

Introduction

RATIONALE

The field of health and behavior addresses the interaction of behavioral, psychological, emotional, social, cultural, and biological factors with physical health outcomes, such as heart disease, cancer, arthritis, diabetes, and chronic pain. The core philosophy of the field of health and behavior is threefold: (1) Behavioral, psychological, emotional, social, cultural, and biological factors are inextricably linked; (2) these factors together affect health; and (3) these factors can be used as avenues for prevention, treatment, and rehabilitation. Research and clinical practice in health and behavior are inherently multidisciplinary—that is, many disciplines contribute and no one discipline owns the field. Disciplines involved in health and behavior include psychology, epidemiology and public health, sociology, nursing, medicine, and anthropology, to name a few.

The field of health and behavior research is vast and ranges from the scientific examination of basic behavioral and social processes to the evaluation of preventive and treatment approaches to policy analysis. It addresses such varied topics as pain management, cardiac rehabilitation, social aspects of genetic testing, anxiety and heart disease, prevention of HIV/AIDS, stress effects on the immune system, approaches to smoking cessation, chronic disease management, community interventions, and socioeconomic status and health.

Health and behavior research has grown dramatically and has had increased visibility since the early 1980s. This growth is evidenced by a significant increase in the number of published scientific articles and books on the topic; the increase in funding for health and behavior research at federal and private funding agencies; and the appearance of health and behavior topics such as diet, exercise, smoking, and stress in popular publications and in electronic media. The growth, status, and potential of the field of health

and behavior were recently affirmed by two landmark reports from the National Academies: the Institute of Medicine's *Health and Behavior: The Interplay of Biological, Behavioral, and Societal Influences* (2001, Washington, DC: National Academy Press) and the National Research Council's *New Horizons in Health: An Integrative Approach* (2001, Washington, DC: National Academy Press). The 1995 opening of the Office of Behavioral and Social Sciences Research (OBSSR) at NIH is another example of the growth of the field. The OBSSR works across all of the institutes and centers of NIH to advance health and behavior research and other relevant areas.

Despite the tremendous growth and visibility of research on health and behavior, there existed no single reference source that captured the diversity and the multidisciplinary and transdisciplinary nature of the field and that was concise and accessible to lay audiences. The *Encyclopedia of Health and Behavior* was designed to be that reference source. The encyclopedia was designed to provide an introduction to the many topics in health and behavior for diverse audiences including undergraduate and graduate students in the behavioral and social sciences, medical students and those in the biomedical sciences, lay audiences (e.g., journalists, librarians, general public) seeking a nontechnical resource on health and behavior, and health scientists and practitioners who desire a quick reference source and introduction to areas outside their expertise.

ORGANIZATION AND THEMES

The *Encyclopedia of Health and Behavior* is organized in an A–Z (alphabetical) format rather than by specific themes. In developing the topics that were to be included, however, the editors did rely on several different content areas or themes. These themes included, but were not limited to, the following:

- *Theories and methods in health and behavior* (e.g., the theory of planned behavior, health belief model, and multilevel methods theory)
- *Biopsychosocial interactions and basic behavioral and social processes* (e.g., behavioral genetics, psychoneuroimmunology, and cardiovascular reactivity)
- *Epidemiology of risk and protective factors* (e.g., the relationship to health and illness of factors such as diet, bereavement, acculturation, social capital, anxiety, social support, and stress)
- *Health promotion and disease prevention* (e.g., HIV/AIDS prevention, health promotion in schools, tailored communications, and church-based interventions)
- *Treatment and rehabilitation* (e.g., behavioral and psychological treatment of diabetes, drug abuse, fibromyalgia, asthma, headaches, and pain; doctor-patient communication; motivational interviewing; and adherence)
- *Policy and organizational issues* (e.g., health care costs and behavior, and health and behavior organizations)

Within the encyclopedia, considerable use is made of cross-referencing. That is, at the end of many of the entries there is information to guide readers to other related entries or further reading.

EDITORIAL PROCESS

The editorial process began with the appointment of the six associate editors and six senior advisers. The members of these groups were selected because of their scientific leadership and vast knowledge of research on health and behavior. They also represented a number of disciplines, given the multidisciplinary nature of health and behavior. These individuals reviewed and revised a preliminary list of topics and potential headwords constructed by the editor in chief. The associate editors then selected Advisory Committee members, who also reviewed the preliminary topics and headword list and added potential titles. Many of these Advisory Committee members ultimately became contributing authors.

From the revised headword list, the associate editors and the editor in chief then identified and invited contributing authors to write the entries. Once entries were written and submitted, the associate editors were responsible for reviewing and editing these manuscripts.

Many of the associate editors also contributed entries themselves. Following the associate editors' review of the entries, they were submitted to the editor in chief for a final review.

ACKNOWLEDGMENTS

I am fortunate to have had the opportunity to serve as editor in chief for this very special and first-of-its-kind publication. I wish to thank the Harvard School of Public Health for providing the ideal intellectual setting in which to work on this project. The volume would not have been possible without the encouragement, support, and guidance of Jim Brace-Thompson of Sage Publications, who believed from the start that an encyclopedia of this type would make a substantial contribution to the public health literature. Jim's expertise in behavioral and social science publishing, and especially in putting together encyclopedias, made my job so much easier. I am indebted to my managing editors, initially Mary Riso, and later Karen Ehrmann. They handled nearly all of the day-to-day work on the volume, including helping to identify and contact possible contributing authors, answering their many questions, prompting them to complete their entries, and ensuring that I stayed on task.

The associate editors cannot be thanked enough. These are all extraordinarily busy scientists and administrators who volunteered to spend a great deal of time on this project, when they could have been writing grant proposals or research papers. These people, because of their talent and expertise, are asked to do many things and are pulled in many directions. For them to take this on is a testament to their dedication to advancing the field of health and behavior. I will be forever grateful to them, as well as to our senior advisers and Advisory Committee members.

Most important, I wish to thank the contributing authors. Like the associate editors, the contributing authors are scholars with much on their professional plates, and they could have easily turned down the offer to write an entry due to time constraints. But they too recognized that the production of the first encyclopedia devoted exclusively to health and behavior research, which would cut across all of the disciplines that compose it, was an important development for our field. This encyclopedia is the result of their incredible efforts and the research conducted by scores of scientists.

—Norman B. Anderson