The Encyclopedia of Behavioral Medicine

Editor Marc D. Gellman

Co-Editor J. Rick Turner

Springer

New York, NY

1 Volume

ISBN 978 1 4419 1004 2 (print)

ISBN 978 1 4381 3592 7 (e-book)

Keywords: Behavioral Medicine, Psychology, Cardiovascular Health, Diabetes, Encyclopedias

The Encyclopedia of Behavioral Medicine, edited by Drs. Marc D Gellman and J. Rick Turner is not the first of its kind, but it is certainly the most comprehensive, and the most current. Intended to be a complete guide to the many aspects of behavioral medicine, the encyclopedia touches on a vast array of areas (some 2700 topics) that apply to behavioral medicine. Some of the topics covered are the medical conditions, illnesses and issues that BM attempts to address, medications, psychological and psychiatric issues, medical and psychological practices, and alternative medicines as issues and illnesses that BM attempts to address. Also covered is biographical information of prominent and historical people in the field, their innovations and their writings.

The information I found in the EBM was accurate and well cited. Concurrent and in agreement with other scholarly texts that cover the same topics, there were no significant differences between the information therein and that presented in the encyclopedia. The EBM has, however, been updated and contains much added information to match the latest research. While the articles in the EBM aren’t especially lengthy, they do cover the most salient points of each topic, and they present a wealth of other reading on each topic that would leave the most seasoned professional better informed.

Arranged in simple alphabetical order by topic, the EBM is easy to access, and with a thorough index, finding information about a specific topic is fast and orderly. That being said, the online version is not as simple to navigate as the print version.

When first logging in to the online Encyclopedia of Behavioral Medicine, one is confronted with 136 pages of listings which can be a bit intimidating to sort through. If you navigate to page 136, you can access the back matter which contains an index of all the topics covered in the encyclopedia. However, this index is only clickable when opened using an Adobe plugin in a modern browser. Users reading the encyclopedia on Internet Explorer 8 or older, or on a system that opens PDF files in a separate Adobe reader window will not be able to click on listings in the index, and will have to search for or navigate blindly to the topic they want to view. Using Google Chrome or Firefox which open PDF files in a browser window, the index items and any cross references can be clicked to bring one directly to the topic used. Once the topic has been located, you can choose “Download PDF” or “View Reference Work Entry”. For ease of navigation in an, you should choose “View Reference Work Entry” even though Download PDF is listed first. Downloading the PDF will take you to a large PDF file that contains all the topics under a single letter. The PDF for topics starting with A is 171 pages long, but can be navigated easily enough by the bookmarks bar on the left. Unfortunately, the cross references, like the index, are not clickable in Adobe Reader, and so someone using the EBM should stick to a newer browser if possible.

Articles in the EBM range in length and level of detail, with topics more directly related to practice getting more space, and peripheral topics and definitions getting more basic, but no less useful entries.

All of the information presented is taken from the most current research in the field, and there is presently no more up-to-date source than Springer’s EBM. All of the articles are heavily cited, with the bulk of citations coming from articles published within the last 5 years. As a further plus, any citations taken from PubMed are cross linked in the EBM and can be clicked on to go directly to the PubMed full text article for immediate further reading.

There can be little doubt of the authority of the editors of the Encyclopedia of Behavioral Medicine. Their credentials are impeccable. From the EBM, About the Editors… “Marc D. Gellman is a Research Associate Professor of Psychology and the Associate Director of the Division of Health Psychology, Department of Psychology, University of Miami, Florida, USA. He is also Associate Director of the Behavioral Medicine Research Center and Associate Director of the Behavioral Medicine Training Program located at the Miller School of Medicine, University of Miami… Since 1986, he has been continuously funded by the National Institutes of Health, primarily in the area of cardiovascular behavioral medicine.” According to this biography, he has published in a variety of journals including: Psychosomatic Medicine, Health Psychology, Annals of Behavioral Medicine, Psychophysiology, and others. He also served on the editorial board of the Sage Publications scientific book series Behavioral Medicine and Health Psychology from 1997 to 2004, edited by J. Rick Turner, his co-editor for this Encyclopedia. Dr. Gellman is a former board member of the International Society of Behavioral Medicine, serving as its secretary 2004–2008 and chair of the communications committee 2000–2004. From 2004 to 2006, he served as program co-chair for the International Congress of Behavioral Medicine. Dr. Gellman is a longtime board member of the Society of Behavioral Medicine, serving in various capacities from 1996 to 2007.” (EBM, xxv-xxvi)

Dr. Turner, following a postdoctoral fellowship, moved to the University of North Carolina at Chapel Hill to work in the laboratory of the late Paul Obrist and Kathleen Light. His work in the field of cardiovascular behavioral medicine resulted in the publication of 50 peer-reviewed articles, and two international research awards, the 1998 Distinguished Scientific Award for an Early Career Contribution to Psychophysiology 1993 Early Career Award for Contributions to Psychosomatic Medicine. He became a Fellow of the Society of Behavioral Medicine in 1999. (EBM, xxvi-xxvii)

Many of the contributing editors are also pioneers in their fields, and a search of any of their names will reveal extensive publication and citation.

At nearly 2200 pages, and with 2700 entries, the Encyclopedia of Behavioral Medicine is a far more comprehensive work than any other in the field. For $1700, the single volume is newer, and contains far more information than other comparable resources [i.e. Encyclopedia of Behavioral Neuroscience (Elsevier Science, 2010 0080447325) 1816 pp. $1200 & Encyclopedia of Health & Behavior (SAGE , 2004 0761923608) 200 entries, $387]. EBM is an excellent value for the money, and could easily replace a half dozen textbooks as a primary quick reference for any practitioner or Ph.D. student in the field.