

Contents

1	Introduction	1
	Hayden B. Bosworth	
2	Physical Activity and Adherence	9
	Kelli Allen and Miriam C. Morey	
3	Improving Dietary Adherence	39
	William S. Yancy and Corrine I. Voils	
4	Medication Adherence	69
	Hayden B. Bosworth	
5	Smoking Cessation and Adherence	97
	Lesley Rohrer, Brigid Lynn, Mike Hill, Laura J. Fish, and Lori A. Bastian	
6	Cancer Screening Adherence	123
	Jennifer M. Gierisch and Lori A. Bastian	
7	Hormonal Contraceptives and Adherence	151
	Jeanette R. Chin, Geeta K. Swamy, Serina E. Floyd, and Lori A. Bastian	
8	Chronic Pain and Adherence	179
	Rebecca A. Shelby and Francis J. Keefe	
9	Adherence and Psychotherapy	215
	Jennifer L. Strauss, Vito S. Guerra, Christine E. Marx, A. Meade Eggleston, and Patrick S. Calhoun	

10	Adherence to Treatment for Depression	241
	Carol D. Saur and David C. Steffens	
11	Adherence in the Treatment of HIV and Other Infectious Diseases	259
	Karen Moore Goldstein	
12	Adherence and Substance Use	289
	A. Meade Eggleston, Jennifer L. Strauss, Vito S. Guerra, and Patrick S. Calhoun	
13	Special Considerations of Medication Adherence in Childhood and Adolescence	311
	Alex R. Kemper, Elizabeth Landolfo, and Emmanuel B. Walter	
14	Special Considerations of Adherence in Older Adults	321
	S. Nicole Hastings, Janine C. Kosmoski, and Jason M. Moss	
	Index	341