**Revision checklist: Health psychology**

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| **What you need to know** | **Specific examples covered in book** | **Relevant pages in the textbook** | **Revised** |
| **Stress** |  | 173–181 |  |
| Stressors |  | 173–175 |  |
| Physiological, psychological and social aspects of stress |  | 175–179 |  |
| Strategies for coping with stress | Stress inoculation therapy  Hardiness training  Physical exercise  Yoga, meditation and muscle relaxation | 179–180 |  |
| **Substance abuse, addictive behaviour and obesity** |  | 181–193 |  |
| Overeating and obesity |  | 181–184 |  |
| Prevention strategies and treatments for overeating and obesity |  | 184–185 |  |
| Factors related to the development of substance abuse or addictive behaviour |  | 186–191 |  |
| Prevention strategies and treatments for substance abuse or addictive behaviour |  | 191–193 |  |
| **Health promotion** |  | 193–199 |  |
| Models and theories of health promotion | The stages of change model  The health belief model | 193–197 |  |
| Effectiveness of health promotion strategies |  | 197–198 |  |