



## Psihologija koronarne srčane bolesti

## Psychology of coronary heart disease

**Anton Šmalcelj**

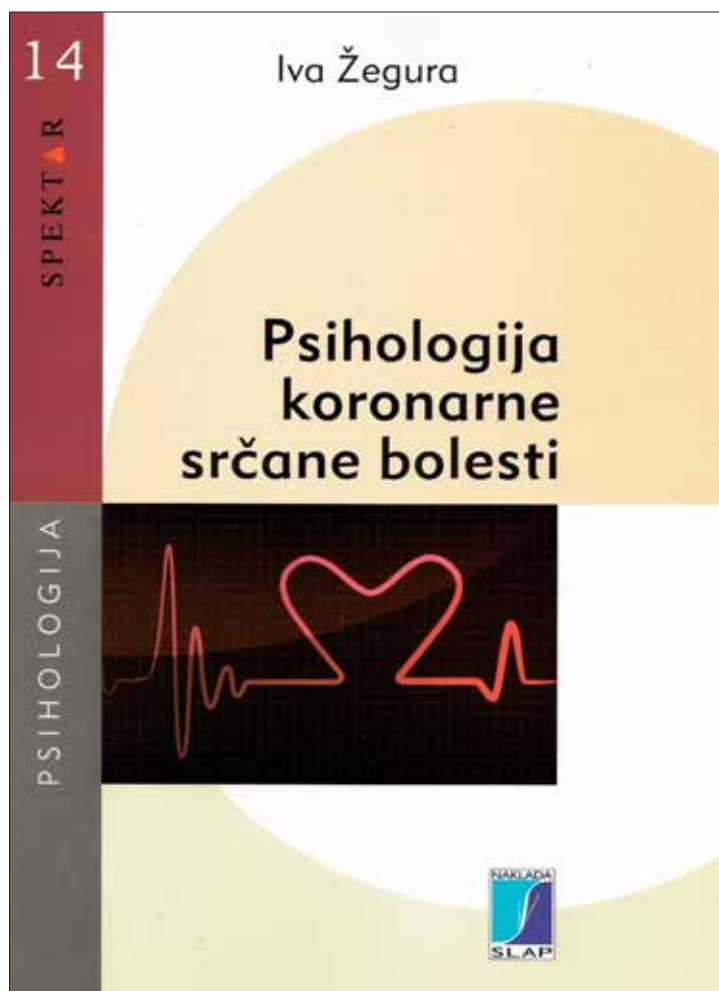
*Klinički bolnički centar Zagreb, Zagreb, Hrvatska  
Clinical Hospital Centre Zagreb, Zagreb, Croatia*

**K**njiga "Psihologija koronarne srčane bolesti" autorice Ive Žegure, kliničke psihologinje jedinstvena je u nekoliko aspekata na području spoja medicine i psihologije.

Prije svega autorica na jednostavan, ali stručan način objašnjava medicinsku terminologiju iz područja kardiologije. U svojoj knjizi definira medicinske varijable te objašnjava etiologiju koronarne srčane bolesti (KSB). Iznosi iscrpan pregled teorijskih koncepata iz područja psihologije ličnosti i kliničke psihologije kojima se tijekom godina pokušala objasniti veza bioloških i psihosocijalnih faktora na zdravlje i bolest. Kroz ove teorijske koncepte daje pregled ne samo psiholoških faktora rizika za nastanak KSB, već izdvaja i tzv. zaštitne faktore ličnosti u sklopu biopsi-

**T**he book "Psihologija koronarne srčane bolesti" (Psychology of Coronary Heart Disease) written by Iva Žegura, the Clinic Psychologist, is a unique book that in several aspects shows a connection between the medicine and psychology.

First of all, the author has in a simple, but very professional way explains medical terms in the field of cardiology. In her book, she defines medical parameters and explains etiology of the coronary heart disease (CHD). She presents a detailed overview of theoretical concepts in the field of psychology of personality and clinical psychology which during all these years have tried to explain the impact of the biological and psychosocial factors on health and disease. Using these theoretical concepts, she does not



Godina izdanja: 2010. • 17 x 24 cm • meki uvez • 104 str.

ISBN: 978-953-191-396-6

Više informacija / More information: <http://www.nakladaslap.com/detalj.asp?ID=1118>



hosocijalnog modela bolesti. Opisuje najčešće metode rehabilitacije pacijenata koji su preboljeli infarkt miokarda. Navodi rezultate istraživanja u području psihologije KSB te prikaz dinamičkog međuodnosa bioloških, psiholoških i socijalnih faktora kod zdravih osoba i onih s evidentiranom KSB na uzorku prikupljenom u našim klinikama, što je prvo sustavno istraživanje ovog tipa u području psihologije KSB učinjeno u Hrvatskoj. I na kraju, ali ne manje bitno, ističe vrijednosti programa prevencije u zdravstvenom sustavu i važnu ulogu koju u njima imaju klinički i zdravstveni psiholozi.

Knjiga tako postaje vrijedan priručnik pomagačkim strukama (prvenstveno psiholozima) u interdisciplinarnom timu stručnjaka koji se bave pacijentima oboljelim od koronarne srčane bolesti. No, ova knjiga poslužit će kao dobar priručnik kardiolozima koje zanimaju psihološki aspekti zdravlja i KSB, kao i bolesnicima te svim zainteresiranim za ovo područje.

Received: 17<sup>th</sup> Dec 2009

E-mail: [anton.smalcelj@mef.hr](mailto:anton.smalcelj@mef.hr)

only give an overview of psychological risk factors for occurrence of CHD, but she also points out protective personality factors within biopsychosocial disease model. She frequently describes the methods of rehabilitation of patients who suffered and survived the myocardial infarction. She lists the research results in the area of psychology, CHD and gives an overview of dynamic interrelations between biological, psychological and social factors with healthy persons and those with diagnosed CHD in the randomized sample collected in our clinics which is the first systematic survey of such type in the area of psychology of CHD conducted in Croatia. In the end, but not less importantly, she points out the values of the prevention programs in the medical system and an important role that clinical and medical psychologists play in them.

The book has so become a valuable handbook for supporting professions (mainly for psychologists) in the interdisciplinary expert team that deal with patients suffering from CHD. However, this book will be used as a good handbook to cardiologists who are interested in psychological aspects of health and CHD and patients interested in this field.