

SECOND EDITION

HANDBOOK OF
Psychology

VOLUME 9
Health Psychology

Arthur M. Nezu
Christine Maguth Nezu
Pamela A. Geller
Volume Editors

Irving B. Weiner
Editor-in-Chief

HANDBOOK OF PSYCHOLOGY

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VOLUME 9: HEALTH PSYCHOLOGY

Second Edition

Volume Editors

ARTHUR M. NEZU, CHRISTINE MAGUTH NEZU,
AND PAMELA A. GELLER

Editor-in-Chief

IRVING B. WEINER



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Handbook of Psychology Preface

The first edition of the 12-volume *Handbook of Psychology* was published in 2003 to provide a comprehensive overview of the current status and anticipated future directions of basic and applied psychology and to serve as a reference source and textbook for the ensuing decade. With 10 years having elapsed, and psychological knowledge and applications continuing to expand, the time has come for this second edition to appear. In addition to well-referenced updating of the first edition content, this second edition of the *Handbook* reflects the fresh perspectives of some new volume editors, chapter authors, and subject areas. However, the conceptualization and organization of the *Handbook*, as stated next, remain the same.

Psychologists commonly regard their discipline as the science of behavior, and the pursuits of behavioral scientists range from the natural sciences to the social sciences and embrace a wide variety of objects of investigation. Some psychologists have more in common with biologists than with most other psychologists, and some have more in common with sociologists than with most of their psychological colleagues. Some psychologists are interested primarily in the behavior of animals, some in the behavior of people, and others in the behavior of organizations. These and other dimensions of difference among psychological scientists are matched by equal if not greater heterogeneity among psychological practitioners, who apply a vast array of methods in many different settings to achieve highly varied purposes. This 12-volume *Handbook of Psychology* captures the breadth and diversity of psychology and encompasses interests and concerns shared by psychologists in all branches of the field. To this end, leading national and international scholars and practitioners have collaborated to produce 301 authoritative and detailed chapters covering all fundamental facets of the discipline.

Two unifying threads run through the science of behavior. The first is a common history rooted in conceptual and empirical approaches to understanding the nature of behavior. The specific histories of all specialty areas in psychology trace their origins to the formulations of the classical philosophers and the early experimentalists, and appreciation for the historical evolution of psychology in all of its variations transcends identifying oneself as a particular kind of psychologist. Accordingly, Volume 1 in the *Handbook*, again edited by Donald Freedheim, is devoted to the *History of Psychology* as it emerged in many areas of scientific study and applied technology.

A second unifying thread in psychology is a commitment to the development and utilization of research methods suitable for collecting and analyzing behavioral data. With attention both to specific procedures and to their application in particular settings, Volume 2, again edited by John Schinka and Wayne Velicer, addresses *Research Methods in Psychology*.

Volumes 3 through 7 of the *Handbook* present the substantive content of psychological knowledge in five areas of study. Volume 3, which addressed *Biological Psychology* in the first edition, has in light of developments in the field been retitled in the second edition to cover *Behavioral Neuroscience*. Randy Nelson continues as editor of this volume and is joined by Sheri Mizumori as a new co-editor. Volume 4 concerns *Experimental Psychology* and is again edited by Alice Healy and Robert Proctor. Volume 5 on *Personality and Social Psychology* has been reorganized by two new co-editors, Howard Tennen and Jerry Suls. Volume 6 on *Developmental Psychology* is again edited by Richard Lerner, Ann Easterbrooks, and Jayanthi Mistry. William Reynolds and Gloria Miller continue as co-editors of Volume 7 on *Educational Psychology*.

Volumes 8 through 12 address the application of psychological knowledge in five broad areas of professional practice. Thomas Widiger and George Stricker continue as co-editors of Volume 8 on *Clinical Psychology*. Volume 9 on *Health Psychology* is again co-edited by Arthur Nezu, Christine Nezu, and Pamela Geller. Continuing to co-edit Volume 10 on *Assessment Psychology* are John Graham and Jack Naglieri. Randy Otto joins the Editorial Board as the new editor of Volume 11 on *Forensic Psychology*. Also joining the Editorial Board are two new co-editors, Neal Schmitt and Scott Highhouse, who have reorganized Volume 12 on *Industrial and Organizational Psychology*.

The *Handbook of Psychology* was prepared to educate and inform readers about the present state of psychological knowledge and about anticipated advances in behavioral science research and practice. To this end, the *Handbook* volumes address the needs and interests of three groups. First, for graduate students in behavioral science, the volumes provide advanced instruction in the basic concepts and methods that define the fields they cover, together with a review of current knowledge, core literature, and likely future directions. Second, in addition to serving as graduate textbooks, the volumes offer professional psychologists an opportunity to read and contemplate the views of distinguished colleagues concerning the central thrusts of research and the leading edges of practice

in their respective fields. Third, for psychologists seeking to become conversant with fields outside their own specialty and for persons outside of psychology seeking information about psychological matters, the *Handbook* volumes serve as a reference source for expanding their knowledge and directing them to additional sources in the literature.

The preparation of this *Handbook* was made possible by the diligence and scholarly sophistication of 24 volume editors and co-editors who constituted the Editorial Board. As Editor-in-Chief, I want to thank each of these colleagues for the pleasure of their collaboration in this project. I compliment them for having recruited an outstanding cast of contributors to their volumes and then working closely with these authors to achieve chapters that will stand each in their own right as valuable contributions to the literature. Finally, I would like to thank Brittany White for her exemplary work as my administrator for our manuscript management system, and the editorial staff of John Wiley & Sons for encouraging and helping bring to fruition this second edition of the *Handbook*, particularly Patricia Rossi, Executive Editor, and Kara Borbely, Editorial Program Coordinator.

Irving B. Weiner
Tampa, Florida

Volume Preface

When we were asked to serve as editors of the second edition of the health psychology volume for the *Handbook of Psychology*, we were once again very excited to be part of a larger set of editors whose landmark, but daunting, task was to corral an impressive list of leading psychologists to chronicle “all of psychology.” In addition, we continue to believe that such a comprehensive text could be useful to a large contingency of individuals, including graduate psychology students, health psychology researchers interested in having up-to-date information, clinical health psychologists working with medical patients, and nonpsychology professionals (e.g., physicians, nurses) who wish to learn more about psychology’s contributions to health and health service delivery.

Therefore, it was these four audiences that we continued to have in mind when we maintained the structure originated in the previous edition. Specifically, we continue to be interested in covering both conceptual and professional issues (Parts I and II, “Overview” and “Causal and Mediating Psychosocial Factors,” respectively), as well as a myriad of specific medical diseases (Part III, “Diseases and Disorders”), which focuses on major disease entities or medical problems and provides information concerning prevalence, psychosocial causal

factors, and treatment approaches. Because we view all phenomena as taking place within varying contexts, we also believe that health and health care need to be viewed within the context of varying developmental stages, hence the inclusion of Part IV, “Health Psychology Across the Life Span.” Because we believe there are additional contextual issues, such as gender, culture, and ethnicity, as well as emerging related issues in the field, we included these special topics. One entirely new chapter addresses primary care psychology.

Although we provided wide latitude to the various authors in terms of chapter structure and content, we insisted on comprehensive and timely coverage for each topic. Our major goal is to chronicle the field since the first edition was published. We believe each set of authors did a magnificent job. To that end, we wish to thank them for their outstanding contributions. We also wish to thank Irv Weiner, Editor-in-Chief of the *Handbook*, for his indefatigable support, feedback, and advice concerning this volume.

Arthur M. Nezu
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