



BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
APSY-368	Health Psychology	3	VI
Year	Discipline		
3	Applied Psychology		

Course Objectives

- To introduce the students to a new emerging branch of Psychology
- To introduce students to the basic terminology, avenues of research, and theoretical models in Health Psychology
- To develop an understanding of the application of principles of Psychology in learning and developing healthy and unhealthy behaviors
- To develop an understanding of the psychological interventions appropriate for managing health conditions, for disease prevention, promoting health behaviors, and health enhancement

Course Outcome

At the completion of this course the students will be able to:

- understand health psychology concept and apply principles of Health Psychology in learning and developing healthy and unhealthy behaviors
- understand the psychological interventions appropriate for managing health conditions, for disease prevention, promoting health behaviors, and health enhancement

Course Contents

Historical Background

Definition, development, and scope of health psychology
The modern concept of health and illness

Theoretical Models in Health Psychology

1. The Biopsychosocial Model
2. The Health Belief Model
3. Theory of Planned Behavior/ Reasoned Action
4. Transtheoretical Models/ Theories of behavior change
5. Psychoneuroimmunology model (PNI)

The Psychology of Health and Illness

A brief introduction to:

Psychophysiological Disorders
The immune system & Stress

Psychological Factors Influencing Physical Health

Illness Perceptions
Health Beliefs
Health Locus of Control
Doctor – patient communication
Compliance and Medication Adherence
Personality type & Health (The Big Five Traits and Health & Illness)
Health beliefs, locus of control and self-efficacy

Stress, Coping, and Health

Models of stress: Seyle, Mason, and Lazarus

Stress and illness (Assessment of stress and identification of stressors)

Stress management

Application of Health Psychology with Reference to Specific Physical Ailments and Unhealthy Lifestyles

Risk factors, prevention, rehabilitation, and psychological interventions

Coronary heart disease (CHD)

Cancer

Pain

AIDS

Diabetes Mellitus

Obesity and eating disorders: Bulimia and Anorexia Nervosa

Substance abuse disorders: Smoking and drinking

Arthritis

Grief and Bereavement

Acceptance, adjustment and coping with chronic and terminal illnesses.

Working with the Community

Health promotion programs for public awareness and disease prevention

Psychological Interventions in Health Psychology

In order to develop health promoting behaviors and adjustment to Chronic physical conditions

- Cognitive Behavior Therapy
- Counseling

Research in Health Psychology

1. Identification of vulnerable populations for developing psychophysiological disorders
2. Identification of causal relationships i.e. Predictors and Outcomes in health and illness.
3. Psychological consequences of physical illnesses

Recommended Books

Bernard, L.C. & Krupat, E. (1994). *Health psychology: Biopsychological factors in health and illness*. New York; Harcourt Brace College Publishers.

Brannon, L. & Feist, J. (2004, 2010). *Health psychology: An introduction to behavior and health*. (5th ed.). USA: Wadsworth.

Cockerham, W. C. (1998). *Medical sociology*. New Jersey: Prentice – Hall.

Ewles, L. & Simnett, I. (1989). *Promoting health: A practical guide to health education*. Chichester: John Wiley & Sons.

Forshaw, M. (2002). *Essential health psychology*. London: Arnold.

Ogden, J. (2005) *A Text book of Health Psychology*. (6th ed.). Open University Press

Pearce, S., & Wardle, J. (Eds.). (1989). *The practice of behavioral medicine*. Oxford: BPS Books.

Sanderson, C. A. (2004). *Health psychology*. USA: Wiley

Sanders, G. S., & Suls, J. (Eds.). (1982). *Social psychology of health and illness*. Hillsdale; Lawrence Erlbaum Associates Publishers.

Spacapan, S., & Oskamp, S. (Eds.). (1988). *The Social psychology of health and illness*. London: SAGE Publication.