



The Psychology of Appearance (Health Psychology)

Nicola Rumsey, Diana Harcourt

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Appearance-related concerns and distress are experienced by a significant proportion of people with visible disfigurements, and are also reaching epidemic proportions in the general population. In the light of these developments, this book includes:

- A comprehensive summary and critical evaluation of research and understanding concerning the psychology of appearance
- A historical review of research to date
- A review of the methodological challenges for researchers in this area
- An overview of current understanding of appearance-related concerns and distress in the general population and among those with acquired or congenital disfigurements such as burns, clefts of the lip and/or palate, scarring and acne

Exploring the psychosocial factors which are protective and those which exacerbate distress, *The Psychology of Appearance* offers a vision of a comprehensive approach to support and intervention and addresses the following questions:

- Are attractive people at an advantage in life?
- What are the challenges presented by having a visibly different appearance?
- What are the psycho-social factors playing a part in individual differences in levels of adjustment and distress in relation to appearance?
- How can interventions meet the needs of those affected?

The Psychology of Appearance provides essential reading for psychology students, health and clinical psychologists, health professionals, employers and policy makers interested in the ramifications of appearance concerns.

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