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Behavioural Change: An Evidence-Based Handbook for Social and Public Health

By Colette Browning, Shane A. Thomas

Elsevier Health Sciences, United Kingdom, 2006. Paperback. Book Condition: New. 232 x 156 mm. Language: English . Brand New Book. Behavioural Change provides a comprehensive overview of what is known about our ability to change behaviour of people across a wide range of domains including smoking, physical activity and exercise, eating and nutrition, sexual behaviour, drugs and alcohol use, sleep, crash and injury prevention, depression, gambling and self-management of chronic illness. It not only reviews the evidence concerning these issues but also provides original insights into how effective and sustainable intervention programs may be designed and delivered to address them. The main emphasis of the book is on linking research knowledge, i.e. the evidence base, and its translation into effective and sustainable programs. State of the art reviews are presented in an accessible but authoritative manner. The emphasis upon transfer to programs is very useful for practitioners and students. This book is essential reading for health psychology, public health, allied health, social work, health promotion and nursing researchers, students and practitioners and also health and human services program officials. It will also be of interest to those involved with the design of health promotion and behaviour change interventions across the...



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