**Useful websites: Health psychology**

* [Stress and memory: Forget it!](http://www.exploratorium.edu/memory/robertsapolsky.html)

An audio lecture on the disruptive effects of stress on memory and ageing by Robert Sapolsky, Professor of Neuroscience at Stanford University.

* [Holme and Rahe](http://www.stress.org/scope-of-stress/)

An interview with Richard Rahe about his work with Thomas Holme from *Health and Stress* magazine in 2007.

* [Effects of physical exercise on anxiety, depression and sensitivity to stress](https://ulib.derby.ac.uk/ecdu/CourseRes/dbs/currissu/Salmon_P.pdf)

A research study by Peter Salmon of the University of Liverpool into the effects of physical exercise on anxiety, depression and sensitivity to stress, which includes an exploration of related research.

* [The obesity epidemic](http://www.youtube.com/watch?v=8HSqE1U_m_0)

[Consequences of obesity](http://www.youtube.com/watch?v=TyUu0EUjD-s&feature=channel)

Two video presentations centring on what obesity is, how to determine it and what its consequences are.

* [Sleep-eating and the dynamics of morbid obesity, weight loss, and regain of weight in five patients](http://xnet.kp.org/permanentejournal/Spring01/CCSleepEat.html)

An informative account of Vincent Felitti’s study into sleep eating and obesity from the *Permanente Journal*, Spring 2001.

* [World's wackiest addictions](http://www.oddee.com/item_96496.aspx)

A description and examination of dependency conditions, including less mainstream ones, such as addictions to tanning and ice-eating.

* [Sex addiction](http://www.bbc.co.uk/health/emotional_health/addictions/sex_addiction.shtml)

An exploration of sex addiction, with links to many other forms of addiction.

* [Cost-effectiveness analysis of the first-line therapies for nicotine dependence](http://www.iumsp.ch/Publications/pdf/CE_smoking_J_Clin_Pharma03.pdf)

An assessment of the effectiveness of therapies such as nicotine gum, nicotine patches etc.

* [Health promotion theories and models for program planning and implementation](https://docs.google.com/viewer?a=v&q=cache:j6AG4fc4WO0J:azrapeprevention.org/sites/azrapeprevention.org/files/2008_01_UA.pdf+&hl=en&gl=uk&pid=bl&srcid=ADGEESjWLYPXGMGujad71ORtNohLyYtpr1pv49pT2Kde4CLBTBDyvmoHLApBF9jhUgzLM0CXPMKqCnJo-vmhYH5IsFzRZbTCG6LRABakq2D_ZfvN9mAgWS8JRU4KVKeu_vqA9yx5wQeU&sig=AHIEtbTOoDRtf5eVU6lEi2_ofoImymdIkA)

Outlines of health promotion strategies with key concepts and constructs, as well as links for more information on all strategies.