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Health psychology, often referred to as behavioral medicine or medical psychology, is the application of psychological theory to health-related practices. The field of health psychology includes two sub-fields. Behavioral health focuses on prevention of health problems and illnesses, while behavioral medicine focuses on treatment.

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Introduction It is the goal of many researchers interested in health behavior to understand both the determinants of health behaviors and the process of health behavior change. One key route to an understanding of health behavior has been the development and empirical testing of Health Behavior Theory (HBT).

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