

Gesundheitskompetenz und Selbstregulation (Applied Research in Psychology and Evaluation) (German Edition)



Health is one of the most precious human assets. But which abilities and what knowledge does an individual need to attain a health-promoting lifestyle? What might a scientific model of health competence look like? For the first time, the author presents an empirically examined model that provides information on what abilities and knowledge constitute health competence - a key term in health promotion. The main focus is on self-regulatory processes. The model presented describes a clearly structured concept that, linked with the theory of self-determination provides concrete practical strategies. The model can be of great benefit to actors across the field of health, for instance in health care or corporate health promotion.

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