the inclusion of health behavior change specialists in interdisciplinary models of care. In Chapter 2, Gale and Skouteris present the Health Change Australia (HCA) model as a clinical practice framework for chronic disease prevention and illness self-management. Their health coaching approach bridges theory and practice by incorporating theoretical ideas regarding the development of a behavioral goal intention, how intentions are transformed into action and maintenance, and communication within the patient-centered therapeutic approach. Chapters 3 and 4 specifically focus on the health behavior of physical activity. Paul O'Halloran discusses the physiological health benefits of physical activity for the prevention of obesity, cardiovascular disease, cancer, and diabetes, and the mental health

benefits for reduced depression. Guidelines for physical activity, potential risks of physical activity, and the evidence-based efficacy for individual and small-group approaches to achieve benefits are discussed. Grove, Jackson, Longbottom, and Medic outline four processes which they believe to be the basis of positive exercise habits (strengthening of stimulus-response bonds, automaticity, patterning of action, and negative consequences for nonperformance) and suggest some cognitive-behavioral strategies to increase habit strength.

Part 2 of the book considers factors which are important to our understanding of health-related behavior, health disadvantage, and variability in response to chronic illness. Gender, age, and culture are central to the health psychologist's understanding of the different health attitudes, beliefs, motivations, emotion, and behaviors of a multicultural clientele. The application of psychological theory to practice should be made with sensitivity to the background of the persons with whom we are working. With a trend towards an increasing older population across many countries, Browning, Heine, and Thomas in Chapter 5 consider how to best facilitate aging well. They provide the evidence base for interventions in six areas: physical activity to improve health, physical activity and sleep, self-management of chronic disease, psychological therapies and depression, cognitive training, and seniors as mentors. In Chapter 6, Robert Williams explores how stereotypical gender roles can be used to explain drinking behavior in males and disordered eating in females. In Chapter 7 Ricciardelli, Mellor, McCabe, Mussap, and Kolar present cultural differences in morbidity, mortality, lifestyle factors (diet, exercise), health service usage, and health screening. Participatory action research with Indigenous persons to understand risk and protective factors is also covered.

In Part 3 of the Handbook, the first two chapters examine conceptual and measurement issues in regard to subjective wellbeing and theoretical perspectives on the construct. Robert Cummins (Chapter 8) concludes from 24 surveys conducted as part of the Australian Unity Wellbeing Index since 2001 that subjective wellbeing of the population has remained relatively stable over time, a finding which is attributed to a homeostatic management system complete with internal and external buffers to return the individual to their set-point. Courtney, Caltabiano, and Caltabiano advocate the refinement of conceptual models of wellbeing to take into account life contexts, life histories, beliefs, values, and expectations of subpopulations for targeted interventions to address specific needs of these groups (Chapter 9). The last three chapters in this section focus on specific areas and their relationship to physical health and wellbeing. Chur-Hansen and Winefield in Chapter 10 explore the potential of companion animals in health promotion and clinical practice, and argue for interprofessional education and more rigorous systematic research into the health benefits of the human-animal companion bond. In Chapter 11, Howe explores the contribution of psychology to dentistry within the broad foci of oral health promotion and clinical oral health psychology. In the chapter the use of motivational interviewing and oral health coaching for oral hygiene, the treatment of dental anxiety and specific phobias, psychological management of orofacial pain, graded exposure techniques to prevent abnormal gagging during dental procedures, and behavioral techniques to eliminate parafunctional habits such as thumb sucking and fingernail biting are discussed. Chapter 12 by Helen Winefield considers the negative impact on health of work stress, how workplace wellness programs can benefit health, and the importance of work-life balance for optimal wellbeing.

In Part 4 a range of health conditions and health issues form the basis of the chapters. Kerry Sherman and Nadine Kasparian in Chapter 13 discusses genetic testing for disease susceptibility, the factors determining the decision to undergo testing, reactions to testing and disclosure of test results, and how families adjust to results disclosed. The contribution of psychology to the genetic testing process is also considered. In Chapter 14, Sarah Nowoweiski reviews the literature on the psychological impact of infertility and infertility treatment for the individual's and couple's sense of self-worth, sense of loss or failure, and strain on the sexual relationship. Theoretical models which

underpin therapeutic approaches, both individual and group-based, are given consideration in the treatment of depression, and anxiety in infertile couples, and in facilitating coping with, and adjustment to infertility. In Chapter 15, Danielle Newton examines how psychological interventions can assist individuals at the initial diagnosis of a sexually transmitted disease or a diagnosis of HIV/AIDS, in managing depression and anxiety, in minimizing risk to sexual partners, and in the case of AIDS in medication adherence. In Chapter 16, Milgrom and Gemmill provide guidelines on screening and diagnostic assessment of perinatal depression, and evidence for the efficacy of treatments such as cognitive behavior therapy (CBT), interpersonal psychotherapy, psychodynamic therapy, antidepressant medication, and combination therapies. Quality sleep is essential to wellbeing and effective performance in the workplace. In Chapter 17, Bartlett and Junge examine the efficacy of cognitive-behavioral treatments over conventional drug treatment for insomnia, and explore the potential of mindfulness techniques, and acceptance and commitment therapy (ACT). In Chapter 18, Roberts and Mathias make some recommendations for interventions which target psychosocial functioning in persons with craniofacial conditions. They advocate social skills training with an emphasis on problem solving, coping, and skill development, with cognitive-behavioral interventions to address negative beliefs about appearance and body image.

Part 5 of the book focuses on recent advancements in body image, maladaptive eating practices, and obesity. Fuller-Tyszkiewicz, Ricciardelli, McCabe and Laville in Chapter 19 examine body image concerns among both women and men in relation to health behaviors, obesity, and mental health. In addition, the authors evaluate treatments for body image disturbances. Chapter 20 by Ebenreuter and Hicks examines maladaptive eating practices using an eating disorder framework. Specifically the authors have developed and evaluated a new instrument on eating practices, the Inner Thoughts on Eating Questionnaire, which consists of three main domains: cognitions, emotions, and behaviors. In Chapter 21 Skouteris reviews psychosocial determinants and the implications for childhood obesity. To date there has been very limited research on the determinants of maternal obesity during pregnancy and at postpartum, and a case is made for the need for observational research to examine the nature of interactions between mother and child, and how these may influence child weight gain. The final chapter in this section (Chapter 22) by Brennan and Murphy examines the efficacy of a range of treatment approaches including the key components of behavioral and cognitive-behavioral interventions for treating obesity among adults. A brief overview of the definition, prevalence, and biopsychosocial consequences of excess weight are also outlined.

The focus in Part 6 is on the prevention and treatment of substance use. Chapter 23 by Rowland, Toumbourou, and Allen examines the PRECEDE/PROCEED framework, for reducing the abuse and misuse of alcohol within the context of sporting clubs. Specifically this framework considers predisposing, enabling, and reinforcing factors. In Chapter 24 Kelly, Connor, and Toumbourou address substance-use disorders in young people with a focus on both prevention and treatment. The overarching conceptual framework for this chapter is ecology of human development theory. According to this theory individuals are viewed in the context of their environments (families, peers, school, communities), and a key assumption is that health risk behaviors such as substance abuse disorders are best treated with consideration of these multiple nested ecological systems. The final chapter in this section, Chapter 25 by Strodl, Proctor, Kavanagh, and Beames, examines a new intervention, metacognitive therapy, as a treatment for alcohol problems among adults. This involves working with individuals' maladaptive metacognitions, such as their attention towards disorder congruent information or unhelpful styles of coping that fail to challenge their negative beliefs. In addition, two brief case studies are provided to illustrate the application of this new intervention.

In Part 7 of the volume, the focus shifts to chronic illness, adjustment to different conditions, the management of pain, and issues of medication adherence. The section begins with two chapters on the contribution of psycho-oncology in facilitating adjustment to a diagnosis of cancer and in assisting individuals to maintain health-related quality of life. Chapter 26 by Burney and Fletcher addresses evidence-based interventions used in psycho-oncology such as supportive psychotherapy, cognitive and behavioral interventions, and existential therapy in the care of cancer patients and their families throughout the disease process. Chapter 27 by Beatty and Oxlad provides guidelines for the assessment of cancer patients, and presents evidence for the efficacy of CBT, mindfulness-based interventions, clinical hypnosis, and self-help interventions. Within the chapter, clinical case tasks are used to facilitate reader engagement and learning. In Chapter 28 Felicity Allen examines musculoskeletal disorders such as osteoarthritis, rheumatoid arthritis, and fibromyalgia, and how psychological interventions can help persons with these disorders better manage the conditions within a multimodal approach to treatment. The effectiveness of CBT for pain management, psychoeducation, drug treatment, surgical joint replacement or reconstruction, management of obesity, and encouragement of exercise are considered. In Chapter 29 rumination as a cognitive style and how it may impact on adjustment to chronic illness is explored by Soo and Sherman, along with the potential of mindfulness-based cognitive therapy and ACT in the management of rumination in illness. Chapter 30 takes a self-regulation perspective to examine the interplay of cognitive, emotional, and behavioral factors in diabetes. In the chapter, Caltabiano reports on the evidence base for a range of psychological interventions in diabetes management such as educational and self-management interventions, counselling and psychotherapeutic approaches, cognitive-behavioral approaches, behavioral family systems therapy, ACT, and multisystemic therapy. In Chapter 31 Felicity Allen considers psychological approaches in the management of asthma which facilitate patient adherence to medication and monitoring, treat comorbid psychological conditions such as panic disorder, or have behavioral, cognitive, or psychodynamic components. Adherence to medication is crucial for the management of chronic physical illness to prevent further progression and complications of the disease. In Chapter 32 Mitchell Byrne examines the causes of nonadherence and how psycho-education, behavioral, and cognitive interventions can be used to increase patient medical adherence. The last two chapters in the section focus on the experience of pain, which is central to many chronic conditions, especially in the later stages. In Chapter 33 Paul Martin provides a guide to the functional assessment and treatment of common primary headaches such as migraine and tension-type headache. The chapter considers the efficacy of approaches such as thermal and electromyographic biofeedback training, relaxation, and CBT. In Chapter 34 Jacqui Stanford and Lester Jones discuss pain management more generally as it relates to a number of conditions. In their chapter the authors focus on new developments in our understanding of the human pain experience as propounded by the neuromatrix theory of pain, multidimensional assessment, case formulation, and development of a treatment plan within interdisciplinary pain management, and present case studies as examples.

The last section, Part 8, acknowledges that health psychologists often work within multidisciplinary teams. As such it is important to have a basic understanding of other disciplines and their healthcare approach. In Chapter 35, Bonner and Pryor provide a perspective from the field of nursing, while in Chapter 36 Chamberlain-Salaun, Mills, and Davis provide a glimpse of how the general practitioner views their role in relation to that of nurses, psychologists, and other allied health workers.

Marie L. Caltabiano & Lina A. Ricciardelli
Editors

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