

Book review

Injury and Violence Prevention: Behavioral Science Theories, Methods, and Applications

Edited by Andrea Carlson Gielen, David A. Sleet, and Ralph J. DiClemente. Published by Jossey-Bass, 2006. 534 pages with index. RRP US\$70 ISBN-13: 978-0-7879-7764-1

Reviewed by Richard Franklin

Having just attended the Ninth National Conference on Injury Prevention & Safety Promotion in Melbourne (26 July to 28 July 2009), I was reminded of the complexity and impact of injury prevention, its interaction with human behaviour and the need to ensure theory based approaches to our work. This need to ensure theory based approaches reminded me of this book and its work in providing both an understanding of the behavioural approaches and the theories and methods that underlie injury prevention.

There are 22 chapters exploring a range of injury prevention issues and behaviour theories. While some will already be familiar either with the theories or the issues present, the combination of both will, for the novice in injury prevention, provide an understanding of behavioural approaches to injury prevention. For those more experienced it provides a review of the issues and in some cases an extension of their understanding.

The book sets out to challenge the reader into considering a behaviour approach and place into context how this approach works in the area of injury prevention. Overall, I don't think the reader will be disappointed with the material, as it moves from part 1 describing behaviour change theories and models, to part 2 research and assessment methods for behaviour change interventions, to part 3 behaviour change

interventions to reduce injury risk, and finally to part 4 cross cutting issues.

For those new to injury prevention the first chapter describing injury prevention and its foundation principals of the Haddon Matrix, 10 counter measures, passive versus active strategies, and the three E's (education, engineering, and enforcement) provide both context and a solid base for working in injury prevention and provide the basis for the rest of the book.

While I read the book from cover to cover and found the chapters well written, the breadth of information covered in the book is large but mostly American centric with a touch of Australian and Canadian influence. I do not normally read a text book from cover to cover but found the chapters in this book to be well integrated by referring to each other and thus reducing repetition. My advice to readers short on time would be to read the first nine chapters, these provide a rationale and good information about injury prevention theories. I would then choose those chapters in part 3 of direct relevance to the area you are working in and follow this up with some Australian reading before reading the last five chapters (Part 4).

The greatest strength of this book is the wide range of authors used to provide the chapters, they all have a wealth of experience and provide relevant, seminal and critical examination of the issues.

Often in injury prevention we are so busy trying to prevent the injuries from occurring we are not thinking how it all fits together. This text is refreshing in its examination of injury from a theory based behavioural approach and how this can be integrated into standard public health and health promotion approaches to preventing injuries. I recommend this book to injury prevention practitioners both new and familiar with the area and those in the health promotion arena wanting to extend their understanding on behaviour approaches to prevention.