

# Library Resource List for Stress

## (Psychological & Physical Approaches)



### Books

This is a selection of the books that **Crawley Library, West Sussex** have, which can be borrowed or reserved free of charge .

## Crawley Library

Psychology books (shelved at 150) have chapters on stress:

- *AQA Psychology for A-Level. Year 2 2<sup>nd</sup> ed (2020) - Cara Flanagan (Chapter 10)*
- *Psychology A level. Year 2. 5th ed., Complete Companion Student Book – Cara Flanagan & Mike Cardwell (Chapter 8)*
- *Psychology: 50 essential ideas – Emily Ralls (2022) (Chapter 41)*
- *Psychology: The Science of Mind and Behaviour. 8<sup>th</sup> ed (2020) – Richard Gross (Chapter 12 p.199 -) **Also available as an ebook***
- *Psychology A Level Year 2: Revision – Mike Cardwell (Chapter 8)*
- *Simply Psychology (2018) – Michael Eysenck (Chapter 5)*
- *Atkin & Hilgard's Introduction to psychology. 16th ed (2014) – S.Nolen-Hoeksema (Chapter 14)*
- *Psychology for Nurses & Health Professionals (2013)– Richard Gross (Chapters 3& 4)*
- *Introduction to Psychology (1998) –Tony Malim & Ann Birch (Chapter 11)*

Health Psychology books (shelved at 616.0019)

- *Health Psychology: The Basics (2021) – Erica Cook (Chapter 5)*
- *Health Psychology .6th ed (2019) – Jane Ogden (Chapter 11)*
- *Health Psychology: Theory Research & Practice. 7<sup>th</sup> ed (2024) – David Marks (Chapter 16)*



### Online Resources

Access via **Crawley Library Moodle Pages on CCG Online**  
Direct access in College or via Shibboleth outside College using your College network and login



### eBooks



- [Psychology: The Science of Mind and Behaviour. 8<sup>th</sup> ed – Richard Gross \(Chapter 12 p.199 -\)](#)
- [AQA A Level Psychology \(Year 1 and Year 2\) – J. Lawton & E. Willard \(Chapter 12 Stress\)](#)



Ebsco Discovery provides an easy way to search online journals, books and articles by providing a single search box to explore many databases, including Academic Search Elite, Ebsco ebooks, Sage Journals, Oxford Academic etc



**A-Level Review Magazine:** Includes Psychology Review and has articles on stress.



Massolit works with university lecturers to produce video lectures for Psychology A level students. Search **stress**.

- Stress: The Stress Response
- Stress: The Impacts of Stress
- Stress: Defining and Measuring Stress



Recorded TV programmes available to watch in College or at home.

- The Truth about stress



Statistics and articles on contemporary social issues. Search 'stress'. Results include:

- Stress
- Stress and Anxiety in the Digital Age
- The Stress Chain
- Number of Workers reporting work related Stress

Issues e-book download: Stress

## Useful Websites:



Search **stress**