



Gesundheitspsychologie (Urban-Taschenbucher) (German Edition)

Toni Faltermaier

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Dieses Lehrbuch stellt eine systematische Einführung in die noch junge Disziplin der Gesundheitspsychologie dar. Der Autor gibt eine in sich geschlossene und aktuelle Übersicht über zentrale gesundheitspsychologische Theorien, wichtige Ergebnisse der Forschung und neue Anwendungsmöglichkeiten. Ausgehend von den Problemen unseres medizinischen Gesundheitssystems entwickelt er die Grundfragen und -begriffe einer modernen Psychologie der Gesundheit. Theoretische Modelle der Krankheitsentstehung und der Salutogenese werden als Orientierung herangezogen, um die psychischen und sozialen Einflüsse auf den Gesundheits- und Krankheitsprozess systematisch zu beschreiben. Einen großen Raum nimmt dabei die Bedeutung der Gesundheitspsychologie für die Praxis ein, insbesondere für die dringend notwendige Prävention und Gesundheitsförderung.

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