

Recommended Resources: Chapter 8

Suggestions for further reading to extend and deepen knowledge, and to add context.

You are urged to preview recommended sources and judge their suitability for your own classroom use.

Publications

Ogden, J. (2012). *Health Psychology: A textbook*. Maidenhead: Open University Press.

The author explores a wide range of health psychology topics and their associated theory in depth, including health beliefs, gender health beliefs and health behaviours. Suitable for both teachers and students wishing to pursue an interest in this branch of psychology.

Websites

[IB Psychology InThinking subject sites](#)

A paid subscription is required to view most of the materials on this site, which is constantly revised and updated.

The health psychology sections contain quality, lively and up-to-date material specifically for IB requirements. Particularly recommended for supplementing material in the coursebook are: the section on the [physiological aspects of stress](#), which includes items that structure and extend the ideas presented in the Whitehall Studies in the coursebook; the section on [the study of Newcomer et al. \(1999\)](#) on how stress affects memory. The section [Defining addiction](#) covers addictions other than the food and smoking content in the coursebook, including video-supported presentations on 'arousal' addiction and internet addiction. This site also includes a range of links on health promotion in different countries. The series on [health promotion advertising in Thailand](#) is especially recommended.

[Psychlotron](#)

A comprehensive website for studying psychology at this level. It includes a series of presentations on different aspects of stress management.

[Resourcd](#)

You will need to enrol (free) to use some of the shared materials on this site.

The psychology section of this website contains a range of resources on health topics, including introducing the [relationship between stress and the immune system](#) and between [computer gaming and health](#).

[The Psychologist](#)

A regularly updated site from the British Psychological Society. It includes a wide range of articles and other resources on health psychology, including [A healthy contribution](#), which presents the development and scope of health psychology, and the [role of packaging in promoting better health](#).

[Psychology Today](#)

This has a wide range of easy-to-follow [articles on addictions](#).

[TED](#) and [TEDEd](#)

TED and TEDx talks focus on a wide range of stress conditions, for example Nadine Burke Harris on [How childhood trauma affects health across a lifetime](#). You may wish to contrast these stressors to those focused on in Marmot et al. (1978, 1991), and explore their relative importance. TED and TEDx sites also include presentations on health psychology, including Diane Smith's [Obsessed: My addiction to food and my journey to health](#) and Judson Brewer's [A simple way to break a bad habit](#).