Handbook of Personality and Health

There has been a recent resurgence of interest in personality psychology and its applications. This book is organised in three parts: personality and health outcomes; mechanisms relating personality and health; personality specific prevention and intervention. It covers child and adolescence health behaviour as well as that of adults and integrates new developments within personality psychology (such as neurophysiology and temperamental traits) with health psychology and examines major health outcomes such as disease, the mechanisms between these outcomes and personality, and prevention and intervention programmes.

The leading causes of death in the Western world are diseases of the heart, cancer, chronic obstructive pulmonary diseases, diabetes and unintentional injuries. Personality is a major predictor of the biological reactions, feelings, thoughts and behaviours that are involved in these causes of death.

This handbook brings together state-of-the-art research addressing the complex relationship between personality and health. Written by leading international researchers, the book is divided into three sections: section one examines the influence of personality on health outcomes, including cardiovascular disease and cancer; section two explores the mechanisms that mediate the relationship between personality and health, such as health and illness behaviours; section three details personality-specific prevention and intervention techniques. Adult health behaviour and child and adolescent health behaviour are covered.

Handbook of Personality and Health is the first to address these key topics in one comprehensive volume. It will be a valuable resource for all those interested in the intersection between personality and health including researchers, academics, practising health psychologists, and students of health and personality psychology.

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