



# Health Psychology: Biopsychosocial Interactions

By Edward P. Sarafino, Timothy W. Smith

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Authors Ed Sarafino and Timothy Smith draw from the research and theory of many disciplines in order to show how psychology and health affect each other. The 8<sup>th</sup> Edition of *Health Psychology: Biopsychosocial Interactions* has been updated to include a broader picture of health psychology by presenting cross-cultural data. Additionally, international examples are included to broaden the psychologist's view of health issues around the world and highlight what works in the field.

The psychological research cited in the text supports a variety of behavioral, physiological, cognitive, and social/personality viewpoints. A focus on lifespan development in health and illness is integrated throughout the text.

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