This text offers a comprehensive overview of new approaches to health-related behavior from a self-regulation perspective.

The authors outline the assumptions on which self-regulation theories are based, discuss recent research and draw out the implications for practice with a particular focus on changing health behavior. The book is arranged in two sections – Goal Setting and Goal Activation in Health Behavior and Goal Striving and Goal Persistence. The epilogue compares self-regulation theories with the prevailing social-cognitive models.

Publication Year: 2006
Edition: 1st
Author/Editor: de Ridder, Denise; de Wit, John
Publisher: Wiley
Platform: Ovid
Product Type: Book
Speciality: Clinical Psychology
Language: English
Pages: 264
Illustrations: 0
Included In: Wiley Psychology Book Collection