

Subfields Within Health Psychology

There are a number of distinct specialty areas within health psychology:

- **Clinical Health Psychology:** This subfield of health psychology is strongly linked to clinical psychology and involves activities such as psychotherapy, behavior modification and health education.

- **Community Health Psychology:** Individuals working in this subfield of health psychology often focus on developing interventions and prevention techniques at the community-level. These professionals may conduct assessments of communities or work with groups to encourage healthy behaviors or promote behavior change.

- **Public Health Psychology:** These health psychology professionals focus on understanding health at the population-level and often offer advice to health care professionals, government agencies and health educators.

- **Occupational Health Psychology:** This is an emerging subfield within health psychology that incorporates industrial-organizational psychology and related disciplines. Occupational health psychologists focus on understanding how workplace issues are linked to both physical and mental illness.