



Understanding and Changing Health Behaviour: From Health Beliefs to Self-Regulation

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The identification of the factors predicting health behaviour has become a major focus of research in the field of health psychology and related disciplines. This awareness not only increases our understanding but also provides important targets for interventions to change health behaviour. *Understanding and Changing Health Behaviour* focuses on a range of key social cognitive factors in this process, using examples from an impressive breadth of applied settings that include smoking cessation, condom use and breast examination. The book features contributions from some of the best known researchers in the field.

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