

**THE SELF-REGULATION OF HEALTH AND ILLNESS
BEHAVIOUR**

Isaac M. Sauseda

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Also, a final section is devoted to reviewing self-regulation-based interventions for patients with chronic illnesses, the development of effective health messages, .

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Self-regulation theory focuses on the ways in which individuals direct and monitor their activities and emotions in order to attain their goals.

The Self-Regulation of Health and Illness Behaviour | Taylor & Francis Group

Special Section: Self-regulation in the Context of Health and Illness The other perspective approaches self-regulation as behaviors or skills that can be taught.

Self-Regulation of Health and Illness Behaviour by Linda D. Cameron

The Common-Sense Model of Self-Regulation of Health and Illness: The Self- Regulation of Health and Illness Behaviour. Article (PDF.

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Particular attention is given to the implications for designing effective health interventions and messages. The commonsense model of selfregulation of health and illness. Sex differences in attitude and behavior change under conditions of fear and specific instructions. Michel Hersen. Integrating theoretical and empirical developments, this text provides background on a randomised controlled study of the arthritis self-management programme in the UK.