

MRWs

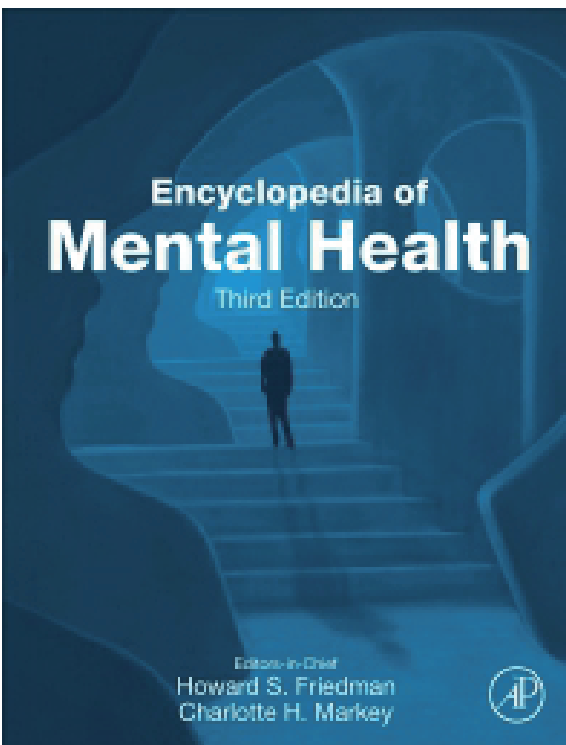
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Encyclopedia of Mental Health, 3rd Edition

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Encyclopedia of Mental Health는 건강과 웰빙의 방면에서 정신 건강에 대한 심층적인 내용을 담고 있으며 새로운 트렌드와 발견을 함께 다루고 있습니다. 이 책은 우울증, 정신분열증, 기분장애, 자살, 성격장애, 치매, 공황발작, 편집증 등의 주제와 코로나19의 여파로 인한 정신 건강과 관한 260개의 포괄적인 챕터로 구성되어 있습니다. 또한 인지치료, 행동치료, 정신분석학, 구성주의, 노출치료, 가상현실치료 등의 내용도 함께 다루고 있습니다. 이 책에는 행동 의학, 건강심리학, 신체 건강의 다른 측면을 연구함과 동시에 정신의학적 진단의 타당성에 대한 보도의 내용도 포함하고 있습니다. 특히 용서, 감사, 행복, 희망, 공감 등의 정신 건강의 긍정적 측면을 알 수 있으며, 현대 국가에서는 엄청난 자본과 노력이 신체, 운동, 다이어트에 소비되고 있으며, 신체 활동, 스포츠, 운동, 다이어트, 이미지 등에 대한 논의도 포함하고 있습니다.



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Meet the editors

Editor-in-Chief

Howard Friedman

Howard S. Friedman, Editor-in-Chief, is Distinguished Professor of Psychology at the University of California, Riverside. For his work on “changing how we think about the nature of health,” he received the James McKeen Cattell Award from the Association for Psychological Science (APS), the top award for applied scientific research in psychology. His research on disease-prone and self-healing personalities (terms he coined) led to his receipt of the Outstanding Contributions to Health Psychology senior award from the American Psychological Association (APA Division 38). Dr. Friedman attended Yale University, graduating magna cum laude with Honors in psychology. He was awarded a National Science Foundation graduate fellowship at Harvard University, where he received his Ph.D.

Professor Friedman is an elected Fellow of the Academy of Behavioral Medicine Research, an Elected Fellow of the American Association for the Advancement of Science (AAAS), an elected Fellow of the Society of Behavioral Medicine, and a thrice-elected Fellow of the American Psychological Association. In 2015, he was selected as the Faculty Research Lecturer at the University of California, Riverside, which is “the highest honor that the Academic Senate bestows.”

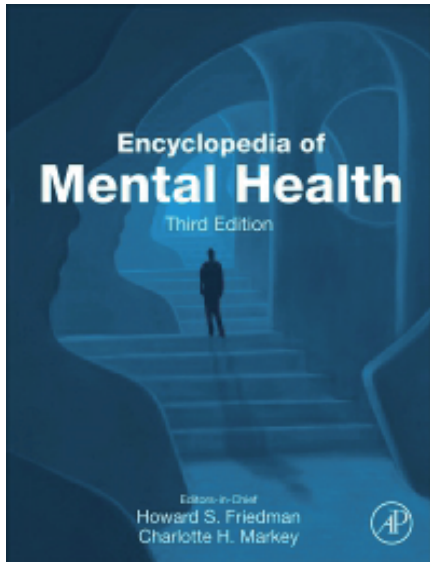
Dr. Friedman’s research centers around the relations of mental and physical health. He has received research grants from the National Institute of Mental Health, the American Cancer Society, the American Heart Association, the National Science Foundation, and the National Institute on Aging. His wide-ranging interests and integrative orientation served him well in editing this Encyclopedia.

Devoted also to teaching, Professor Friedman has received many teaching awards, including the Elizabeth Hurlock Beckman Award, for “inspiring students to make a difference in the community.” He has also received UC Riverside’s Distinguished Teaching Award and the Award for Excellence in Undergraduate Research mentoring.

Charlotte Markey

Charlotte N. H. Markey, Editor-in-Chief is Professor of Psychology and Founding Director of the Health Sciences Center at Rutgers University. Dr Markey received her B.S. in Psychology at Santa Clara University, CA, in June 1997 (Magna Cum Laude). Dr Markey received her M.A. in Psychology at the University of California, Riverside, CA in June 2000. Dr Markey received her Ph.D. in Psychology at the University of California, Riverside, CA, June 2002. Dr Markey is a health psychologist with an interest in eating-related behaviors (i.e., body image, attempts at weight loss). In her research Dr Markey has focused especially in romantic partners’ role in eating-related behaviors. Some of her research has also examined parents’ influences on their children’s eating-related behaviors and media influences on body image. Dr Markey has published over 80 peer-reviewed papers in journals; and authored three books on body image.

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<https://www.elsevier.com/books/encyclopedia-of-mental-health/friedman/978-0-323-91497-0>

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