DESCRIPTION

A definitive guide to the growing field of health psychology, which showcases contributions from academics and professionals working at the cutting edge of their discipline.

- Explores the field of modern health psychology, its latest developments, and how it fits into the contexts of modern healthcare, industry and academia

- Offers practical, real-world examples and applications for psychological theory in health care settings

- Provides a timely resource to support the new HPC registration of health and other psychologists

- Includes contributions from practitioners in a wide range of health care settings who share their own vivid personal experiences, as well as more general guidance to applying theory in practice

ABOUT THE AUTHOR

Mark Forshaw is Deputy Director of the Centre for Health Psychology at Staffordshire University and recipient of the 2011 BPS Division of Health Psychology Award for Outstanding Contribution to the Advancement of Health Psychology. He has researched
and published widely in health psychology, on subjects as diverse as menopause, complementary therapies, and hand-arm vibration syndrome.

**David Sheffield** is the Associate Head of the Centre for Psychological Research at the University of Derby. Sheffield's research expertise extends to stress and cardiovascular responses, and he has written interventions to improve wellbeing, pain perception and management, and mathematics anxiety.

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