

# The Health Psychology of Women

CATHERINE NEVEN and DOUG CARROLL



**sp** *Psychology Press*  
Taylor & Francis Group

# Health Psychology Of Women

**Danielle Dickens, Dionne Stephens**



## **Health Psychology Of Women:**

**The Health Psychology of Women** Catherine A. Niven, Douglas Carroll, 1993 First Published in 1993 Routledge is an imprint of Taylor Francis an informa company *Women and Health Psychology* Cheryl Brown Travis, 1988 Biomedical Issues closely examines issues such as cyclic biology programming birth surgery and cancer and provides information on national trends in health care It presents overviews of research issues and methods while integrating the social psychological significance of these events as experienced by individual women The author suggests that understanding more about specific health problems of women will provide a basis for also understanding more about the general experience of female gender in society *Women's Health Psychology* Mary V. Spiers, Pamela A. Geller, Jacqueline D. Kloss, 2013-01-14 Women's Health Psychology is the first comprehensive collection ever published to consider the developmental reproductive and sociocultural contexts of health decision making and behavior for women It provides current expert advice to help policy makers researchers and clinicians make the best decisions concerning topics including The Context of Women's Health history of women's healthcare employment and women's health and the effects of intimate partner violence Health Challenges smoking alcohol eating disorders and sleep Reproductive Health premenstrual dysphoric disorder the stress of infertility psychiatric symptoms and pregnancy and menopause Disability and Chronic Conditions women's responses to disability experiencing cancer the psychology of Irritable Bowel Syndrome and rheumatic heart and Alzheimer's diseases [Health Psychology of Women](#) Catherine Niven, Doug Carroll, 2013-12-16 First Published in 1993 Since health psychology is concerned with the universal values of life and death well being and suffering it might be expected that its researchers would be keen to examine both male and female experiences of these phenomena In practice however health psychology has followed health research in adopting a largely male perspective both in its general approach and selection of topics Women are different from men not only in terms of anatomy but in terms of the socialization processes to which they have been exposed and the social and economic positions they occupy These differences have a significant impact on women's health predisposing them to some disorders and protecting them from others While it is true that male mortality exceeds female mortality from conception to old age women's survival has the price of increased mental and physical illness Men die but women suffer Despite a growing awareness of these differences there continues to be a distinct bias towards using male subjects for research and studying those diseases which affect more men than women The Health Psychology of Women is a response to this imbalance and a challenge to the attitude which explores the behavior of half the population in order to draw conclusions about the experience of the whole It is essential reading for students and researchers of psychology and health and health professionals in training and practice **Women and Health Psychology** Cheryl B. Travis, 1988 The author proposes that the conditions events and experiences that contribute to serious mental health problems for a percentage of women will at some point be experienced by all Mental Health Issues presents two basic themes that social contexts and frameworks are experienced and

expressed and then subconsciously internalized as part of the self and that specific diagnostic conditions such as depression alcoholism or eating disorders can emerge from dynamics that are experienced by most women Biomedical Issues closely examines issues such as cyclic biology programming birth surgery and cancer and provides information on national trends in health care It presents overviews of research issues and methods while integrating the social psychological significance of these events as experienced by individual women The author suggests that understanding more about specific health problems of women will provide a basis for also understanding more about the general experience of female gender in society

The Psychology of Women's Health Annette L. Stanton,1995-01-01 The Psychology of Women s Health explores the complex critical interactions of biological psychological and social factors in framing conceptions and providing assessments of the health of women This book examines pressing issues in women s physical health such as chronic diseases and health related behaviors Given that health outcomes are multifaceted contributors stress salutary health effects as well as pathological psychosocial and biological processes This book is intended for researchers students and practitioners alike

Issues in the Psychology of Women Maryka Biaggio,Michel Hersen,2007-05-08 Over the past 15 years I MB have taught a graduate level course in Psychology of Women to students in two different professional psychology programs Because my students were at the doctoral level and often had some familiarity with the psychology of women these courses focused on bringing a feminist analysis of psychology and integrating a feminist analysis into one s scholarly work and professional activities Although I used several fine psychology of women textbooks during this time I found none that was specifically designed for graduate students Thus I always augmented the textbook with journal articles on specific aspects of the topic and these focused articles have typically been well received by the students The s dents whom I have encountered in these courses have often expressed a wish for a textbook that is designed for their needs I think what they are asking for is one that could serve as a foundation for their scholarly analysis of psychology as well as a springboard for thoughtful application of a feminist perspective to the profession of psychology Therefore Issues in the Psychology of Women has been designed to serve as a textbook for advanced undergraduate or graduate courses including Psychology of Women or Feminist Analysis of Psychology This book is the collective work of authors with special expertise in their chapter topic

Handbook of Girls' and Women's Psychological Health Judith Worell,Carol D. Goodheart,2005-09-01 This book integrates the role of gender in girls and women s development across the life span looking specifically at internal and external vulnerabilities and risks and the protective or supportive factors that facilitate effective coping positive growth strength and resilience

*The Psychology of Women and Gender* Nicole M. Else-Quest,Janet Shibley Hyde,2017-12-07 A psychology of women textbook that fully integrates transgender research issues and concerns With clear comprehensive and cutting edge coverage The Psychology of Women and Gender Half the Human Experience delivers an authoritative analysis of classical and up to the minute research from a feminist psychological viewpoint Authors Nicole M Else Quest and Janet Shibley Hyde examine the cultural and

biological similarities and differences between genders noting how they are often a result of inequality The Ninth Edition emphasizes rigorous methodology and reviewing and evaluating empirical evidence helping demystify the scientific process in this field of study Hands on applications through case studies that integrate research from other disciplines give students further experience with key issues This proven resource equips students with a strong foundation for understanding the dynamic influences of gender sexual orientation and ethnicity in the context of psychology and society along with strategies for thinking critically about popular culture and using psychological science to improve people s lives and promote gender equality

**Lectures on the Psychology of Women** Joan C. Chrisler, Carla Golden, Patricia D. Rozee, 2012-12-21 Designed as a supplement in courses on the psychology of women the psychology of gender and gender role development this collection of short accessible lectures written by experienced and committed teachers spotlights topics that often receive less in depth coverage in core textbooks While topically arranged to align with standard texts each favorite lecture stands alone essentially instructors can assign the readings to meet their own course needs Among the student friendly features are the informal writing styles with each author speaking directly to the reader questions and ideas that encourage critical thinking and biographical statements and photographs that introduce each contributor The authors represent a variety of personal backgrounds and experiences but they believe in the importance of gender equality To that point the book addresses common feminist themes including the social construction of gender power the value of diversity inclusive language the global status of women and the value of social activism

Handbook of the Psychology of Women and Gender Rhoda K. Unger, 2004-04-21 A lively thought provoking exploration of the latest theory and practice in the psychology of women and gender Edited by Rhoda Unger a pioneer in feminist psychology this handbook provides an extraordinarily balanced in depth treatment of major contemporary theories trends and advances in the field of women and gender Bringing together contributions from leading U S and international scholars it presents integrated coverage of a variety of approaches ranging from traditional experiments to postmodern analyses Conceptual models discussed include those that look within the individual between individuals and groups and beyond the person to the social structural frameworks in which people are embedded as well as biological and evolutionary perspectives Multicultural and cross cultural issues are emphasized throughout including key variables such as sexual orientation race ethnicity and social class Researchers and clinicians alike will appreciate the thorough review of the latest thinking about gender and its impact on physical and mental health which includes the emerging trends in feminist therapy and sociocultural issues important in the treatment of women of color In addressing developmental issues the book offers thought provoking discussions of new research into possible biological influences on gender specific behaviors the role of early conditioning by parents school and the media the role of mother and mothering gender in old age and more Power and gender as well as the latest research findings on American men s ambivalence toward women sexual harassment and violence against women are among the timely topics explored in viewing

gender as a systemic phenomenon Handbook of the Psychology of Women and Gender is must reading for mental health researchers and practitioners as well as scholars in a variety of disciplines who want to stay current with the latest psychological psychosocial thinking on women and gender **WOMEN AND HEALTH PSYCHOLOGY** TRAVIS,2016-10-19

The Psychology of Quality of Life M. Joseph Sirgy,2012-06-20 The second edition will be an update and further elaboration of the literature related to subjective well being happiness and life satisfaction It will have a new substantial section that focuses on reviewing much of the literature of subjective well being within specific life domains social life material life leisure life work life community life spiritual life family life health life sex life travel life etc In the 1st edition the research in these various life domains was discussed only briefly The second edition will maintain the same organizational structure of the first edition that is Part 1 will focus on introduction definitions and distinctions examples of measures of subjective well being happiness and life satisfaction and motives underlying subjective well being Part 2 will focus on psychological strategies that are allow people to optimize subjective well being by engaging in psychological processes related to the relationship between and among life domains e g social life family life love life spiritual life community life financial life etc This part will contain four chapters related to these various inter domain processes bottom up spillover top down spillover horizontal spillover and compensation Part 3 of the book will focus on intra domain psychological strategies designed to optimize subjective well being These include re evaluation based on personal history re evaluation based on self concept re evaluation based on social comparison goal selection goal implementation and attainment and re appraisal Part 4 of the book will focus on balance processes how people attempt to create balance in their lives using psychological processes within specific life domains intra domain strategies and processes that relate one domain to another inter domain strategies

**Social and Psychological Problems of Women** Annette U. Rickel,Meg Gerrard,Ira Iscoe,1984 This book in its diversity of topics reflects the re emergence of concern with women s issues in the last decade and the vigor and pioneering quality of scholarship in the area Such extensive albeit uneven development says something about the state of our society as well for organized scholarship is a form of problem solving part of the process of working through issues that come to the attention of observers of and commentators on the social world Be we can go further By recognizing that the contemporary women s movement is not new but is in keeping with a stream of feminism at least 150 years old we can encourage the current rekindling of interest and consciousness to reflect contemporary events as well xiii foreword A Handbook on Counseling African American Women Kimber Shelton,Michelle King Lyn,Mahlet Endale,2022-02-04 WINNER of the the 2023 Association for Women in Psychology Distinguished Publication Award Through an intersectional and inclusive lens this book provides mental health professionals with a detailed overview of the mental health issues that Black women face as well as the best approach to culturally competent psychological practice with Black women This text details mental health needs and treatment interventions for Black women It provides a historical context of how the lived experiences of Black women

contribute to mental wellness identifies effective psychological practices in working with Black women and challenges readers to advance their cultural competence while providing culturally affirming care to Black women Additionally this text is inclusive of sexual orientation and gender identity diversity and it honors the diversity within Black women s identities relationships roles and families Written by an expert team of Black women clinicians researchers and medical professionals A Handbook on Counseling African American Women Psychological Symptoms Treatments and Case Studies addresses current sociopolitical events as well as historical trauma as it prepares readers to meet the needs of the Black women they serve

**Women and Health Psychology** Cheryl Brown Travis,1988      The Complete Guide to Mental Health for Women

Lauren Slater,Amy Banks,Jessica Henderson Daniel,2003-08-15 As women we know how important it is to take charge of our health care to be informed and proactive But too often we forget that our mental wellness is an integral part of our overall health The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce Drawing on the latest thinking in psychiatry and psychology written for women of diverse backgrounds The Complete Guide to Mental Health for Women begins with Part One the life cycle helping women understand the major issues and biological changes associated with young adulthood middle age and old age Specific entries address the psychological importance of women s sexuality relationships motherhood childlessness trauma and illness and discuss how social contexts such as poverty and racism inevitably affect mental health Part Two explores specific mental disorders including those like postpartum depression related to times when women are particularly vulnerable to mental illness Part Three takes a closer look at biological treatments including the use of antidepressants and various types of psychotherapy from cognitive behavioral treatments to EMDR and beyond The Complete Guide to Mental Health for Women ends with a section on life enhancements because the activities that help us live fuller more vital lives are also essential to our mental health The Complete Guide to Mental Health for Women Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists Helps women think through the psychological challenges inherent in the life cycle from young adulthood through old age Focuses on key life issues from sexuality and relationships to trauma and racism Provides important information on mental disorders their biological treatments and psychotherapeutic interventions Includes a comprehensive list of psychotropic medications targeted reading suggestions crucial online resources and support groups The Complete Guide to Mental Health for Women covers what every woman should know about Aging What should I expect from menopause What do I need to know about the benefits and risks of hormone therapy Pregnancy How will becoming a mother change me How do I overcome postpartum depression Childlessness What if I don t want to be a mother Sexuality Is a female Viagra the solution to women s sexual complaints How does societal ambivalence about women s sexuality affect me Body Image and Eating Disorders Are all eating disorders a reaction to societal pressures to be thin Polypharmacy Why are

some patients prescribed more than one type of psychotropic drug Is this overmedicating Finding a Psychotherapist How do I know if a therapist is right for me And how do I know what type of therapy I need Anger Why is it the most difficult emotion for many women to express EMDR What exactly is EMDR Is it a reputable therapy Depression and Anxiety What do I need to know about psychopharmaceuticals Does talk therapy help Complementary Treatments for Depression and Anxiety Does St John s Wort really work What else might help

**Handbook of Counseling Women** Mary Kopala, Merle Keitel, 2003-07-11 The Handbook of Counseling Women addresses current theories research and issues relevant to the mental and physical well being of women Edited by Mary Kopala and Merle A Keitel this comprehensive volume is divided into three parts Part One focuses on theoretical sociocultural biological and developmental considerations Part Two is devoted to assessment diagnosis and intervention Part Three covers supervision research and ethics Most chapters include case studies recommendations for further reading and resources for clients Essential reading for psychologists social workers counselors and psychiatric nurses this handbook will also appeal to graduate and undergraduate students in counseling clinical psychology and clinical social work courses

**Women's Lives** Claire A. Ettaugh, Judith S. Bridges, 2023-02-24 Women s Lives integrates the most current research and social issues to explore the psychological diversity of girls and women varying in age ethnicity social class nationality immigrant experience sexual orientation gender identity ableness and body size and shape The text embeds a lifespan perspective within each topical chapter and has an intersectional approach that integrates women s diverse identities It includes rich coverage of women with disabilities and on middle aged and older women throughout Taking a deeper transnational focus it also examines the impact of social cultural and economic factors in shaping women s lives around the world This edition explores the latest areas of research and tackles important contemporary topics such as feminization of immigration media portrayals of LGBTQ individuals and immigrants regulating testosterone levels in women s sports disorders of sexual development nonbinary identity the effects of social media on body image sizeism new classification of sexual disorders menstrual equity and the tampon tax migrant women as transnational mothers academic environment for low income ethnic minority and immigrant women effects of the COVID 19 pandemic on women s employment and work family balance the dilemma of unpredictable work hours healthcare barriers experienced by immigrant women and LGBTQ individuals MeToo movement vigilante gender violence the fourth wave of feminism the role of immigrant women and ethnic minority women in grassroots feminist activism men s support of feminist issues and more Boasting a new full color design and rich with pedagogy the book includes several boxed elements in each chapter In The News boxes present current news items designed to engage students in thinking critically about current gender focused events and issues The What You Can Do boxes give students examples of applied activities that they can engage in to promote a more egalitarian society Get Involved boxes ask students to collect data and to critically think about the explanations and implications of the activity s findings Learn About the Research boxes expose students to a variety of



research methods and highlight the importance of diversity in research samples by including studies of underrepresented groups At the end of each chapter What Do You Think questions foster skills in critical thinking synthesis and evaluation by asking the student to apply course material or personal experiences to provocative issues from the chapter The If You Want to Learn More feature provides names of the most current books available on various topics that are discussed in the chapter Combining up to date research with an approachable and engaging writing style Women s Lives is an invaluable resource for all students of gender from psychology women s studies gender studies sociology and anthropology

**Psychology of Black Womanhood** Danielle Dickens,Dionne Stephens,2024-06-05 Psychology of Black Womanhood is the first textbook to provide an authoritative jargon free affordable and holistic exploration of the sociohistorical and psychological experiences of Black girls and women in the United States while discussing the intersection of their identities The authors include research on young middle aged and maturing women LGBTQ women and non binary individuals women with disabilities and women across social classes This textbook is firmly rooted in Black feminist womanist and psychological frameworks that incorporate literature from related disciplines such as sociology Black African American studies women s studies and public health Psychology of Black Womanhood speaks to the psychological study of experiences of girls and women of African descent in the United States and their experiences in the context of identity development education religion body image physical and mental health racialized gendered violence sex and sexuality work relationships aging motherhood and activism This textbook has implications for practice in counseling social work health care education advocacy and policy

## **Health Psychology Of Women Book Review: Unveiling the Magic of Language**

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Health Psychology Of Women**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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