

<p>Theories of Health Belief</p> <p>The Health Belief Model: <u>Becker & Rosenstock (1970)</u></p>	<p>Theories of Health Belief</p> <p>Locus of Control: <u>Rotter (1966)</u></p>	<p>Theories of Health Belief</p> <p>Self-Efficacy: <u>Bandura (1977)</u></p>
<p>Theories of Health Belief: Research</p> <p>HBM: adherence to drug regime in asthma: <u>Becker (1978)</u></p>	<p>Theories of Health Belief: Research</p> <p>Internal v external LoC in smokers: <u>Rotter (1966)</u></p>	<p>Theories of Health Belief: Research</p> <p>Self-Efficacy in snake phobics: <u>Bandura & Adams ((1977)</u></p>
<p>Methods of Promotion</p> <p>Media Campaign: Chip Pan Fires: <u>Cowpe (1989)</u></p>	<p>Methods of Promotion</p> <p>Legislation: Bicycle Helmet Laws: <u>Dannenberg (1993)</u></p>	<p>Methods of Promotion</p> <p>Fear Arousal: Dental Hygiene: <u>Janis & Feshbeck (1953)</u></p>

<p>Features of Adherence</p> <p>Reasons: Cognitive Rational Non-Adherence: Well-being in hypertensive patients: <u>Bulpitt et al (1988)</u></p>	<p>Features of Adherence</p> <p>Measures: Fluoxetine in Depression: <u>Lustman et al (2000)</u></p>	<p>Features of Adherence</p> <p>Improving: Medication in asthmatic children: <u>Watt et al (2003)</u></p>
<p>Causes of Stress</p> <p>Work: Swedish Sawmill workers: <u>Johansson (1978)</u></p>	<p>Causes of Stress</p> <p>Hassles & Life Events: <u>Kanner (1981)</u></p>	<p>Causes of Stress</p> <p>Lack of Control: car-crash victims: <u>Geer & Maisel (1972)</u></p>
<p>Measuring Stress</p> <p>Physiological: GRS & HR: <u>Geer & Maisel (1972)</u></p>	<p>Measuring Stress</p> <p>Self-report: SRRS: <u>Holmes & Rahe (1967)</u></p>	<p>Measuring Stress</p> <p>Combined Approach: Self- report & physiological: <u>Johansson et al (1978)</u></p>

<p>Managing Stress</p> <p>Cognitive: Stress Inoculation Therapy for test anxiety: <u>Meichenbaum (1972)</u></p>	<p>Managing Stress</p> <p>Behavioural: Biofeedback & reduction of tension headaches: <u>Budzynski et al (1970)</u></p>	<p>Managing Stress</p> <p>Social Support: Social Relationships & cancer survival: <u>Waxler-Morrison et al (1993)</u></p>
<p>Diagnosis of dysfunctional Behaviour</p> <p>Categorising: DSM/ICD</p>	<p>Diagnosis of dysfunctional Behaviour</p> <p>Definitions: Abnormality Criteria: <u>Rosenhan & Seligman (1995)</u></p>	<p>Diagnosis of dysfunctional Behaviour</p> <p>Biases: Gender: <u>Ford & Widiger (1989)</u></p>
<p>Explanations of Dysfunctional Behaviour</p> <p>Behavioural: Inducing fear through CC: <u>Watson & Raynor (1920)</u></p>	<p>Explanations of Dysfunctional Behaviour</p> <p>Biological: Genetics & Schizophrenia: <u>Gottesman & Shields (1976)</u></p>	<p>Explanations of Dysfunctional Behaviour</p> <p>Cognitive: Distorted thinking in depressed patients: <u>Beck et al (1974)</u></p>

Treatments of Dysfunctional Behaviour	Treatments of Dysfunctional Behaviour	Treatments of Dysfunctional Behaviour
<p>Behavioural: Noise Phobia: <u>McGrath (1990)</u></p>	<p>Biological: Combination Therapy & Depressed Women: <u>Karp & Frank (1995)</u></p>	<p>Cognitive: RET & drug therapy in depressed patients: <u>Beck et al (1978)</u></p>