Special Issue

Psychology of Health Behavior Change

Message from the Guest Editors

It has been argued that attempts to modify health behavior should be based on the insights of social cognition theories. These theories predict and explain health behavior using a parsimonious set of constructs. The identification of relevant behavioral determinants can then inform the development of efficacious interventions. However, criticisms met by social cognition theories include the limited variance explained in behavior and the ineffectiveness of theoretically informed interventions. Therefore, this Special Issue calls for original studies and short communications that advance understanding about the appropriateness of social cognition theories in promoting behavior change. Papers should concern the development, application, and evaluation of theory. Novel approaches and new insights are also welcomed. This Special Issue will provide important recommendations associated with the application of theory and how these insights can lead to health behavior change.

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