

PSYCHOLOGICAL INSIGHTS FOR UNDERSTANDING  
COVID-19

# Psychological Insights for Understanding COVID-19 and Health

Edited by **Dominika Kwasnicka**  
and **Robbert Sanderman**



สำนักหอสมุดมหาวิทยาลัยเชียงใหม่

# Psychological Insights for Understanding COVID-19 and Health

b16 478113  
012492887  
i22386671

Edited by Dominika Kwasnicka  
and Robbert Sanderman



# Contents

|   |  |     |
|---|--|-----|
|   | <i>List of contributors</i>  | ix  |
|   | <b>Introduction</b>  | 1   |
|   | DOMINIKA KWASNICKA AND ROBBERT SANDERMAN   |     |
| 1 | <b>Emotional Health and Well-Being</b>   | 13  |
|   | DEBORAH FISH RAGIN   |     |
|   | <i>From Health Psychology: An Interdisciplinary Approach</i>                           |     |
| 2 | <b>Stress and coping: On being well in yourself</b>                                    | 53  |
|   | GARY W. WOOD   |     |
|   | <i>From The Psychology of Wellbeing</i>  |     |
| 3 | <b>Opportunities of technology to promote health and well-being</b>                    | 75  |
|   | SASKIA M. KELDERERS AND MATTHEW HOWARD   |     |
|   | <i>From eHealth Research, Theory and Development:<br/>A Multidisciplinary Approach</i> |     |
| 4 | <b>The lived experience of digital health</b>  | 96  |
|   | DEBORAH LUPTON   |     |
|   | <i>From Digital Health: Critical and Cross-Disciplinary Perspectives</i>               |     |
| 5 | <b>Environment- and policy-based approaches to health behavior change</b>              | 114 |
|   | ANDREW PRESTWICH, JARED B. KENWORTHY AND<br>MARK CONNER                                |     |
|   | <i>From Health Behavior Change: Theories, Methods and<br/>Interventions</i>            |     |

- 6 Self-as-Doer Identity and Health Behavior Change Within  
Non-Clinical Populations** 142  
AMANDA M. BROUWER  
*From Motivation for Sustaining Health Behavior Change:  
The Self-as-Doer Identity*
- 7 Trust and health: The road to wellness?** 158  
KEN J. ROTENBERG  
*From The Psychology of Trust*