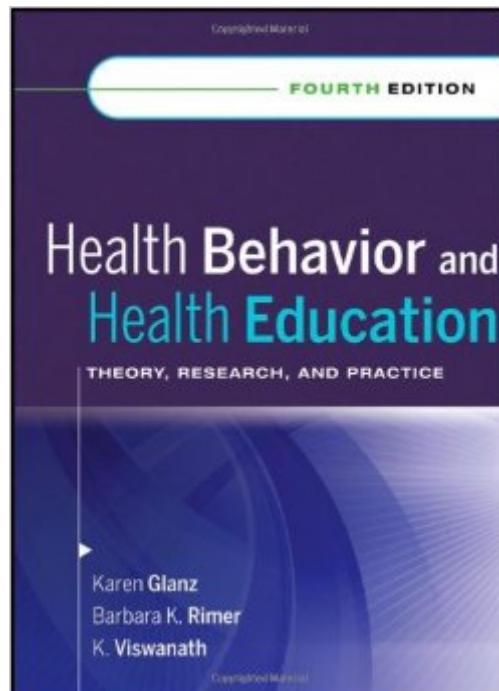


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# Health Behavior And Health Education: Theory, Research, And Practice



## **Synopsis**

Resources for teaching and learning are posted at [tinyurl.com/Glanz4e](http://tinyurl.com/Glanz4e) and [www.med.upenn.edu/hbhe4](http://www.med.upenn.edu/hbhe4). This fourth edition of the classic book, Health Behavior and Health Education: Theory, Research, and Practice provides a comprehensive, highly accessible, and in-depth analysis of health behavior theories that are most relevant to health education. This essential resource includes the most current information on theory, research, and practice at individual, interpersonal, and community and group levels. This edition includes substantial new content on current and emerging theories of health communication, e-health, culturally diverse communities, health promotion, the impact of stress, the importance of networks and community, social marketing, and evaluation.

## **Book Information**

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## **Customer Reviews**

The chapters in this book are either hit or miss. The book has some excellent well-written and informative chapters that really help you to gain a better perspective of the field and issues surrounding health research. However, the 3rd chapter reads more like a draft in need of several edits. It is rife with psychometric and statistical errors. Furthermore, the author makes gross generalizations about her own research that are not valid nor based on sound research practices. I'm shocked that the book could be full of quality work by leading professionals, yet have a chapter on that is on complete opposite side of the spectrum. The only thing that kept me reading the book is because it is required for a class I am taking. I would fully recommend removing ch.3 for the next

edition, if the publishers asked my opinion.

I have been a student for many years. I am now in grad school and this book has been written in a very complicated, detailed manner. It is not that I cannot read and understand the book, but they have gotten a simple idea and used very difficult English/writing style, and have complicated it to the point that you have to read it a couple of times to even understand what it's saying. I do not recommend this to anyone. Coreil is a better author.

I was required to purchase this textbook for my intro health promotion class for my public health degree. I still remember this textbook (and the class) 6 years later. I liked this book. It had good examples and provided a solid foundation for a beginner to health promotion.

A difficult read. Chapters need a summary, and more subheadings. The authors are clearly experts but they have not written it for beginners or intermediate level students, who are looking for useful models for research.

For anyone interested in theories of health behavior, this is the place to start. Some of the most commonly used theories are explained here in detail, and there is even an explanation for why the theories that are in there are included. However, sometimes while reading about the theories you wonder why there are so many words, when many fewer would do. Sometimes you might read a paragraph and think that you would have absorbed the information much better if, instead of that paragraph, you had read two sentences and a diagram. Nonetheless, this is a great book to introduce you to common theories, and a great reference for a junior researcher working on intervention design or literature review.

I have used this book in my Alcohol and Drug community prevention class for 3 years. The text does indeed require a professor well versed in prevention to simplify some of the material and make it accessible to students. With that said, while the students very much dislike this book the first weeks of the semester, NONE of these are sold back to the bookstore when the semester ends. All of the primary research in prevention and all of the primary prevention theories are well represented in this text. The reading level is at the graduate level, but the material is presented in the only fashion I can conceive would cover it accurately. Many prevention texts on the market are poorly written in an attempt to "dumb down" the material, folks, it cannot be done! Presented to students

properly (I am very clear that I do not expect them to understand the book until each lecture is complete, and I urge them to not read ahead), the text soars. I use this in my cross listed Senior/Graduate class at a 4-year university.

This book is good for someone who already knows a lot about the subject and just wants to polish up their knowledge. This book is not for the beginner or student. Its terribly boring and confusing. The chapters have a lot of repetition, like the author is getting commission for just filling up pages with the same material. There is excessive use of difficult words which is just unnecessary. This book should not be used as a text book. But the the graphs and tables are good and to the point.

It's an edited book; redundant in places. Dr, Jeff Hallam of Kent State University is planning to write a much needed textbook on this subject and I am anxiously looking forward to buying and reading it!

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