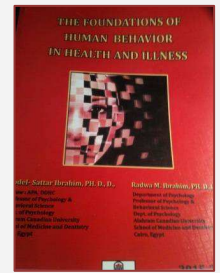


THE FOUNDATION OF HUMAN BEHAVIOR IN HEALTH AND ILLNESS

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The Book's Introduction:

For many practicing physicians and other care givers, patients' population is still seen as divided into two separate groups: the true physically ill and those who are ill but show no explanatory organic defect. The first group remains in treatment with the physician and his allies in physical treatment, while the second group is labeled as psychiatrically or psychologically impaired, and is usually passed on for psychological or psychiatric treatment.

One basic position taken by the authors of this book is that both categories, physical medicine and psychological medicine, overlap. In fact, this overlapping between these two categories is not quite recent, but was viewed as basically important since the early recorded history, and, particularly, throughout Greek and Islamic history. For example, since the times of Hippocrates, the psychological factors have been viewed as fundamentally important in medicine. Many earlier Islamic practicing physicians, have maintained such relationship

between personal habits and both psychological and physical health. Personal habits such as moderate eating, good sleeping, faith, and peace of mind were all seen by Islamic Scholars and physicians, such as Avicenna and Al-Razi, as conducive to good health and better life. This implies that these two categories of general medicine overlap within the human behavior context. Thus, we will outline, throughout the chapters of this book, the general foundations of human behavior, biological, cognitive, social, and developmental, and to generally emphasize their contributions to all phases of psychological and physical medicine.

We have tried to show, in very general terms, what are the major bases of behavior. The chapters have been organized in four sections, each representing one of these bases.

Section One is about the neurobiological basis of behavior. It presents the student to the role of brain and the biological aspects on behavior including emotion and motivation. We look at the nervous system and at the brain in particular for clues to all the behavior processes with emphasis on health and illness related aspects.

Section Two deals with the cognitive aspects of behavior, and examines the way people learn, remember, think, reason, create, and perceive.

Section Three deals with the social bases of behavior as they range from learning to social influence of one person or a small group, to the role of the social change and cultural influences on individuals. We will emphasize on health related reactions to social factors.

Section Four traces the development of physical, intellectual, social, and emotional maturity from birth to adulthood. Also discussed in this section, the psychiatric and medical problems related to growth including behavioral, emotional, mental, and social disorders.

Section Five considers the role of individual differences and personality in understanding and predicting our unique types of behavior. The two basic areas of intellectual and temperamental differences have been examined in this section along with their behavioral and medical implications.

Section Six examines the nature of psychological and behavioral dysfunctions. It examines the basic concepts in abnormal behavior and the major types of psychological disorders, and developmental disabilities. It also considers the many forms of behavior change and related psychological therapies.

Although we will discuss these areas as if they are separate and discrete, it should be clear that each area overlaps with others. The contribution of each area to all phases of psychological and physical medicine will be emphasized.

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- *Behavior therapy for children & Teen Agers*
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- *Depression and Distress: Cognitive Behavior Therapeutic Approach;*
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 - *The Foundations of Human Behavior in Health and Medicine.* (with Dr. Abdel-Sattar Ibrahim).
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