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Literaturempfehlungen zur Prüfungsvorbereitung im Modul Gesundheits- und Arbeitspsychologie (Stand Winter 2019/20)

In der Klausur wird Wissen *über* Theorien, Themenbereiche und deren *Transfer* auf beispielhafte Anwendungen erwartet. Die angeführten Themen mit den entsprechenden Literaturvorschlägen beschreiben das Themenspektrum. Darüber hinaus können die auf S. 3 dieser Literaturliste vorgeschlagenen Lehrbücher und weitergehende Literatur aus den Seminaren zur Vertiefung genutzt werden.

1. Stress

Gesundheitsbezogener Stress und Coping

Thayer, J.F. & Brosschot, J.F. (2010). Stress, health and illness: The effects of prolonged physiological activity and perseverative cognition. In D. French, K. Vedhara, A. A. Kaptein & J. Weinman (Eds.), *Health psychology* (p. 247-258). Chichester and West Sussex and [Leicester]: Wiley-Blackwell and British Psychological Society.

Smyth, J. M. & Filipkowski, K.B. (2010). Coping with stress. In D. French, K. Vedhara, A. A. Kaptein & J. Weinman (Eds.), *Health psychology* (p. 271-282). Chichester and West Sussex and [Leicester]: Wiley-Blackwell and British Psychological Society.

Arbeitsbezogener Stress und Stressmodelle

Bakker, A. B. & Demerouti, E. (2017). Job Demands–Resources Theory: Taking stock and looking forward. *Journal of Occupational Health Psychology, 22*, 273–285.

Häusser, J. A., Mojzisch, A., & Schulz-Hardt, S. (2011). Endocrinological and psychological responses to job stressors: An experimental test of the Job Demand-Control Model. *Psychoneuroendocrinology, 36*, 1021-1031.

Soziale Identität, Soziale Unterstützung und Stress

Frisch, J., Häusser, J., van Dick, R., & Mojzisch, A. (2014). Making support work: The interplay between social support and social identity. *Journal of Experimental Social Psychology, 55*, 154–161.

Methoden und Studiendesign

Taris, T. W., de Lange, A. H., & Kompier, M. A. (2010). Research methods in occupational health psychology. In S. Leka & J. Houdmont, (Eds.), *Occupational health psychology* (p. 269-297). Hoboken, NJ: Wiley-Blackwell.

2. Modelle von Gesundheit und Krankheit

Franke, A. (2010). *Modelle von Gesundheit und Krankheit*. Bern: Huber.

- Kapitel 2: Was ist Gesundheit?
- Kapitel 3: Was ist Krankheit?
- Kapitel 9: Gesundheitsmodelle

Angel, R., & Thoits, P. (1987). The impact of culture on the cognitive structure of illness. *Culture, Medicine and Psychiatry, 11*(4), 465–494. <https://doi.org/10.1007/BF00048494>

3. Arbeit

Burnout, Boredom, Workaholism, and Workengagement

- Le Blanc, P. M. & Schaufeli, W. B. (2008). Burnout interventions: An overview and illustration. In J. R. B. Halbesleben (Ed.), *Handbook of Stress and Burnout in Health Care* (p. 201-215). Hauppauge, NY: Nova Science Publishers Inc.
- Schaufeli, W. B. & Salanova, M. (2014). Burnout, boredom and engagement in the workplace. In M. C. W. Peeters, J. de Jonge & T. W. Taris (Eds.), *An Introduction to Contemporary Work Psychology* (p. 293-320). Hoboken, NJ: John Wiley & Sons.
- Schaufeli, Taris, T. W., & Bakker, A. B. (2006). Dr Jekyll or Mr Hyde? On the differences between work engagement and workaholism. In R. J. Bourke (Ed.), *Research Companion to Working Time and Work Addiction* (p. 193-217). Cheltenham: Edward Elgar Publishing.

Führung und Gesundheit

- Ducki, A. & Felfe, J. (2011). Führung und Gesundheit: Ein Überblick. In B. Badura, A. Ducki, H. Schröder, J. Klose & K. Macco (Eds.), *Fehlzeiten-Report 2011. Führung und Gesundheit* (p. VII-XII). Berlin, Heidelberg: Springer.
- Franke, F. & Felfe, J. (2011). Diagnose gesundheitsförderlicher Führung. Das Instrument „Health-oriented Leadership“. In B. Badura, A. Ducki, H. Schröder, J. Klose & K. Macco (Eds.), *Fehlzeiten-Report 2011. Führung und Gesundheit* (p. 3-12). Berlin, Heidelberg: Springer.

4. Gesundheitsförderung und Prävention

- Brain, K. (2010). Screening and prevention. In D. French, K. Vedhara, A. A. Kaptein & J. Weinman (Eds.), *Health psychology* (p. 220-231). Chichester and West Sussex and [Leicester]: Wiley-Blackwell and British Psychological Society.
- Schüz, B. & Möller, A. (2006). Prävention. In B. Renneberg & P. Hammelstein P. (Eds.), *Gesundheitspsychologie* (p 143-155). Berlin, Heidelberg: Springer.

Gesundheitskommunikation

- Wright, A. J. (2010). The impact of perceived risk on risk-reducing behaviours. In D. French, K. Vedhara, A. A. Kaptein & J. Weinman (Eds.), *Health psychology* (p. 111- 121). Chichester and West Sussex and [Leicester]: Wiley-Blackwell and British Psychological Society.
- Schouten, B. C., & Meeuwesen, L. (2006). Cultural differences in medical communication: a review of the literature. *Patient Education and Counseling*, 64(1-3), 21-34. <https://doi.org/10.1016/j.pec.2005.11.014>

5. Verhaltensmodelle

Health Belief Model

- Champion, V.L. & Skinner, C.S. (2008). The Health Belief Model. In K. Glanz, B. K. Rimer & K. Viswanath (Eds.), *Health Behavior and Health Education: Theory, Research, and Practice* (pp. 45-65). San Francisco, CA: Jossey-Bass.

Protection Motivation Theory

- Prentice-Dunn, S. & Rogers, R.W. (1986). Protection Motivation Theory and preventive health: beyond the Health Belief Model. *Health Education Research*, 1(3), 153-161.

Social Cognitive Theory

- McAlister, A.L., Perry, C.L. & Parcel, G.S. (2008). Social Cognitive Theory. In K. Glanz, B. K. Rimer & K. Viswanath (Eds.), *Health Behavior and Health Education: Theory, Research, and Practice* (pp. 169-188). San Francisco, CA: Jossey-Bass.

Theory of Planned Behavior

- Montaño, D.E. & Kasprzyk, D. (2008). Theory of Reasoned Action, Theory of Planned Behavior, and the Integrated Behavioral Model. In K. Glanz, B. K. Rimer & K. Viswanath (Eds.), *Health Behavior and Health Education: Theory, Research, and Practice* (pp. 67-96). San Francisco, CA: Jossey-Bass.

Transtheoretical Model

- Prochaska, J.O., Redding, C.A., Evers, K.E. (2008). The Transtheoretical Model and Stages of Change. In K. Glanz, B. K. Rimer & K. Viswanath (Eds.), *Health Behavior and Health Education: Theory, Research, and Practice* (pp. 97-121). San Francisco, CA: Jossey-Bass.

Precaution Adoption Process Model

- Weinstein, N.D., Sandman, P.M. & Blalock, S.J. (2008). The Precaution Adoption Process Model. In K. Glanz, B. K. Rimer & K. Viswanath (Eds.), *Health Behavior and Health Education: Theory, Research, and Practice* (pp. 123-147). San Francisco, CA: Jossey-Bass.

Health Action Process Approach

Schwarzer, R. (2008). Modeling Health Behavior Change: How to Predict and Modify the Adoption and Maintenance of Health Behaviors. *Applied Psychology*, 57(1), 1–29. doi: 10.1111/j.1464-0597.2007.00325.x.

Lehrbücher

Brinkmann, R. D. (2014). *Angewandte Gesundheitspsychologie*. London: Pearson.

French, D., Vedhara, K., Kaptein, A. A. & Weinman, J. (eds.) (2010). *Health psychology* (2nd ed.). Chichester, West Sussex, [Leicester]: Wiley-Blackwell; British Psychological Society.

Knoll, N., Scholz, U. & Rieckmann, N. (2011). *Einführung in die Gesundheitspsychologie*. München: Reinhardt.

Ogden, J. (2012). *Health Psychology: A Textbook*. Maidenhead: Open University Press.

Renneberg, B. & Hammelstein, P. (2006). *Gesundheitspsychologie*. Berlin, Heidelberg: Springer.

Stroebe, W. (2011). *Social Psychology and Health* (3rd ed.). Maidenhead: Open University Press.