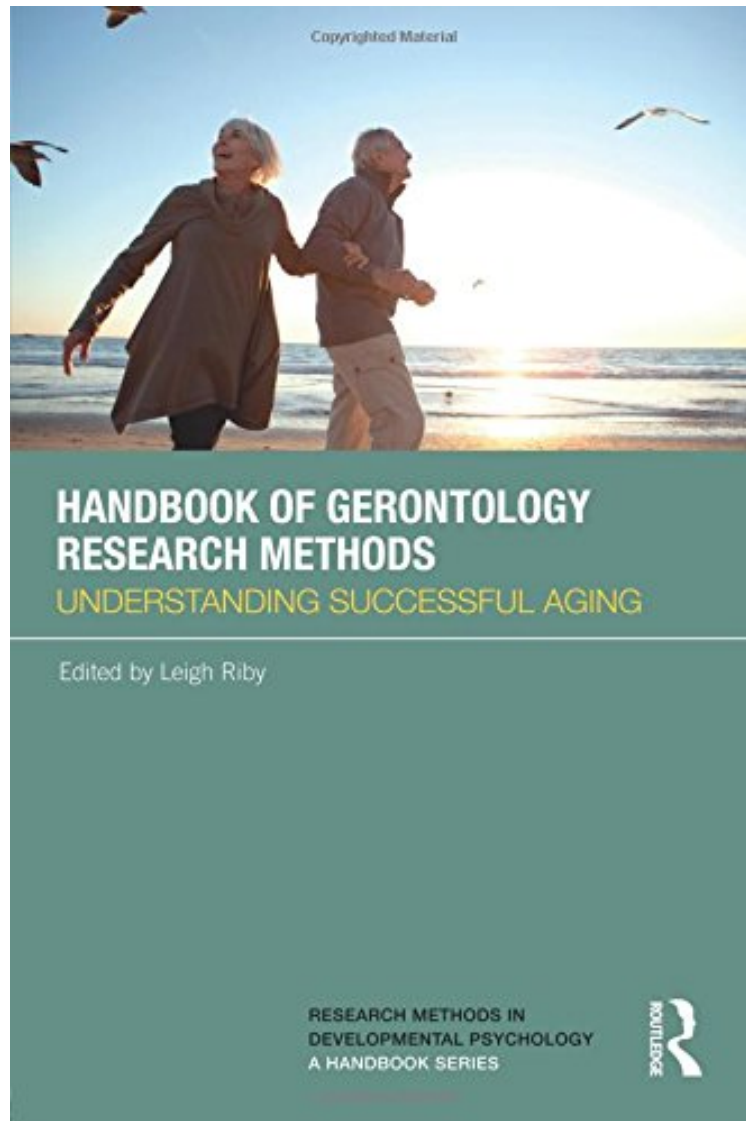


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Handbook of Gerontology Research Methods: Understanding successful aging (Research Methods in Developmental Psychology: A Handbook Series)

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The Handbook of Gerontology Research Methods offers a clear understanding of the most important research challenges and issues in the burgeoning field of the psychology of aging. As people in developed countries live longer, so a range of research methods has evolved that allows a more nuanced understanding of how we develop psychologically and neurologically. Allied to this is an increasing concern with the idea of well-being, a concept which places cognitive performance and development within a more socially grounded context. With contributions from a range of top international scholars, the book addresses both typical and atypical aging, highlighting key areas such as physical and cognitive exercise, nutrition, stress, diabetes and issues related to death, dying and bereavement. Successful ageing is emphasised throughout the text. Each chapter concludes with a series of practical tips on how to undertake successful research in this area. This unique collection is the first book to provide both a concise overview of the major themes, findings and current controversies in this growing field, as well as an understanding of the practical issues when researching older adults which may impact on research outcomes, intervention, policy and future directions. Designed for both students and researchers interested in the psychology of aging, but also highly relevant for students or researchers in related fields such as health psychology and social care, the Handbook of Gerontology Research Methods is essential reading for anyone wishing to understand more about the psychology of aging.

About the Author Dr Leigh Riby is currently a Reader in Neuropsychology at Northumbria University, United Kingdom