[eBooks] Self-regulatory Behavior And Risk Taking Causes And Consequences

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Our book servers saves in multiple countries, allowing you to get the most less latency time to download any of our books like this one. Merely said, the self-regulatory behavior and risk taking causes and consequences is universally compatible with any devices to read the assumptions on which self-regulation theories are based, discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour. The book is arranged in two sections – Goal Setting and Goal Activation in Health Behaviour and Goal Striving and Goal Persistence. The epilogue compares self-regulation theories with the prevailing social-cognitive models.

Why Do Bad Moods Increase Self-Defeating Behavior?: Emotion, Risk Taking, and Self-Regulation  - K. P. and R. F. Baumeister Leith -

Adolescence is a time when youth make decisions, both good and bad, that have consequences for the rest of their lives. Some of these decisions put them at risk of lifelong health problems, injury, or death. The Institute of Medicine held three public workshops between 2008 and 2009 to provide a venue for researchers, health care providers, and community leaders to discuss strategies to improve adolescent health.

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Handbook of Adolescent Health Risk Behavior  - Ralph J. DiClemente - 2013-11-21
Adolescence is a developmental period of accelerating physical, psychological, social, cultural, and cognitive development, often characterized by confronting and surmounting a myriad of challenges and establishing a sense of self-identity and autonomy. It is also, unfortunately, a period fraught with many threats to the health and well-being of adolescents and with substantial consequent impairment and disability. Many of the adverse health consequences experienced by adolescents are, to a large extent, the result of their risk behaviors. Many adolescents today, and perhaps an increasing number in the future, are at risk for death, disease, and other adverse health outcomes that are not primarily biomedical in origin. In general, there has been a marked change in the causes of morbidity and mortality among adolescents. Previously, infectious diseases accounted for a disproportinate share of adolescent morbidity and mortality. At present, however, the over whelming toll of adolescent morbidity and mortality is the result of lifestyle practices.

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self-regulatory behavior and risk-taking causes and consequences

Risk-Taking Behaviors and Related Constructs in 12-year-old Adolescents who Were Prenatally Exposed to Cocaine - AnnaMaria Aguirre McLaughlin - 2010

The current study investigated risk taking and related constructs (i.e., self-regulation, developmental assets) in a cohort of youth who were prenatally exposed to cocaine (CE). Participants were 283 12-year-olds (CE=138; NCE=145) enrolled in a longitudinal study investigating the developmental outcomes of prenatal cocaine/drug exposure. At 12 years old, data pertaining to risk taking and related constructs was gathered. Regression models were carried out statistically controlling for potential confounding variables (e.g., other prenatal and postnatal drug exposure, home environment) to ensure isolated effects could be attributed to CE. The primary outcomes included 1) self-reported risk behavior; 2) risk-taking propensity on a behavioral task; 3) self-regulation; and 4) behavioral assets. Controlling for potential confounders, a significant effect of CE was found for self-regulation (Beta = .210; p = .030), which upon further examination revealed a CE x gender interaction effect (Beta = -.216; p = .036). That is, being CE and female significantly predicted worse self-regulation. The findings replicate and extend previous findings with this cohort further demonstrating heightened vulnerability for females who were CE. Continued study of risk taking, self-regulation, and developmental assets in youth who were CE is needed to elucidate the developmental trajectories of risk and resilience.

Adolescents who Were Prenatally Exposed to Cocaine - Gabriele Oettingen - 2015-10-31

This interdisciplinary volume examines the challenges adolescents face and the self-regulation tools that most effectively ease the transition to adulthood. Informs and enriches future research and advances more integrated views of self-regulation within the field. Informs and enriches future research and advances more integrated views of self-regulation within the field. Informs and enriches future research and advances more integrated views of self-regulation within the field. Informs and enriches future research and advances more integrated views of self-regulation within the field. Informs and enriches future research and advances more integrated views of self-regulation within the field.

Self-regulation and Ego Control - Edward R. Hirt - 2016-08-08

Self-Regulation and Ego Control examines the physiological effects of depletion, the effects of psychological variables in self-control depletion effects, the role of motivational and goal states on self-control depletion effects, and a number of cognitive perspectives on self-control exertion. This insightful book begins with an introduction of self-control theories and ego depletion phenomena, and experimental examples of research in self-control, and concludes by delineating more inclusive and comprehensive models of self-regulation that can account for the full spectrum of findings from current research. In recent years, researchers have had difficulty identifying the underlying resources responsible for depletion effects. Moreover, further research has identified several psychological and motivational factors that can ameliorate depletion effects. These findings have led many to question assumptions of the dominant strength model and suggest that capacity limitations alone cannot account for the observed effects of depletion. Self-Regulation and Ego Control facilitates discourse across researchers from different ideological camps and advances more integrated views of self-regulation based on this research. Covers the neuropsychological evidence for depletion effects, highlighting the roles of reward, valuation, and control in self-regulation. Reviews the roles of willpower, expectancies of mental energy change, and individual differences in the modulation of self-control exertion. Highlights the effects of various states such as positive mood, power, implementation intentions, mindfulness, and social rejection as moderators of depletion. Provides clarification of the distinctions between self-control in the context of goal-directed behavior versus related terms like self-regulation, executive control, and inhibition. Details the overlap between mental and physical depletion, and the potential interplay and substitutability of resources. Challenges the view that depletion reflects capacity limitations and includes newer models that take a more motivational account of resource allocation. Facilitates discourse across researchers from different ideological camps within the field. Informs and enriches future research and advances more integrated views of self-regulation.

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Promoting Positive Adolescent Health Behaviors and Outcomes - National Academies of Sciences, Engineering, and Medicine - 2020-03-21

Adolescence is a critical growth period in which youth develop essential skills that prepare them for adulthood. Prevention and intervention programs are designed to meet the needs of adolescents who require additional support and promote healthy behaviors and outcomes. To ensure the success of these efforts, it is essential that they include reliably identifiable techniques, strategies, or practices that have been proven effective. Promoting Positive Adolescent Health Behaviors and Outcomes: Thriving in the 21st Century identifies key program factors that can improve health outcomes related to adolescent behavior and provides evidence-based recommendations toward effective implementation of federal programming initiatives. This study explores normative adolescent development, the current landscape of adolescent risk behavior, core components of effective programs focused on optimal health, and recommendations for research, programs, and policies.

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the behaviour of road users and the psychological processes underlying their respective goals on a regular basis. With this in mind, the author attempts to answer the question of why some people are more successful than others. He begins with the assumption that the key to personal success is effective decision-making, and then utilizes his own theory—The Self-Regulation Model—to explain the origin and nature of individual differences in decision-making competence. The author also summarizes a number of existing models of decision-making and risk-taking. This book has two primary goals: to provide a comprehensive review of the developmental literature on the decision-making skills of children, adolescents, and adults, and to propose a theoretical model of decision-making skill that offers a better description of this skill than prior accounts. Taken together, the literature review and theoretical model help the reader acquire a clear sense of the development of decision-making skills as well as reasons for the developmental differences that seem to emerge.


Although everyone has goals, only some people successfully attain their respective goals on a regular basis. With this in mind, the author attempts to answer the question of why some people are more successful than others. He begins with the assumption that the key to personal success is effective decision-making, and then utilizes his own theory—The Self-Regulation Model—to explain the origin and nature of individual differences in decision-making competence. The author also summarizes a number of existing models of decision-making and risk-taking. This book has two primary goals: to provide a comprehensive review of the developmental literature on the decision-making skills of children, adolescents, and adults, and to propose a theoretical model of decision-making skill that offers a better description of this skill than prior accounts. Taken together, the literature review and theoretical model help the reader acquire a clear sense of the development of decision-making skills as well as reasons for the developmental differences that seem to emerge.

Infancy Research - Frances Degen Horowitz - 1990

Eight papers and an epilogue previously published as v.36, no.1 of the Merrill-Palmer quarterly (January 1990). Among the topics addressed: sensory and perceptual processes, autonomic function, learning and memory, language acquisition, psychoeducational intervention. No index. Annotation copyrighted by Book News, Inc., Portland, OR

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Advances in Traffic Psychology - Mark Sullman - 2018-10-31

Traffic psychology is a rapidly expanding and broad field within applied psychology with a considerable volume of research activities and a growing network of academic strands of enquiry. The discipline primarily focuses on these behaviours, looking at issues such as cognition, distraction, fatigue, personality and social aspects, often delivering practical applications and educational interventions. Traffic psychology has been the focus of research for almost as long as the motor car has been in existence and was first recognised as a discipline in 1990 when the International Association of Applied Psychology formed Division 13: Traffic and Transportation Psychology. The benefits of understanding traffic psychology are being increasingly recognised by a whole host of organisations keen to improve road safety or minimise health and safety risks when travelling in vehicles. The objective of this volume is to describe and discuss recent advances in the study of traffic psychology, with a major focus on how the field contributes to the understanding of at-risk road-user behaviour. The intended readerships include road-safety researchers from a variety of different academic backgrounds, senior practitioners in the field including regulatory authorities, the private and public sector personnel, and vehicle manufacturers concerned with improving road safety.

The Development of Emotion Regulation and Dysregulation - Judy Garber - 1991-05-31

Provides a developmental perspective of the regulation and dysregulation of emotion, in particular, how children learn about feelings and how they learn to deal with both positive and negative feelings. Emotion regulation involves the interaction of physical, behavioral, and cognitive processes in response to changes in one's emotional state. The changes can be brought on by factors internal to the individual (e.g. biological) or external (e.g. other people). Featuring contributions from leading researchers in developmental psychopathology, the volume concentrates on recent theories and data concerning the development of emotion regulation with an emphasis on both intrapersonal and interpersonal processes. Original conceptualizations of the reciprocal influences among the various response systems--neurophysiological-biochemical, behavioral-expressive, and subjective-experiential--are provided, and the individual chapters address both normal and psychopathological forms of emotion regulation, particularly depression and aggression, from infancy through adolescence. This book will appeal to specialists in developmental, clinical, and social psychology, psychiatry, education, and others interested in understanding the developmental processes involved in the regulation of emotion over the course of childhood.

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Adolescents, Alcohol, and Substance Abuse - Peter M. Monti - 2012-01-27

This volume reviews a range of empirically supported approaches to prevention and treatment of adolescent substance use problems. The focus is on motivationally based brief interventions that can be delivered in a variety of contexts, that address key developmental considerations, and that draw on cutting-edge knowledge of addictive behavior. From expert contributors, coverage encompasses alcohol skills training; integrative behavioral and family therapy; motivational interviewing; interventions for dually diagnosed youth; Internet-based education, prevention, and treatment; and applications to HIV prevention. The volume is extensively referenced and includes numerous clinical illustrations and vignettes.

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Promoting the Health of Adolescents - Susan G. Millstein - 1994
"An excellent series of insightful essays. Presents a new synthesis of the complex issues involved in the multidisciplinary approach necessary in the 1990s to promote the health of adolescents effectively." --The American Journal of Preventive Medicine

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Standards in Education - Dennis M. McInerney - 2007-08-01
Education institutions and organizations throughout the world are currently being held accountable for achieving and maintaining historically unmatched standards of academic quality and performance. Accreditation bodies; policy makers; boards of trustees; and teacher, parent, and student groups all place educational institutions and organizations under unprecedented accountability pressures. The aim of this volume is to explore and better understand how these pressures are impacting a broad range of social and cultural issues and, subsequently, how these issues impact student motivation and learning.

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The Anthropology of Sport and Human Movement - Robert R. Sands - 2012
Explores the relationship between biology and culture within the realms of sports, games and other forms of human competition, delving into the innate motivations behind these activities.

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Resilience and Mental Health - Steven M. Southwick - 2011-08-18
Humans are remarkably resilient in the face of crises, traumas, disabilities, attachment losses and ongoing adversities. To date, most research in the field of traumatic stress has focused on neurobiological, psychological and social factors associated with trauma-related psychopathology and deficits in psychosocial functioning. Far less is known about resilience to stress and healthy adaptation to stress and trauma. This book brings together experts from a broad array of scientific fields whose research has focused on adaptive responses to stress. Each of the five sections in the book examines the relevant concepts, spanning from factors that contribute to and promote resilience, to populations and societal systems in which resilience is employed, to specific applications and contexts of resilience and interventions designed to better enhance resilience. This will be suitable for clinicians and researchers who are interested in resilience across the lifespan and in response to a wide variety of stressors.

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Early Influences Shaping The Individual - Sproos Dioxidis - 2013-03-09

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Self-Regulation and Self-Control - Roy Baumeister - 2018-01-19
In the World Library of Psychologists series, international experts present career-long collections of what they judge to be their finest pieces—extracts from books, key articles, salient research findings, and their major practical theoretical contributions. In this volume, Roy F. Baumeister reflects on his distinguished career as an eminent scholar in the field of self-control and self-regulation, as well as belonging, rejection, free will, and consciousness. Offering a unique perspective on both the program of research in ego-depletion as one of social psychology's most widely successful theories, and its position in the changing landscape of the scientific field, the book charts Baumeister's development as one of the pioneers of study into self-control. Featuring a newly written introductory piece in which the author offers a unique insight into the initial findings that led to an eventual theory of ego-depletion, this collection also offers a vital understanding of how the hugely influential theory of ego depletion first came to be developed, and is essential reading for students and researchers in self-control and self-regulation.

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Collects over six hundred entries on topics and concepts within the discipline, making it a valuable resource for students and researchers in self-control and self-regulation.

**BOPOD - Wong's Nursing Care of Infants and Children** - Marilyn J. Hockenberry - 2014-01-30

The most trusted authority in pediatric nursing, Wong's Nursing Care of Infants and Children provides unmatched, comprehensive coverage of pediatric growth, development, and conditions. Its unique 'age and stage' approach covers child development and health promotion as well as specific health problems organized by age groups and body systems. Leading pediatric experts Dr. Marilyn Hockenberry and David Wilson provide an evidence-based, clinical perspective based on nearly 30 years of hands-on experience. Easy to read and extensively illustrated, this edition focuses on patient-centered outcomes and includes updates on topics such as the late preterm infant, immunizations, the H1N1 virus, and childhood obesity. A clear, straightforward writing style makes content easy to understand. Unique Evidence-Based Practice boxes help you apply both research and critical thought processes to support and guide the outcomes of nursing care. Unique Atraumatic Care boxes contain techniques for care that minimize pain, discomfort, or stress. Unique Critical Thinking exercises help you test and develop your own analytical skills. A unique focus on family content emphasizes the role and influence of the family in health and illness with a separate chapter, discussions throughout the text, and family-centered care boxes. Nursing Care Guidelines provide clear, step-by-step, detailed instructions on performing specific skills or procedures. Unique Emergency Treatment boxes serve as a quick reference for critical situations. Unique Cultural Awareness boxes highlight ways in which variations in beliefs and practices affect nursing care for children. Unique developmental approach identifies each stage of a child's growth. Health promotion chapters emphasize principles of wellness and injury prevention for each age group. Student-friendly features include chapter outlines, learning objectives, key points, references, and related topics and electronic resources to help you study and review important content. A leading focus helps you care for children outside the clinical setting. Nursing Care Plans include models for planning patient care, with nursing diagnoses, patient/family goals, nursing interventions/rationales, expected outcomes, and NIC and NOC guidelines. Nursing Tips include helpful hints and practical, clinical information, and Nursing Alerts provide critical information that must be considered in providing care.

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**Encyclopedia of Social Psychology** - Roy F. Baumeister - 2007-08-29

Collects over six hundred entries on topics and concepts within the discipline, including antisocial behaviors, attitude, culture, and social cognition.

**Handbook of Teen and Novice Drivers** - Donald L Fisher - 2016-09-19

Despite a growing body of research and targeted remediation, teenage and novice drivers continue to be six to nine times more likely to die in a crash than they are when they are just a few years older. The World Health Organization reports that road traffic injuries are the leading cause of death globally among 15 to 19 year olds. In light of these crash statistics, understanding the teen driver problem remains of paramount public health importance around the world. The Handbook of Teen and Novice Drivers: Research, Practice, Policy, and Directions provides critical knowledge for a broad range of potential readers, including students, teachers, researchers in academics, industry and the federal government, public policy makers at all levels, insurance companies and automobile manufacturers, driving instructors, and parents and their teens.

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**Internalizing and Externalizing Expressions of Dysfunction** - Dante Cicchetti - 2014-02-04

The contributors to this volume apply a developmental focus to their examination of one of the most widely agreed upon classifications of behavior disorders in child psychopathology -- internalizing and externalizing expressions of dysfunction. The research reported spans a wide range from infancy through young adulthood and from normalcy through severe psychopathology. These current investigations demonstrate that the implications of utilizing the developmental approach for the evolution of theory, research, and intervention are vast.

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**The Behavioral Neuroscience of Adolescence** - Linda Spear - 2010

Understanding the role of brain changes in adolescent behavior and development. Linda Spear provides a detailed and illuminating overview of the genetic, hormonal, and neurological developments that take place during adolescence, and shows how these changes, along with influential sociocultural factors, interact to produce distinctly adolescent behaviors and thought processes. The tension between taking risks, impulsivity, and self-control—a struggle experienced by many adolescents, especially those in therapeutic treatment—is also examined for its sources within the brain. The result is a fascinating overview of the adolescent brain, with profound implications for the clinical treatment of adolescents.

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This book explores and provides an overview of the Norwegian psychologist Jan Smedslund's life work on Psycho-logic. His contributions to science have been radical not only in challenging the empirical foundation of psychology, but also in seeking to develop a viable alternative. This book brings together various reflections on his key contributions from the 1960s to the present day. The volume features three chapters by Jan Smedslund, offering his updated views on psychological science and psychotherapy. It also features contributions from several scholars that critically evaluates his legacy. His seminal ideas are discussed, revised and expanded upon and the questions raised are put in relevant historical and interdisciplinary context. Respect for Thought is a valuable resource for psychological researchers, historians of psychology, cultural psychologists, critical psychologists, theoretical psychologists, clinical psychologists and psychotherapists, social scientists, philosophers of psychology, and philosophers of science.

Neurodevelopmental Mechanisms in Psychopathology - Dante Cicchetti - 2003-08-04
This volume highlights the importance of scientific progress that has been made in the understanding of the neurodevelopmental origins of psychopathology. It presents the work and ideas of some of the most talented researchers in the field. The chapters illustrate the interactive processes that characterize the genesis and maturation of the brain. They demonstrate how constitutional vulnerability to mental disorder can arise from the interplay of multiple factors, some specific and some nonspecific. Moreover, the authors have offered us some invaluable leads on promising directions for future research. Their insights will inspire other investigators to take up the challenge.

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Anger Management - Swati Y Bhave - 2009-07-10
In today's world, problems of anger, rage, aggression and violent outbursts have reached a critical point where they threaten the ethos of the modern society, and hence, need to be effectively managed. Anger management is a term that we all can instantly relate to. Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. The key features of the book are: - Explanation of the confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects. - Detail anger management techniques for individuals, family, school and workplace. - Easy tips to master anger where chronic anger and unhappiness translates into negative human behavior: abusive love relationships, dating violence, date rape, drug abuse, driving aggression, robbery, gambling, suicidal ideation, sensation seeking and other impulse control behaviors. - A to Z tips for self-management of anger. - How to reconstruct their negative thoughts, feelings and behaviors with emphasis on therapeutic intervention for serious anger problems. This book provides useful tips on mastering the art of anger management. Its lucid narration and the use of cartoons and illustrations make it an interesting, entertaining and effective read for professionals as well as lay persons. Physicians, psychiatrists, psychologists, and counselors can also recommend this book to their patients.

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