

CULTURE, POSITIVE DEVELOPMENT AND HEALTH - PSYCH 310A - Curriculum for autumn 2017

Theme 1: Society and culture

Article/extract (available online via the library. Search in www.uib.no/ub)

Arnett, J. (2008). The neglected 95%: Why American psychology needs to become less American. *American Psychologist*, 63, 602-614.

Henrich, J. Heine, S. J., & Norenzayan, A. (2010). The weirdest people in the world? *Behavioral and Brain Sciences*, 33, 61 – 135

Sam, D. L., & Berry, J. W. (2010). Acculturation: When Individuals and groups of different cultural backgrounds meet. *Perspectives on Psychological Science* 5, 472-481

Article/extract (can be bought at litteraturkiosken.uib.no)

Berry, J. W., Poortinga, Y. H., Breugelmans, S. M., Chasiotis, A., & Sam, D. L. (2011). *Cross-cultural psychology: Research and applications* Chapters 1 & 3, pp 1 – 32; 84 – 109. Cambridge: Cambridge University Press

Berry, J. W., & Sam, D. L. (2014). Multicultural societies. In V. Benet-Martinez & Y-Y Hong (Eds). *The Oxford handbook of multicultural identity*. Pp 97 – 117. Oxford: Oxford University Press

Article/extract (available online via the library. Search in www.uib.no/ub)

Smith, P. B., Bond, M. H., Kagitcibasi, C. (2006). *Understanding social psychology across cultures*. Chapters 3 & 4 pp. 30 -78. Thousand Oaks: Sage

Article/extract (available online)

He, J., & van de Vijver, F. (2012). Bias and Equivalence in Cross-Cultural Research. *Online Readings in Psychology and Culture*, 2(2). <http://dx.doi.org/10.9707/2307-0919.1111>

Theme 2: Society, individual and health - social support, self-regulation and positive youth development

Article/extract (available online via the library. Search in www.uib.no/ub)

Aarø, L.E., & Flisher, A. J. (2012). Health Behaviour in Context. In B. Wold & O. Samdal (Eds.), *An Ecological Perspective on Health Promotion Systems, Settings and Social Processes* (pp. 17-33). Bentham Science Publishers

Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian Psychology*, 49(3), 182-185.

Mittelmark, M.B. (2012). From Associations to Processes. In B. Wold & O. Samdal (Eds.), *An Ecological Perspective on Health Promotion Systems, Settings and Social Processes* (pp. 11-16). Bentham Science Publishers

Moore, L., de Silva-Sanigorski, A., & Moore, S.N. (2013). A socio-ecological perspective on behavioural interventions to influence food choice in schools: alternative, complementary or synergistic? *Public Health Nutrition*, 16(6), 1000 – 1005. doi: 10.1017/S1368980012005605.

Samdal, O., & Wold, B. (2012). Introduction to Health Promotion. In B. Wold & O. Samdal (Eds.), *An Ecological Perspective on Health Promotion Systems, Settings and Social Processes* (pp.3-10). Bentham Science Publishers

Baumeister, R. F., & Vonasch, A. J. (2015). Uses of self-regulation to facilitate and restrain addictive behavior. *Addictive behaviors*, 44, 3-8.

Article/extract (can be bought at litteraturkiosken.uib.no)

Green, L.W., & Kreuter, M.W. (2005): *Health Program Planning. An Educational and Ecological Approach*. New York, NY: McGraw-Hill Companies. Chapter 1.

Article/extract (available online)

Project GPS “Building Goal Management Skills to Strive”. Goal Selection, Pursuit of Strategies & Shifting Gears. (2011) Thrive Foundation for Youth.
<http://stepitup2thrive.org/downloads/6-tufts/6.1-GPS-book1.pdf>

(This is a manual about some practical ways to select, pursue and achieve goals; a joint project by the Institute for Applied Research in Youth Development (IARYD) of the Eliot-Pearson Department of Child Development at Tufts University and the Thrive Foundation for Youth of Menlo Park, California; Prof. Richard Lerner is the head of IARYD).

Extra reading for those interested

Book (purchase the book, or borrow the book at the library)

Deci, E. L., & Ryan, R. M. (2012). Motivation, Personality, and Development Within Embedded Social Contexts: An Overview of Self-Determination Theory. In R.M. Ryan (Ed.) The Oxford Handbook of Human Motivation, (pp. 85-107). Oxford, UK: Oxford University Press.