Suggested weblinks

Chapter 1: Introduction to health psychology

|  |  |
| --- | --- |
| **Institution** | **Link** |
| American Psychological Society | <http://www.apa.org/> |
| Australian Institute of Health and Welfare | <http://www.aihw.gov.au/> |
| Australian Psychological Society | <https://www.psychology.org.au/public/health/> |
| Australian Psychological Society College of Health Psychologists | <https://groups.psychology.org.au/chp/> |
| The British Psychological Society | <http://www.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology> |
| European Health Psychology Society | <http://www.ehps.net/> |
| Society for Health Psychology (USA) | <http://www.health-psych.org/> |
| World Health Organization | <http://www.who.int/en/> |

Chapter 2: Understanding health behaviour and evaluation change

|  |  |
| --- | --- |
| **Institution** | **Link** |
| Australian Dental Association | <http://www.ada.org.au> |
| Cancer Council Australia | <http://www.cancer.org.au> |
| National Health and Medical Research Council (NHMRC) | <http://www.nhmrc.gov.au> |
| National Sleep Foundation (USA) | <https://sleepfoundation.org> |

Chapter 3: Common models in health psychology

|  |  |
| --- | --- |
| **Topic** | **Link** |
| ‘Behavioral interventions based on the theory of planned behavior’ by Icek Ajzen | <http://people.umass.edu/aizen/pdf/tpb.intervention.pdf> |
| Breast self-examination | <http://checkyourselfie.org/> |
| Google Scholar – find useful journal articles | <https://scholar.google.com.au/> |
| ‘In search of a safe cigarette’ (ABC, Catalyst, 9 May 2002) | <http://www.abc.net.au/catalyst/stories/s551901.htm> |
| Quitnow | <http://www.quitnow.gov.au/> |
| ‘Sex, Lies and Cigarettes’ – How Big Tobacco is targeting kids in developing countries | <http://topdocumentaryfilms.com/sex-lies-cigarettes/> |
| Smoking and tobacco use – Centers for Disease Control | <http://www.cdc.gov/tobacco/> |

Chapter 4: Understanding presentation of research in health: research designs, figures and statistics

|  |  |
| --- | --- |
| **Institution** | **Link** |
| The Australasian Epidemiology Association | <http://www.aea.asn.au/> |
| Australian Institute of Health and Welfare | <http://www.aihw.gov.au/> |
| Consolidated Standards of Reporting Trials (CONSORT) | <http://www.consort-statement.org/> |
| World Health Organization | <http://www.who.int/en/> |

Chapter 5: Nutrition, exercise and health

|  |  |
| --- | --- |
| **Institution/Topic** | **Link** |
| Australian Dietary Guidelines (2013) (NHRMC) | <http://www.nhmrc.gov.au/guidelines-publications/n55> |
| Alcohol guidelines: reducing the health risks (NHMRC) | <https://www.nhmrc.gov.au/health-topics/alcohol-guidelines> |
| Glycemic Index (The University of Sydney) | <http://www.glycemicindex.com/> |
| Preventive Medicine Research Institute | <http://www.pmri.org/> |
| The Angiogenesis Foundation | <http://www.angio.org/> |
| ‘The killer American diet that's sweeping the planet’ TED Talk by Dean Ornish (February 2006; 3:18 min) | <http://www.ted.com/talks/dean_ornish_on_the_world_s_killer_diet?language=en> |
| ‘Can we eat to starve cancer?’ TED Talk by Dr William Li (Cancer researcher) (February 2010; 20:02 min) | <https://www.ted.com/talks/william_li> |
| Nina Teicholz at TEDxEast: The Big Fat Surprise (March 2014; 19:57 min) | <https://www.youtube.com/watch?v=1CHGiid6N9Q> |
| ‘Fab fibre’ (ABC, Catalyst, 15 April 2010) | <http://www.abc.net.au/catalyst/stories/2873729.htm> |
| ‘The Lipitor paradox’ by Tom Ballard | <http://youtu.be/GqdzJLOQM2I> |
| ‘The Medical Doctor (MD) and the Sale representative’ by Einar Thorsteinsson | <http://youtu.be/WAmzo7w5LaI> |
| ‘A noble cause’ (ABC Radio National, 16 October 2011) | <http://www.abc.net.au/radionational/programs/backgroundbriefing/a-noble-cause/3583670> |
| 8700 Find Your Ideal Figure | <http://www.8700.com.au/> |
| Correlation and causation – StackExchange examples and discussion | <http://stats.stackexchange.com/questions/36/examples-for-teaching-correlation-does-not-mean-causation>  <http://stats.stackexchange.com/questions/534/under-what-conditions-does-correlation-imply-causation> |
| ‘Causation without Correlation is Possible’ by Austin Frakt (The Incidental Economist, 16 December 2009) | <http://theincidentaleconomist.com/wordpress/causation-without-correlation-is-possible/> |
| ‘The Men Who Made Us Fat’ BBC documentary (three episodes) | <http://www.abc.net.au/tv/programs/men-who-made-us-fat/> |
| ‘What is body image?’ REACHOUT.com | <http://au.reachout.com/what-is-body-image> |
| ‘Why dieting doesn’t usually work’ TED Talk by Sandra Aamodt (June 2013; 12:42 min) | <http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work> |

Chapter 6: Sleep, sleep loss, safety and health

Mini case study 6.2

‘Collision of Union Pacific Railroad Freight Train with BNSF Railway Freight Train’ – National Transportation Safety Board (USA): <http://www.ntsb.gov/investigations/accidentreports/pages/RAR1402.aspx>

|  |  |
| --- | --- |
| **Institution** | **Link** |
| Australasian Sleep Association | <http://www.sleep.org.au/> |
| National Sleep Foundation (USA) | <http://sleepfoundation.org/> |
| Sleep Disorders Australia | <https://www.sleepoz.org.au/> |
| Sleep Health Foundation (Australia) | <http://www.sleephealthfoundation.org.au/> |
| Working Time Society: Scientific Committee on Shiftwork and Working Time of the International Commission on Occupational Health | <http://www.workingtime.org/> |

Chapter 7: Health risk behaviours: alcohol, drugs and smoking

|  |  |
| --- | --- |
| **Topic** | **Link** |
| *Profiles of Health, Australia, 2011–13*: Alcohol consumption – Australian Bureau of Statistics (ABS) (2012) | <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4338.0~2011-13~Main%20Features~Alcohol%20consumption~6> |
| *Profiles of Health, Australia, 2011–13*: Tobacco smoking – Australian Bureau of Statistics (ABS) (2012) | [http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by Subject/4338.0~2011-13~Main Features~Tobacco smoking~10008](http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4338.0~2011-13~Main%20Features~Tobacco%20smoking~10008) |
| Risk factors to health – Australian Institute of Health and Welfare | <http://www.aihw.gov.au/risk-factors/> |
| Tobacco fact sheet – World Health Organization | <http://www.who.int/mediacentre/factsheets/fs339/en/> |
| Alcohol fact sheet – World Health Organization | <http://www.who.int/mediacentre/factsheets/fs349/en/> |

Chapter 8: Stress and managing stress

|  |  |  |
| --- | --- | --- |
| **Topic** | **Link** | |
| ‘Workplace stress – stopping the juggernaut’ (ABC, Catalyst, 6 September 2007) | | <http://www.abc.net.au/catalyst/stories/s2025212.htm> |
| Smiling Mind | | <http://smilingmind.com.au/> |
| Smiling Mind app | | <https://smilingmind.com.au/smiling-mind-app/> |
| Mindfulness multimedia resources | | <https://www.mindfulness.org.au/multimedia-resources> |

Chapter 9: Lifestyle-related chronic illnesses (CVD and T2D) and depression

|  |  |
| --- | --- |
| **Topic** | **Link** |
| *Australian Health Survey: Updated Results, 2011–2012 –* Australian Bureau of Statistics (ABS) (2013) | <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.003main+features12011-2012> |
| *Causes of Death, Australia, 2012 –*Australian Bureau of Statistics (ABS) (2014) | <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/3303.0Main+Features12012?OpenDocument> |
| Cardiovascular disease – Australian Institute of Health and Welfare | <http://www.aihw.gov.au/cardiovascular-disease/> |
| How many Australians have diabetes? – Australian Institute of Health and Welfare | <http://www.aihw.gov.au/how-common-is-diabetes/> |
| Diabetes in Australia – Diabetes Australia | <https://www.diabetesaustralia.com.au/diabetes-in-australia> |
| ‘Heart disease patients face higher depression risk’ (1 May 2013) – Heart Foundation | <http://www.heartfoundation.org.au/news/heart-disease-patients-face-higher-depression-risk> |
| Heart attack warning signs – Heart Foundation | <http://www.heartfoundation.org.au/driving-change/warning-signs-heart-attack/Pages/welcome.aspx> |

Chapter 10: Experiencing cancer: an acute and chronic condition

|  |  |
| --- | --- |
| **Topic** | **Link** |
| Australian Psychological Society | <http://www.psychology.org.au/> |
| Bowel Cancer Australia | <https://www.bowelcanceraustralia.org/> |
| Breast Cancer Network Australia | <https://www.bcna.org.au/> |
| Cancer Australia | <https://canceraustralia.gov.au/> |
| Cancer Council Australia | <http://www.cancer.org.au/> |
| CanTeen | <https://www.canteen.org.au/> |
| Carer Gateway | <https://www.carergateway.gov.au/cancer?gclid=CO6i99X80ssCFcOTvQod3uUM0w> |
| Chris O’Brien Lifehouse | <http://www.mylifehouse.org.au/> |
| Macmillan Cancer Support (UK) | <http://www.macmillan.org.uk/> |
| Melanoma Institute Australia | <https://www.melanoma.org.au/> |
| National Cancer Institute (USA) | <http://www.cancer.gov/> |
| Peter MacCallum Cancer Centre | <http://www.petermac.org/> |
| Prostate Cancer Foundation of Australia | <http://www.prostate.org.au/> |

Chapter 11: Pain and its optimal management

|  |  |
| --- | --- |
| **Topic** | **Link** |
| International Association for the Study of Pain | <http://www.iasp-pain.org/> |
| The Australian Pain Society | <http://www.apsoc.org.au/> |
| ‘Treating “phantom limb pain” with mirror therapy’ by UPIVideo (27 July 2009; 2:32 min) | <https://www.youtube.com/watch?v=YL_6OMPywnQ> |
| Beverly Thorn’s *Cognitive-Behavioural Treatment Manual* | <http://bthorn.people.ua.edu/literacy-adapted-cbt-manual-for-chronic-pain.html> |
| UC San Diego Center for Mindfulness – Guided Audio Files to Practice Mindfulness Based Stress Reduction | <http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx> |
| ‘Acceptance & Commitment Therapy (ACT)’ – Association for Contextual Behavioral Science | <https://contextualscience.org/act> |

Chapter 12: Health inequalities

|  |  |
| --- | --- |
| **Topic** | **Link** |
| ‘Health Inequities in Australia’ by VEA Australia – New Zealand (17 April 2012; 4:00 min) | <https://youtu.be/6UQyeH1d0_0> |
| ‘LGBT Discrimination: Last Week Tonight with John Oliver: (HBO)’ (23 August 2015; 14:45 min) | <https://youtu.be/5d667Bb_iYA> |
| ‘Outgoing disability commissioner Graeme Innes gives parting words to Tony Abbott’ (ABC Radio National, 2 July 2014) | <http://www.abc.net.au/radionational/programs/lifematters/graeme-innes-gives-parting-words-to-tony-abbott/5563260> |
| Animated population pyramids –Australian Bureau of Statistics | <http://www.abs.gov.au/websitedbs/d3310114.nsf/home/population%20pyramid%20preview> |
| ‘White Privilege, Explained in One Simple Comic’ by Jamie Kapp, everyday feminism (21 September 2014) | <http://everydayfeminism.com/2014/09/white-privilege-explained/> |
| ‘On a Plate’ comic by Toby Morris, imgur | <http://imgur.com/gallery/h82vC> |
| ‘This Teacher Taught His Class A Powerful Lesson About Privilege’ by Nathan W. Pyle, BuzzFeed (22 November 2014) | <http://www.buzzfeed.com/nathanwpyle/this-teacher-taught-his-class-a-powerful-lesson-about-privil#.ujBM8yEOM> |
| ‘New insights on poverty’ TED Talk by Hans Rosling (March 2007; 18:57 min) | <http://www.ted.com/talks/hans_rosling_reveals_new_insights_on_poverty?language=en#t-187841> |
| ‘Have we lost the battle to improve health inequalities?’ by Gabriel Scally, TheKing’sFund (24 January 2013) | <http://www.kingsfund.org.uk/time-to-think-differently/blog/have-we-lost-battle-improve-health-inequalities> |
| ‘Willing to Work: National Inquiry into Employment Discrimination Against Older Australians and Australians with Disability’ – Australian Human Rights Commission | <https://www.humanrights.gov.au/our-work/disability-rights/projects/willing-work-national-inquiry-employment-discrimination-against> |

Chapter 13: Cross-cultural psychology

|  |  |
| --- | --- |
| **Institution** | **Link** |
| Australian Indigenous tools and technology | <http://www.australia.gov.au/about-australia/australian-story/austn-indigenous-tools-and-technology> |
| Indigenous arts, culture and heritage | <http://www.australia.gov.au/about-australia/australian-stories/indigenous-arts-culture-and-heritage> |
| *State of Indigenous cultural heritage 2011* – Australia State of Environment(2011) | <http://www.environment.gov.au/system/files/pages/3f0dc683-4f21-4611-95f8-f6604297c916/files/soe2011-supplementary-heritage-state-indigenous-cultural-heritage.pdf> |
| *Dying, Death and Grieving – A Cultural Perspective* Conference, Conference Report by Australian Multicultural Foundation Aged Care Training Institute (2002) | <http://amf.net.au/library/uploads/files/Dying_Death_and_Grief_Conf.pdf> |