

Ogden

Health Psychology

Health Psychology is essential reading for all students and researchers of health psychology. Organized into four sections, the 7th edition is structured with a clear emphasis on theory and evidence throughout. With renewed focus on thinking critically about health psychology, Ogden's revised edition maintains its accessible style and broad coverage. Each chapter features rich examples to empower students to expand their understanding of this dynamic psychological sub-discipline. Health Psychology comes with an Online Learning Centre created to support course delivery. This site boasts:

- Multiple choice questions for knowledge checks
- Suggested essay questions to supplement in-class or homework activities
- PowerPoint presentations to aid with structuring your module

Within the book you will also find a range of pedagogic features designed to engage students including:

- "For Discussion" boxes
- End of Chapter questions
- "Thinking Critically" sections in each chapter
- Suggestions for Further Reading

These features will encourage debate and critical thinking in turn contributing to deeper understanding and improved course outcomes. Updated to include sections on LGBTQ+ health and to reflect the most recent research studies and their implications for practice, Ogden's new edition takes a rigorous approach that highlights the role that psychology plays in all aspects of physical health. Jane Ogden is a Professor of Health Psychology at the University of Surrey, UK and has been researching and writing about eating behaviour and weight management for nearly 30 years. Her research interests include obesity management, aspects of women's health and communication in healthcare.



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