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Assessment in Behavioral Medicine gives the reader a greater understanding of the influence of behavioral factors on somatic health. This volume aims to advance the state of measurement in the multidisciplinary fields of behavioral medicine and health psychology by bringing together state-of-the-art theory and research on assessment issues in this area. It provides the reader with an insight into the different kinds of measures that are available, along with practical guidelines for choosing the appropriate tools and designs to meet specific research questions.