

Health psychology and health care interventions in sub-Saharan African countries

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Abstract:

This paper examines the specialty of health psychology which is concerned with individual behaviours and lifestyles affecting physical health. The beneficial role of health psychology interventions in ameliorating the impact of emerging health care issues, in particular, the increasing prevalence of 'Western' diseases in Africans, is presented. The effect of behaviour and lifestyle on chronic illnesses such as cancer and hypertension, and the benefits of health psychology interventions on these illnesses, are discussed.