



Quo Vadis, Medicus?: Health Behaviour Among Health Professionals and Students

Ida Laudanska-krzeminska

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The book discusses the health condition of Polish current and future health professionals. The study was conducted on around 800 medical staff members (in-training and professional). The author analyses nutrition behaviour, physical activity, smoking, drinking alcohol and their psycho-social determinants (health self-assessment, value of health, health locus of control, health related self-efficacy).

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